# Under One Roof

**What Seniors Need, Senior Centers Provide**

There will be 1.4 Million Seniors in NYC by 2040

The Department for the Aging funds more than 250 Senior Centers

More than 30,000 seniors access Senior Centers everyday

<table>
<thead>
<tr>
<th>Loneliness</th>
<th>26% of households do not have internet</th>
<th>17% of residents are food insecure</th>
<th>23% of adults had no exercise in the past 30 days</th>
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<tbody>
<tr>
<td>Loneliness surpasses obesity as an early predictor of death</td>
<td>50% of seniors are immigrants</td>
<td>120+ million meals are needed to reach food secure</td>
<td>24% of adults are obese</td>
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### Socialization

Senior Center members report higher levels of social support

70% of seniors surveyed attended a Senior Center to avoid isolation

### Education

Senior Centers are culturally competent

50% of seniors surveyed attended a Senior Center to for classes & educational programming

### Nutrition

Senior Centers offer nutritious congregate lunches

Some centers even offer breakfast, dinner, or a weekend meal

### Health

Senior Centers offer health classes

Over 70% of seniors surveyed experienced improved or maintained health after 1 year of attending

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Making New York a better place to age