

DELIVERING SO MUCH MORE THAN JUST A MEAL IN NORTH CAROLINA

NORTH CAROLINA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	2,336,278 (22%)	Rank: 30 th in U.S.
Seniors threatened by hunger (marginally food insecure)	408,849 (18%)	Rank: 27 th in U.S.
Seniors at risk of hunger (food insecure)	210,265 (9%)	Rank: 10 th in U.S.
Seniors facing hunger (very low food secure)	95,787 (4%)	Rank: 10 th in U.S.
State ranking for risk of social isolation ²	21 st in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	18%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	29%	Seniors with a disability	31%		
Seniors living alone	25%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 51%		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	9%	Preventable hospitalizations ³	45 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$17.64

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NORTH CAROLINA 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	23,148	1,545,816	154	16,288
Home-delivered meals	19,209	2,849,196	133	18,581
Total	42,357	4,395,012	287	34,869

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	49%	Live below the poverty line	43%
Live in a rural area	44%	Women	68%
Black or African American	35%	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	\$7,478,995	\$6,698,363	\$14,177,358 (54%)
Total expenditures	\$10,564,996	\$15,777,758	\$26,342,754

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NORTH CAROLINA 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
\$9.84 / \$8.85	\$2,234	\$232

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

