

THE REAL IMPACT OF PUBLIC BENEFITS

Assistance programs like SNAP, WIC, and Medicaid are more than just safety nets. They're investments in a healthier, more promising future — for everyone.



OLDER ADULTS

Lower healthcare costs

For older Americans on Medicaid and Medicare, food assistance can reduce nursing home admissions by 23% and hospitalizations by 14%.^{1,2}

More reliable access to medicine

Older adults who enroll in SNAP are more likely to be able to afford and stay on their medications.³



PARENTS & FAMILIES

Increased earnings

SNAP participation during early childhood helps women achieve self-sufficiency through increased educational attainment and earnings.¹⁰

Longer life expectancy

Public benefits prolong life — for example, access to Medicaid is associated with a 12% reduction in mortality.¹¹



CHILDREN

Better health

SNAP, WIC, and Medicaid are associated with improved long-term health and a lower risk of health problems later in life, such as heart disease and diabetes.^{4,5,6}

Better education

Food assistance and access to health insurance are linked to gains in reading and math and higher graduation rates.^{7,8}

More stability

Increased access to SNAP benefits may reduce the need for foster care and child protective service interventions.⁹



STUDENTS

Better academic outcomes

SNAP enrollment can increase retention among food-insecure students.¹²

Higher earnings after college

Every \$1,000 in Pell Grant aid increases a student's future earnings by more than \$1,000.¹³



COMMUNITIES

More jobs

Every \$1 billion spent on SNAP supports over 13,500 jobs.¹⁴

More growth

Every \$1 invested in food assistance generates approximately \$1.50 in economic activity.¹⁵

LEARN MORE



To learn more about the impact of public benefits on health and social outcomes, visit bdtrust.org/why-benefits or scan the code with your camera app.



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