

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN NORTH CAROLINA

## NORTH CAROLINA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	2,262,708 (22%)
Seniors threatened by hunger (marginally food insecure)	402,762 (18%)
Seniors at risk of hunger (food insecure)	237,584 (11%)
Seniors facing hunger (very low food secure)	101,822 (5%)
Seniors living alone	539,182 (24%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	220,817 (10%)
Seniors that are non-white racial and/or an ethnic minority	23%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	26%
Seniors with a disability	32%

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

Hospital readmissions within 30 days*	15%	Total Medicare spending (in billions)	\$17.64
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NORTH CAROLINA 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	23,337	18,635	41,972
Meals served each year	1,623,111	2,863,040	4,486,151

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

Live alone	48%	Live in poverty	43%
Live in a rural area	44%	Minority	43%
Women	68%		

## 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	\$7,310,081	\$8,121,728	\$15,431,809 (59%)
Total Expenditures	\$10,528,916	\$15,462,602	\$25,991,518

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NORTH CAROLINA 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
\$8.84	\$2,098	\$229

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

