

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

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

|   |                         |                                |
|---|-------------------------|--------------------------------|
| Senior population <sup>1</sup>                          | 501,072 (24%)           | Rank: 15 <sup>th</sup> in U.S. |
| Seniors threatened by hunger (marginally food insecure) | 116,750 (23%)           | Rank: 7 <sup>th</sup> in U.S.  |
| Seniors at risk of hunger (food insecure)               | 59,628 (12%)            | Rank: 2 <sup>nd</sup> in U.S.  |
| Seniors facing hunger (very low food secure)            | 21,045 (4%)             | Rank: 8 <sup>th</sup> in U.S.  |
| State ranking for risk of social isolation <sup>2</sup> | 2 <sup>nd</sup> in U.S. |                                |

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

|   |              |                                       |              |  |    |
|---|--------------|---------------------------------------|--------------|--|----|
| Black or African American                             | 2%           | Hispanic or Latino                    | 34%          | Native American/Alaskan or Hawaiian/Pacific Islander | 6% |
| Seniors self-reporting "fair to poor" health          | 29%          | Seniors with a disability             | 36%          |  |    |
| Seniors living alone                                  | 26%          | Seniors living below the poverty line | 14%          |  |    |
| Seniors who lack income to pay for basic living needs | Singles: 50% |                                       | Couples: 25% |  |    |

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

|   |     |   |              |
|---|-----|---|--------------|
| Seniors experiencing falls with injury            | 13% | Preventable hospitalizations <sup>3</sup> | 28 per 1,000 |
| Hospital readmissions within 30 days <sup>3</sup> | 15% | 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 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     | 28,244                        | 1,361,317    | 3,500                                | 132,996      |
| Home-delivered meals | 9,648                         | 1,727,029    | 2,596                                | 205,267      |
| Total                | 37,892                        | 3,088,346    | 6,096                                | 338,263      |

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

|                           |     |  |     |
|---------------------------|-----|--|-----|
| Live alone                | 42% | Live below the poverty line                  | 29% |
| Live in a rural area      | 33% | Women  | 58% |
| Black or African American | 1%  | Hispanic or Latino                           | 43% |
|                           |     | Native American or Hawaiian/Pacific Islander | 9%  |

## 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 | \$3,146,663      | \$2,369,142          | \$5,515,805 (25%) |
| Total expenditures         | \$10,113,617     | \$11,967,261         | \$22,080,878      |

## 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 home-delivered / congregate meal <sup>5</sup> | Cost of 1 day in a hospital | Cost of 1 day in a nursing home |
| \$13.06 / \$15.42                                       | \$2,842                     | \$241                           |

## 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

