

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

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

Senior population <sup>1</sup>	347,239 (26%)	Rank: 7 <sup>th</sup> in U.S.
Seniors threatened by hunger (marginally food insecure)	36,460 (11%)	Rank: 48 <sup>th</sup> in U.S.
Seniors at risk of hunger (food insecure)	14,931 (4%)	Rank: 47 <sup>th</sup> in U.S.
Seniors facing hunger (very low food secure)	6,250 (2%)	Rank: 45 <sup>th</sup> in U.S.
State ranking for risk of social isolation <sup>2</sup>	49 <sup>th</sup> in U.S.	

## MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	<1%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	16%	Seniors with a disability	27%		
Seniors living alone	24%	Seniors living below the poverty line	5%		
Seniors who lack income to pay for basic living needs	Singles: 53%		Couples: 24%		

## INADEQUATE NUTRITION AND LIMITED SOCIAL CONTACT HAVE HEALTH CONSEQUENCES THAT AFFECT INDIVIDUALS, OUR HEALTHCARE SYSTEM AND THE ECONOMY

Seniors experiencing falls with injury	10%	Preventable hospitalizations <sup>3</sup>	38 per 1,000
Hospital readmissions within 30 days <sup>3</sup>	16%	Total Medicare spending (in billions)	\$2.43

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEW HAMPSHIRE ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO SENIORS AT RISK OF HUNGER AND ISOLATION

	Title III-C Nutrition Program		Title VI Grants for Native Americans	
	Seniors served	Meals served	Seniors served	Meals served
Congregate meals	17,523	330,854	N/A	N/A
Home-delivered meals	14,230	1,248,057	N/A	N/A
Total	31,753	1,578,911	N/A	N/A

## PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES <sup>4</sup>

Live alone	46%	Live below the poverty line	15%
Live in a rural area	75%	Women	64%
Black or African American	<1%	Hispanic or Latino	<1%
		Native American or Hawaiian/Pacific Islander	1%

## FUNDING FOR THESE PROGRAMS VARIES 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 Title III expenditures	\$1,668,681	\$2,774,329	\$4,443,010 (28%)
Total expenditures	\$3,411,242	\$12,647,248	\$16,058,490

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

Cost of 1 home-delivered / congregate meal <sup>5</sup>	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$11.88 / \$10.21	\$2,623	\$315

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

Notes: <sup>1</sup> Senior population and hunger: lower number ranking = higher percent; <sup>2</sup> Social isolation: lower number ranking = higher isolation risk; <sup>3</sup> Among Medicare beneficiaries of all ages; <sup>4</sup> Includes Title III registered services not limited to meals; <sup>5</sup> Inflation-adjusted regional average

