

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

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

Senior population	159,053 (21%)
Seniors threatened by hunger (marginally food insecure)	13,360 (8%)
Seniors at risk of hunger (food insecure)	5,249 (3%)
Seniors facing hunger (very low food secure)	2,227 (1%)
Seniors living alone	43,697 (27%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	15,553 (10%)
Seniors that are non-white racial and/or an ethnic minority	4%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	24%
Seniors with a disability	27%

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

Preventable hospitalizations*	49%	Hospital readmissions within 30 days*	14%
Total Medicare spending (in billions)	\$1.11		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NORTH DAKOTA 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	13,691	5,022	18,713
Meals served each year	546,424	536,255	1,082,679

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

Live alone	49%	Live in poverty	21%
Live in a rural area	67%	Minority	5%
Women	61%		

## 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	\$1,981,162	\$1,681,679	\$3,662,841 (43%)
Total Expenditures	\$4,690,494	\$3,878,107	\$8,568,601

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NORTH DAKOTA 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
\$12.01	\$1,831	\$363

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

