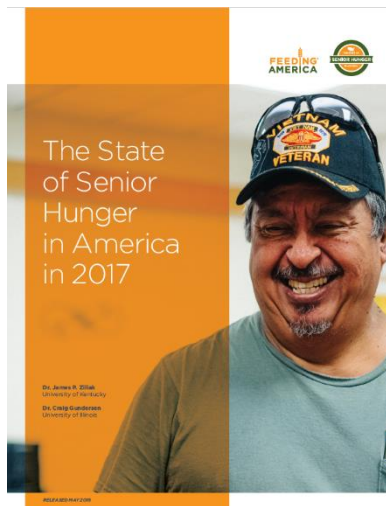
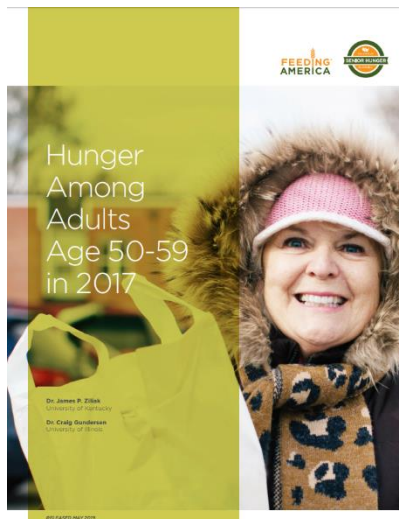


## The State of Senior Hunger in America in 2017



1. U.S. Social Security Administration. (2019). "Monthly Statistical Snapshot, March 2019." Available online at: <https://www.ssa.gov/>.
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5. Nord, Mark. (2003). "Food Insecurity in Households with Children." Food Assistance Research Brief. Washington, DC: US Dept of Agriculture, Economic Research Service. Food Assistance and Nutrition Research Report Number 34-13. Available online at: <https://www.ers.usda.gov>.

## Hunger Among Adults Age 50-59 in 2017



1. Gundersen, C., A. Dewey, M. Kato, A. Crumbaugh & M. Strayer. *Map the Meal Gap 2019: A Report on County and Congressional District Food Insecurity and County Food Cost in the United States in 2017*. Feeding America, 2019.
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3. Gundersen, C., A. Dewey, M. Kato, A. Crumbaugh & M. Strayer. *Map the Meal Gap 2019: A Report on County and Congressional District Food Insecurity and County Food Cost in the United States in 2017*. Feeding America, 2019.
4. Coleman-Jensen, A. and M. Nord. (2013). "Disability Is an Important Risk Factor for Food Insecurity." *Amber Waves*, U.S. Department of Agriculture, Economic Research Service.

Available online at: <https://www.ers.usda.gov>.

5. Rix, S.E. (2015). "Long-Term Unemployment: Greater Risks and Consequences for Older Workers." AARP Public Policy Institute, Fact Sheet 319. Available online at: <https://www.aarp.org>

# Senior Hunger Infographic

## About Food Insecurity - Page 1

### 5.5 million seniors are food insecure as of 2017.

Source: Ziliak, J. P. & Gundersen, C. (2019). *The state of senior hunger in America in 2017*.

### Every day, 10,000 people become a senior.

Source: Social Security Administration. (2011). *Annual performance plan for fiscal year 2012*. Washington, DC.

### 2.3 million seniors were food insecure in 2001.

Source: Ziliak, J. P. & Gundersen, C. (2019). *The state of senior hunger in America in 2017*.

### About 8 million seniors will be food insecure in 2050.

Source: Ortman, J. M., Velkoff, V. A., & Hogan, H. (2014). *An aging nation: The older populations in the United States*. Current Population Reports.

*An Aging Nation: The Older Population in the United States* provides population projections for the senior population age 65 and older. To estimate projections for the 60 and older population, we first look at Figure 2. As shown, the population for the age groups from 45 to 64 is distributed in a roughly even way. Using this information, we can say that in 2050, about 25% of those in the 45 to 65 are in the 60-65 age range. By taking 25% of the middle projection for the 45 to 64 age group in Figure 3 (95 million/4) and adding this to the middle projection of those 65 and older (80 million), you get 104 million people over the age of 60. Calculations are below.

$(95,000,000 \text{ seniors}/4) + 80,000,000 \text{ seniors} = 104,000,000 \text{ seniors}$

$104,000,000(.077) = 8,008,000 \text{ seniors}$

### A single person living in poverty in 2017 earns under \$12,060 /year or \$1,005/month.

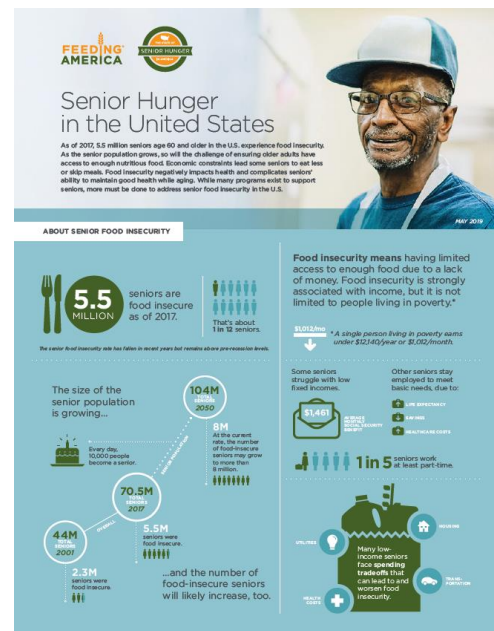
Source: Internal Revenue Service. (2018). *Federal poverty lines*.

### Average monthly social security benefit in 2017 was \$1,360.

Source: Social Security Administration. (2017). *Fact sheet: 2018 Social Security changes*. Washington, DC.

### Some seniors stay employed to meet basic needs due to increased life expectancy, decreased savings, and higher healthcare costs.

Source: United States Department of Health and Human Services. (2013). *The state of aging and health in America 2013*. Atlanta, GA: Centers for Disease Control and Prevention.



### **About 1 in 5 seniors work part- or full-time.**

Source: Desilver, D. (2016). More older Americans are working, and working more, than they used to. *Pew Research Center*. Retrieved from <http://www.pewresearch.org/fact-tank/2016/06/20/more-older-americans-are-working-and-working-more-than-they-used-to/>

### **Many low-income seniors face tough choices, including choosing between food or utilities, housing, health costs, and transportation.**

This is measured through a Client Survey, which measured the circumstances of client households that contain at least one member age 50 and older.

Source: Feeding America. (2014). *Hunger in America*. Chicago, IL.

#### *About Food Insecurity - Page 2*

**Colorado, Minnesota, and North Dakota are the states with the lowest levels of senior food insecurity, whereas Louisiana, Mississippi, and New Mexico are the states with the highest levels of senior food insecurity.**

Source: Ziliak, J. P. & Gundersen, C. (2019). *The state of senior hunger in America in 2017*.

**Seniors are more likely to experience food insecurity if they are racial/ethnic minorities, divorced or separated, living with grandchildren, disabled, unemployed, or female.**

Source: Ziliak, J. P. & Gundersen, C. (2018). *The state of senior hunger in America in 2016*

#### *Food Insecurity and Health - Page 2*

**Poor health can be both a cause and a consequence of food insecurity. Disability and risk for disease decrease capacity for stable employment and increase healthcare costs. Poorer nutrition increases risk for disease and challenges of disease management.**

Sources: Berkowitz, S.A., Basu, S., Meigs, J.B., & Seligman, H.K. (2018). Food insecurity and health care expenditures in the United States, 2011-2013. *Health Services Research*, 53(3):1600-1620.

Gundersen, C. & Ziliak, J. (2015). Food insecurity and health outcomes. *Health Affairs*, 34(11):1830-9.

United States Department of Agriculture, Economic Research Service. (2017). *Food insecurity, chronic disease, and health among working-age adults*, ERR-235. Washington, D.D.: Gregory, C. A. & Coleman-Jensen, A.

**Food insecure seniors are 78% more likely to experience depression, 55% more likely to experience asthma, 40% more likely to experience chest pain, 21% more likely to experience limitations in activity, and 10% more likely to experience high blood pressure.**

Source: Ziliak, J. P. & Gundersen, C. (2017). *The health consequences of senior hunger in the United States: evidence from the 1990-2014 NHANES*.

*Senior Nutrition Programs – Page 2*

**Nearly 5 million senior households receive, on average, \$125/month in SNAP benefits.**

Source: United States Department of Agriculture, Food and Nutrition Service, Office of Policy Support. (2019). *Characteristics of Supplemental Nutrition Assistance Program households: Fiscal year 2017*, by Sarah Lauffer. Project Officer, Jenny Genser. Alexandria, VA.

**Only 45% of SNAP-eligible seniors are enrolled.**

Source: United States Department of Agriculture, Food and Nutrition Service, Office of Policy Support. (2018). *Trends in Supplemental Nutrition Assistance Program participation rates: Fiscal year 2010 to fiscal year 2016*. Washington, DC: Cunnyngnam, K.

**The Feeding America network of food banks serves 7 million seniors through grocery programs, meal programs and benefit outreach.**

Source: Feeding America. (2014). *Hunger in America*. Chicago, IL.

For questions or comments, please contact the Feeding America Research team at [research@feedingamerica.org](mailto:research@feedingamerica.org).