SNAP Access: Improving Seniors' Health Outcomes

Reduce Nursing Home & Hospital Admissions by Meeting Basic Needs

The 2017 Maryland Food Access and Nutrition Network (MFANN) Conference

October 24, 2017

@BeneDataTrust
#SDOH #SeniorsOnSNAP #SIE4Health
INDIVIDUAL IMPACT
Comprehensive Application Assistance

SYSTEMS IMPACT
Simple Benefits Access

SOCIAL IMPACT
Cost-Effective Strategies for Improving Lives, Communities and the Economy
I’m looking forward to help with the food and not having to worry about asking my children if they can help me…

I really appreciate your help.

-Ms. J, age 66
The Problem: Seniors Basic Needs Aren’t Met

88% of US healthcare expenditures are spent on medical care alone, but:

- 10% is attributed to medical care
- 70% is attributed to behavioral and socio-economic factors
The Research Collaboration

Benefits Data Trust
The Johns Hopkins School of Nursing
The Hilltop Institute at UMBC
Maryland Department of Human Services
Maryland Department of Health
Robert Wood Johnson Foundation

(Links to the original research: the first on hospitals and the second on nursing homes)
Access to **Supplemental Nutrition Assistance Program (SNAP)** food assistance

→

*Improved* health **outcomes** and reduces healthcare **costs**
The Study Population

- **68,956** dual-eligible adults 65+
- **Nearly 70%** female
- **At least 2** chronic conditions
Deep Poverty

Average annual income approximately $5,800
The Findings: Seniors on SNAP

After just one year...

Odds of nursing home admission: -23%

Odds of hospital admission: -14%

Shorter stays in both settings if admitted
Benefits Utilization

- **47%** SNAP enrollment
  - Average *monthly* benefit of **$117**

- **21%** LIHEAP enrollment
  - Average *annual* benefit of **$339**
If all non-SNAP participants from sample were enrolled:

- **$34 million** savings from nursing homes
- **$19 million** savings from hospitalizations
He went above and beyond the call. I’m an old man, and I don’t understand half of these things. Every question I asked him, he gave me a good answer in a language I can understand. He did a wonderful, wonderful job.

Research Implications for Low-Income Seniors

• Over 5.5 million eligible low-income seniors not enrolled in SNAP

• Seniors average SNAP amount: $1,400/year
When you're 77, it's hard to understand some of these things. You have been such a help today! I didn't even know they had these benefits!

You don't know how great that is when you're living on Social Security.

- Ms. R, age 77
Comprehensive Solutions

Determinants of Health Solution

Income Supports
Food Supports
Shelter Supports
Prescription Coverage

Healthcare Solution

Disease Management
Primary Care
Hospital/ER
Patient Monitoring
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Citations

Our New Studies Cited:


Other Sources Cited: