

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

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

Senior population <sup>1</sup>	2,011,085 (23%)	Rank: 29 <sup>th</sup> in U.S.
Seniors threatened by hunger (marginally food insecure)	243,341 (12%)	Rank: 45 <sup>th</sup> in U.S.
Seniors at risk of hunger (food insecure)	96,532 (5%)	Rank: 43 <sup>rd</sup> in U.S.
Seniors facing hunger (very low food secure)	38,211 (2%)	Rank: 44 <sup>th</sup> in U.S.
State ranking for risk of social isolation <sup>2</sup>	24 <sup>th</sup> in U.S.	

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

Black or African American	10%	Hispanic or Latino	11%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	24%	Seniors with a disability	26%		
Seniors living alone	23%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 54%		Couples: 22%		

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

Seniors experiencing falls with injury	8%	Preventable hospitalizations <sup>3</sup>	45 per 1,000
Hospital readmissions within 30 days <sup>3</sup>	17%	Total Medicare spending (in billions)	\$18.44

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEW JERSEY 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	28,669	1,452,056	N/A	N/A
Home-delivered meals	19,475	3,183,800	N/A	N/A
Total	48,144	4,635,856	N/A	N/A

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

Live alone	50%	Live below the poverty line	27%
Live in a rural area	0%	Women	67%
Black or African American	16%	Hispanic or Latino	11%
		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	\$9,858,151	\$9,527,183	\$19,385,334 (42%)
Total expenditures	\$19,438,692	\$26,863,971	\$46,302,663

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEW JERSEY 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	\$2,786	\$350

## 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

