

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN NEW MEXICO

## NEW MEXICO'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	486,697 (23%)
Seniors threatened by hunger (marginally food insecure)	86,145 (18%)
Seniors at risk of hunger (food insecure)	55,970 (12%)
Seniors facing hunger (very low food secure)	19,468 (4%)
Seniors living alone	124,801 (26%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	63,720 (13%)
Seniors that are non-white racial and/or an ethnic minority	43%
Seniors experiencing falls with injury	14%
Seniors with self-rated health as "fair to poor"	28%
Seniors with a disability	34%

## INADEQUATE NUTRITION AND/OR LIMITED SOCIAL CONTACT HAS DIRECT HEALTH CONSEQUENCES THAT AFFECT THE HEALTHCARE SYSTEM AND ECONOMY

Hospital readmissions within 30 days*	14%	Total Medicare spending (in billions)	\$3.13
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEW MEXICO ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO THE MOST AT-RISK SENIORS

	Congregate Meals	Home-Delivered Meals	Total
Seniors served each year	29,599	9,741	39,340
Meals served each year	1,354,331	1,787,787	3,142,118

## PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	41%	Live in poverty	28%
Live in a rural area	32%	Minority	50%
Women	58%		

## FUNDING FOR THESE PROGRAMS VARY BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

	Congregate Meals	Home-Delivered Meals	Total
OAA Expenditures	\$2,384,428	\$2,060,467	\$4,444,895 (21%)
Total Expenditures	\$9,203,715	\$12,390,551	\$21,594,266

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEW MEXICO CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of 1 day (1 meal) serving a senior Meals on Wheels**	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$13.83	\$2,617	\$240

## MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

