

# NORTH CAROLINA FACT SHEET

**NOTE:** This fact sheet presents the most recent data for older adults living in North Carolina and senior nutrition programs receiving federal funding through the Older Americans Act. These data are from 2018-2019 unless noted and therefore do not reflect any changes due to the pandemic.

## POPULATION, DEMOGRAPHICS AND NEEDS

### SENIOR POPULATION

- Total population of adults age 60+: **2,409,925 (23.0%)**
- Race
  - Black/African American: **18.2%**
  - White:
    - Hispanic: **2.3%**
    - Non-Hispanic: **76.0%**
  - Asian: **1.7%**
  - American Indian and Alaska Native: **1.1%**
  - Native Hawaiian and Pacific Islander: **0.0%**
  - Two or more major race groups: **0.7%**
- Hispanic/Spanish/Latino ethnicity\*: **2.7%**
- Women: **55.3%**
- Live in a rural area: **39.2%**
- Speak language other than English at home: **5.5%**

### FOOD INSECURITY AND NUTRITION

- Seniors threatened by or experiencing hunger (marginally food insecure)\*\*: **357,167 (15.1%)**; Rank: **11<sup>th</sup>** in U.S.
- Seniors at risk of hunger (food insecure)\*\*: **177,967 (7.5%)**; Rank: **19<sup>th</sup>** in U.S.
- Seniors facing hunger (very low food secure): **76,120 (3.2%)**; Rank: **14<sup>th</sup>** in U.S.
- Seniors eating 3+ vegetables a day: **16.2%**
- Seniors eating 2+ fruits a day: **34.1%**

### SOCIAL ISOLATION

- Seniors living alone: **586,269 (24.8%)**
- State ranking for risk of social isolation: **28<sup>th</sup>** in U.S.

### POVERTY

- Seniors living below the poverty line: **235,731 (9.9%)**
- Seniors who lack income to pay for basic living needs
  - Singles: **51.0%**
  - Couples: **22.1%**

## HEALTHCARE UTILIZATION AND COSTS

### HEALTH AND DISABILITY

- Seniors living with a disability: **31.0%**
- Seniors reporting “fair” to “poor” health: **26.0%**
- Medicare beneficiaries with multiple (4+) chronic conditions: **41.1%**

### FALLS AND HEALTHCARE UTILIZATION

- Seniors experiencing fall with injury: **8.8%**
- Hospital readmissions within 30 days among Medicare participants (2020): **16%**
- Preventable hospitalizations among Medicare participants (2020): **31.4 per 1,000**
- Nursing facility residents with low-care needs: **4.6%**; Rank: **46<sup>th</sup>** in U.S.

### HEALTHCARE COSTS

- Total Medicare spending: **\$12,211,228,641**
- Medicaid spending for nursing facilities (2020): **\$1,716,232,147**
- Medicare beneficiaries who are dually eligible for Medicaid: **333,024 (17%)**
- Cost of 1 day in a hospital: **\$2,236**
- Cost of 1 day in a nursing home (2020): **\$240**



\* Includes any race.

\*\* Marginally food insecure includes seniors who are food insecure or very low food secure, and seniors who are food insecure includes those who are very low food secure.

## MEALS ON WHEELS AMERICA KEY FEDERAL PRIORITIES

1. Increase federal funding for the Older Americans Act Nutrition Program, and other funding sources including federal block grants and home- and community-based services (HCBS).
2. Advance policies that support community-based nutrition programs serving more older adults including a strong and coordinated implementation of the 2020 reauthorization of the Older Americans Act, convening a White House Conference on Food Nutrition, Hunger, and Health, and incentivizing leverage of the senior nutrition network in healthcare.
3. Strengthen other federal anti-hunger programs that benefit older adults and their families, including the Commodity Supplemental Food Program (CSFP) and the Supplemental Nutrition Assistance Program (SNAP).
4. Enhance charitable giving incentives and assistance for nonprofit organizations under the tax code.

### OLDER AMERICANS ACT (OAA) DATA

#### CLIENTS SERVED AND DEMOGRAPHICS

##### PROFILE OF CLIENTS RECEIVING OAA TITLE III SERVICES\*

- Race
  - Black/African American: **35.3%**
  - White:
    - Hispanic: **5.2%**
    - Non-Hispanic: **57.1%**
  - Asian: **0.9%**
  - American Indian and Alaska Native: **0.8%**
  - Native Hawaiian and Pacific Islander: **0.1%**
  - Two or more races: **0.6%**
  - Another race: **0.0%**
- Hispanic/Spanish/Latino ethnicity\*\*: **9.5%**
- Women: **68.6%**
- Living in a rural area: **44.0%**
- Living alone: **48.1%**
- Living below the poverty line: **43.3%**

##### SENIORS SERVED OAA TITLE III MEALS

- Seniors served congregate meals: **23,177**
- Seniors served home-delivered meals: **19,829**
- Total seniors served: **43,006**

##### SENIORS SERVED OAA TITLE VI MEALS

- Seniors served congregate meals: **140**
- Seniors served home-delivered meals: **133**
- Total seniors served: **273**

#### MEALS SERVED AND EXPENDITURES

##### OAA TITLE III MEALS SERVED

- Congregate meals served: **1,555,356**
- Home-delivered meals served: **3,008,163**
- Total meals served: **4,563,519**

##### OAA TITLE VI MEALS SERVED

- Congregate meals served: **16,429**
- Home-delivered meals served: **17,490**
- Total meals served: **33,919**

##### OAA TITLE III MEAL EXPENDITURES

- Title III expenditures for OAA meals served
  - Congregate meals: **\$7,817,436**
  - Home-delivered meals: **\$6,442,459**
  - Total meals: **\$14,259,895**
- Total expenditures for OAA meals served
  - Congregate meals: **\$11,074,787**
  - Home-delivered meals: **\$17,368,984**
  - Total meals: **\$28,443,771**
- Title III expenditures as percent of Total expenditures for OAA meals served: **50.1%**



\* Includes Title III registered services not limited to meals and includes OAA specified eligible meal participants under the age of 60. Percentages are based on OAA clients with race data known and excludes clients with no data.

\*\* Includes any race. Percentage is based on clients with ethnicity known and excludes clients with no data.