

# FOOD INSECURITY OF NM'S OLDER ADULTS

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# NEW MEXICO: GAINING MORE OLDER ADULTS

## BY THE YEAR 2030:

New Mexico's 65+ population is projected to be

**10TH HIGHEST  
IN THE NATION**

*Currently, NM is 13th.\**

By 2040, the number of New Mexicans 65+ is expected to

**INCREASE BY  
OVER 200,000**

*That's an increase of **more than 28%** over the next 15 years.\*\**

As of the 2020 Census,

**426,254**

New Mexicans are aged 65+ \*\*\*

In 2021,

**10% OF NM  
ADULTS AGED 60+**

self-reported they have difficulty living independently

*for example, doing errands alone such as visiting a doctor's office or shopping\*\*\**

\* U.S. Census (2020) & UNM Geospatial & Population Studies. (2024). NM Population Projections, 2023 – 2050

\*\* UNM Geospatial & Population Studies. (2024). NM Population Projections, 2023 – 2050

\*\*\*U.S. Census Bureau. "AGE AND SEX." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S0101, 2020, [https://data.census.gov/table/ACSST5Y2020.S0101?q=040XX00US35\\$0500000](https://data.census.gov/table/ACSST5Y2020.S0101?q=040XX00US35$0500000). Accessed on January 30, 2025.

\*\*\*\*Data from Behavioral Risk Factor Surveillance System Survey, 2016-2020. Center for Disease Control and Prevention with New Mexico Department of Health



# SNAPSHOT

New Mexico has the fifth highest rate of poverty among people 65 years and older in the United State at 13.7%.

64,460 seniors (age 60+) in New Mexico received SNAP benefits in fiscal year (FY) 2022.

More than 31% of SNAP recipients in New Mexico are in families with members who are older adults or are disabled.

New Mexico is ranked 3rd for older adults experiencing food insecurity. 46,163 or 18.4% are at risk of experiencing food insecurity or 1 in 5; 59,360 (10.7%) of Seniors or 1 in 9 are at risk of hunger.

(<https://www.rafb.org/learn/hunger-research/map-the-meal-gap/>).





# SNAPSHOT

In FY25, 253 food boxes were delivered to APS clients. APS is exploring ways to expand.



Over the past 2 years, ALTSD has transferred **\$2,750,000+** to HSD to support seniors receiving **SNAP**



## AGING NETWORK

PERFORMANCE MEASURE #1

### Performance Measure #1:

Percentage of older New Mexicans receiving congregate, and home delivered meals through aging network programs that are assessed with “high” nutritional risk.

#### Results

FY22	FY23	FY24	FY25 Q1	FY25 Q2	FY25 Q3	FY25 Q4	FY25 AVG.	FY25 TARGET
15%	17%	20%	20.58%	28.61%	25.21%	26.94%	25%	17%

## AGING NETWORK

PERFORMANCE MEASURE #4

### Performance Measure #4:

Number of meals served in congregate, and home delivered meal settings

#### Results

FY22	FY23	FY24	FY25 Q1	FY25 Q2	FY25 Q3	FY25 Q4	FY25 TARGET	FY25 TARGET
4,443,066	4,105,279	4,020,390	478,048	744,110	610,768	2,358,230	4,191,156	4,430,00

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