

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

| | | | |
|---------------------------------------|--------|---------------------------------------|-----|
| Preventable hospitalizations* | 40% | Hospital readmissions within 30 days* | 14% |
| Total Medicare spending (in billions) | \$3.13 | | |

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

