

DELIVERING SO MUCH MORE THAN JUST A MEAL IN NORTH DAKOTA

NORTH DAKOTA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	162,985 (21%)	Rank: 44 th in U.S.
Seniors threatened by hunger (marginally food insecure)	15,647 (10%)	Rank: 50 th in U.S.
Seniors at risk of hunger (food insecure)	4,727 (3%)	Rank: 50 th in U.S.
Seniors facing hunger (very low food secure)	1,956 (1%)	Rank: 50 th in U.S.
State ranking for risk of social isolation ²	42 nd in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	0%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	3%
Seniors self-reporting "fair to poor" health	24%	Seniors with a disability	27%		
Seniors living alone	27%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 48%		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	10%	Preventable hospitalizations ³	41 per 1,000
Hospital readmissions within 30 days ³	15%	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 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	13,440	536,815	958	41,352
Home-delivered meals	4,643	523,970	983	231,914
Total	18,083	1,060,785	1,941	273,266

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	50%	Live below the poverty line	22%
Live in a rural area	67%	Women	60%
Black or African American	<1%	Hispanic or Latino	<1%
		Native American or Hawaiian/Pacific Islander	3%

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	\$1,694,995	\$1,707,495	\$3,402,490 (39%)
Total expenditures	\$4,618,759	\$4,017,021	\$8,635,780

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 home-delivered / congregate meal ⁵	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$11.82 / \$13.23	\$1,839	\$390

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

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

