



# NEW HAMPSHIRE'S AGING POPULATION: BY THE NUMBERS

**NOTE:** This fact sheet presents the most recent data for older adults living in New Hampshire, and senior nutrition programs receiving federal funding through the Older Americans Act (OAA) in New Hampshire. Except where noted otherwise, "seniors" refers to adults age 60 or over, the primary age group served by the OAA.

## POPULATION SIZE AND DEMOGRAPHICS

### AGE 60 AND OVER POPULATION

- Total population of adults age 60+: **414,759 (29.4%)**
- Race
  - Black/African American: **0.9%**
  - White:
    - Hispanic: **1.4%**
    - Non-Hispanic: **95.0%**
  - Asian: **1.7%**
  - American Indian and Alaska Native **0.3%**
  - Native Hawaiian and Pacific Islander: **0.0%**
  - Two or more major race groups: **0.8%**
- Hispanic/Spanish/Latino ethnicity\*: **1.6%**
- Women: **52.6%**
- Veterans: **14.1%**
- Live in a rural area: **45.8%**
- Language spoken at home and ability to speak English:
  - English only: **93.5%**
  - Language other than English: **6.5%**
    - Speak English less than "very well": **2.3%**

## FOOD INSECURITY AND NUTRITION

- Seniors experiencing limited or uncertain access to adequate food (marginally food secure)\*\*: **47,929 (12.2%)**
  - Seniors experiencing reduced quality, variety or desirability of diet (low food secure)\*\*: **23,320 (6.0%)**
    - Seniors experiencing reduced food intake (very low food secure): **10,391 (2.7%)**
- Senior households receiving Supplemental Nutrition Assistance Program (SNAP): **13,653 (5.2%)**
- Seniors eating less than 1 vegetable a day: **12.8%**
- Seniors eating less than 1 fruit a day: **27.8%**

\* 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.

## SOCIAL ISOLATION

- Seniors living alone: **95,020 (24.5%)**
- State ranking for risk of social isolation age 65+: **2nd**

## POVERTY

- Seniors living below the poverty line:
  - Supplemental poverty measure: **51,678 (12.4%)**
  - Official poverty measure: **29,438 (7.7%)**
- Seniors age 65+ who lack income to pay for basic living needs
  - Singles: **54%**
  - Couples: **22%**

## HEALTH CARE UTILIZATION AND COSTS

### HEALTH AND DISABILITY

- Seniors with a disability: **25.1%**
- Seniors reporting "fair" to "poor" health: **18.4%**
- Medicare participants age 65+ with multiple (3+) chronic conditions: **54%**
- Seniors with diabetes: **19%**
- Seniors with kidney disease: **14%**
- Seniors with heart disease: **17%**

### FALLS AND HEALTH CARE UTILIZATION

- Seniors experiencing fall with injury/year: **8.6%**
- Hospital readmissions within 30 days among Medicare participants age 65+: **16.0%**
- Preventable hospitalizations among Medicare participants age 65+: **2.5%**

### HEALTH CARE COSTS

- Total Medicare spending: **\$2,200,212,231**
- Medicaid spending for nursing facilities: **\$440,110,906**
- Managed Care Medicaid spending: **870,347,319**
- Medicare beneficiaries who are dually eligible for Medicaid: **9%**
- Cost of 1 day in a hospital: **\$3,402**
- Cost of 1 day in a nursing home: **\$403**

## MEALS ON WHEELS AMERICA FEDERAL ADVOCACY PRIORITIES

1. **Increase funding and support for senior nutrition programs.** Significantly boost funding for the Older Americans Act (OAA) Nutrition Program, protect other federal funding sources for Meals on Wheels programs, strengthen SNAP and other federal nutrition programs that help support vulnerable older adults, and improve charitable giving, volunteering and tax incentives to generate more resources and capacity for community-based organizations.
2. **Reauthorize and strengthen the OAA.** Protect the OAA's core purposes of reducing hunger, social isolation and loneliness, and improving adult health and well-being by increasing authorized funding levels, unifying congregate and home-delivered meal programs to improve flexibility and efficiency, and prioritizing community-based organizations for nutrition services contracts.
3. **Advance Food Is Medicine interventions and expand nutrition access and social connection for older adults.** Include home-delivered meal benefits in Medicare, Medicare Advantage and Medicaid, support opportunities for medically tailored meal initiatives for community-based senior nutrition programs and address the epidemic of social isolation and loneliness through nationally coordinated awareness, initiatives and research.

## OLDER AMERICANS ACT (OAA) HOME-DELIVERED AND CONGREGATE MEAL PARTICIPANTS

### DEMOGRAPHICS

#### PROFILE OF CLIENTS RECEIVING OAA TITLE III HOME-DELIVERED AND/OR CONGREGATE MEAL SERVICES\*

- Race
  - Black/African American: **76**
  - White: **24,287**
  - Asian/ Asian American: **54**
  - American Indian and Alaska Native: **90**
  - Native Hawaiian and Pacific Islander: **34**
  - Two or more races: **0**
  - Another race: **0**
- Hispanic/Spanish/Latino ethnicity\*\*: **0.6%**
- Total Minority: **1.7%**
- Women: **62.8%**
- Live alone: **48.5%**
- Living in a rural area: **78.4%**
- Living below the poverty line: **39.7%**

### CLIENTS SERVED

#### SENIORS SERVED OAA TITLE III MEALS

- Seniors served home-delivered meals: **18,090**
- Seniors served congregate meals: **19,506**
- Total seniors served: **37,596**

#### SENIORS SERVED OAA TITLE VI MEALS

- Seniors served home-delivered meals: **0**
- Seniors served congregate meals: **0**
- Total seniors served: **0**

### MEALS SERVED AND EXPENDITURES

#### OAA TITLE III MEALS SERVED

- Home-delivered meals served: **2,102,164**
- Congregate meals served: **290,771**
- Total meals served: **2,392,935**

#### OAA TITLE VI MEALS SERVED

- Home-delivered meals served: **52,184**
- Congregate meals served: **9,160**
- Total meals served: **61,344**

#### OAA MEAL EXPENDITURES

- Title III expenditures for OAA meals served
  - Home-delivered meals: **3,414,024**
  - Congregate meals: **976,678**
  - Total meals: **4,390,702**
- Total expenditures for OAA meals served
  - Home-delivered meals: **19,461,357**
  - Congregate meals: **3,396,920**
  - Total meals: **22,858,277**
- Title III expenditures as percent of total expenditures for OAA meals served: **19.2%**

\*OAA defines older adults as age 60 and older 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.

**MEALS on WHEELS**  
AMERICA