



# Taking Care of Those Who Once Took Care of Us

Hunger in Older Adults

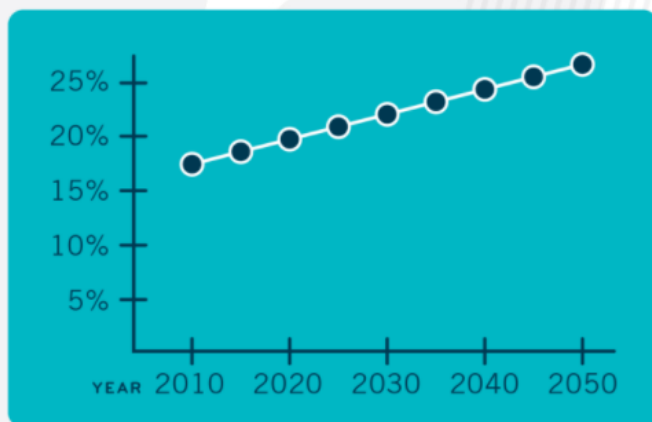


# CHALLENGES AND OPPORTUNITIES FOR THE AGING SERVICES NETWORK

# Background

## SENIOR POPULATION GROWTH

Seniors as a percentage of the population will grow from **18%** in 2010 to **26%** in 2050.



ABOUT **10 MILLION** OR **1 IN 6**  
OLDER ADULTS FACE THE "THREAT OF HUNGER."

# What is Hunger?

The United States Department of Agriculture (USDA) defines hunger as a “potential consequence of food insecurity that, because of prolonged, involuntary lack of food, results in discomfort, illness, weakness, or pain that goes beyond the usual uneasy sensation.”



# What do the terms Food Security and Food Insecurity mean?

The USDA defines food security as “access by all people at all times to enough food for an active, healthy life.” Food insecurity is divided into low and very low food security. For low food security, a person reports reduced quality, variety or desirability in the diet with little or no reduced food intake. For very low food security, a person reports multiple disrupted eating patterns or reduced food intake.

# FOOD INSECURITY HARMS THE HEALTH OF MANY OLDER ADULTS AND THEIR ABILITY TO REMAIN IN THE COMMUNITY

**50%**  
more likely to  
have diabetes

**3x**  
more likely to suffer  
from depression

**60%**  
more likely to have  
congestive heart failure  
or a heart attack

**30%**  
more likely to  
have at least one  
ADL impairment

**2x**  
as likely to report  
gum disease and asthma

FOOD INSECURITY MAY BE A  
PREDICTOR OF NEGATIVE HEALTH  
AND NUTRITION OUTCOMES THAT  
AFFECT AN OLDER ADULT'S ABILITY  
TO REMAIN AT HOME



OLDER ADULTS COPE WITH FOOD  
INSECURITY IN WAYS THAT  
ADVERSELY AFFECT THEIR  
NUTRIENT INTAKE, HEALTH AND  
ABILITY TO REMAIN AT HOME





33 %  


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About 33% of older adults admitted to the hospital may be malnourished.

50 %  


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Up to 50% of community-dwelling older adults may be malnourished.

300 %  


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Malnutrition can increase healthcare costs by 300%.

# UNITED STATES DEPARTMENT OF AGRICULTURE PROGRAMS SERVING OLDER ADULTS

PROGRAM	ENTITLEMENT	DISCRETIONARY	LOW-INCOME OR MEANS-TEST ELIGIBILITY	OTHER ELIGIBILITY
SNAP	X		X	
SNAP-ED		X	X	
FDPIR	X		X	X
CSFP		X	X	X
CACFP	X		X	X
TEFAP		X	X	
SFMNP		X	X	X

## DEPARTMENT OF HEALTH AND HUMAN SERVICE PROGRAMS SERVING OLDER ADULTS

PROGRAM	ENTITLEMENT	DISCRETIONARY	LOW-INCOME OR MEANS-TEST ELIGIBILITY	OTHER ELIGIBILITY
OAA NP		X		X
Medicare	X			X
Medicaid Waiver	X		X	X

# 14 MILLION

of all SNAP eligible individuals were 60 years of age or older in FY2011.

BETWEEN 2008 AND 2014, THE NUMBER OF OLDER ADULT SNAP PARTICIPANTS INCREASED OVER

50%  
in 40 states

AND BY

100%  
or more in 21 states.

RATE OF PARTICIPATION IN SNAP IN FY2012

42% eligible older adults

92% other non-elderly populations

Total federal spending for OAA nutrition services was about \$25 per older adult in 1990 compared to about \$12 per older adult in 2013.

**\$51.3 BILLION**  
Disease-related cost  
of malnutrition

**ALMOST NINE IN TEN FOOD  
INSECURE OLDER ADULTS  
RECEIVED NEITHER CONGREGATE  
NOR HOME-DELIVERED MEALS.**



# Challenges and Opportunities in Assisting Older Adults in Obtaining Adequate, Safe Nutritious Food

Low-income and Poverty

Mobility

Inadequate services, programs and funding

Older adults may be unable to access adequate, safe nutritious food at all times

Older adults may not be able to access adequate safe, nutritious food to help lead an active healthy life

**6 MAIN WAYS LEADERS AND ADVOCATES CAN ADDRESS  
HUNGER, FOOD INSECURITY AND MALNUTRITION  
EXPERIENCED BY OLDER ADULTS IN THE COMMUNITY**

**ADVOCACY**

**FUNDING**

**POLICY**

**PARTNERSHIPS**

**COMMUNITY ACTION**

**RESEARCH**