

THE STATE OF SENIOR HUNGER & HEALTH IN AMERICA IN 2015

EXECUTIVE SUMMARY



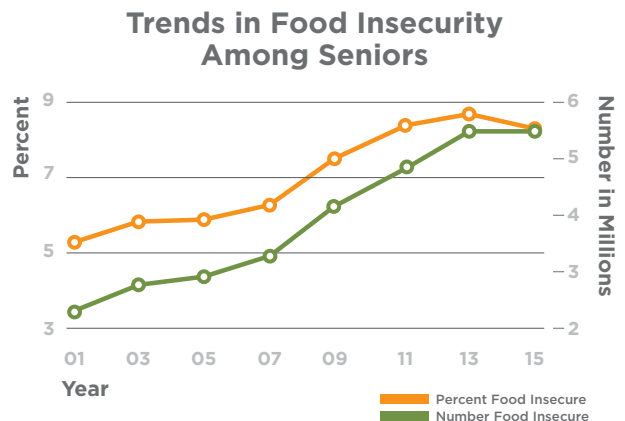
ABOUT THIS STUDY

The State of Senior Hunger and Health in America in 2015 is based upon two reports authored by Dr. Craig Gundersen and Dr. James P. Ziliak. *The State of Senior Hunger in America in 2015 - Supplement* is analysis of data from the Current Population Survey (CPS), and *The Health Consequences of Senior Hunger in the United States: Evidence from the 1999-2014 NHANES* is analysis of data from the National Health and Nutrition Examination Survey. To access the full reports, visit feedingamerica.org/stateofseniorhunger.

SENIOR HUNGER IN THE U.S.

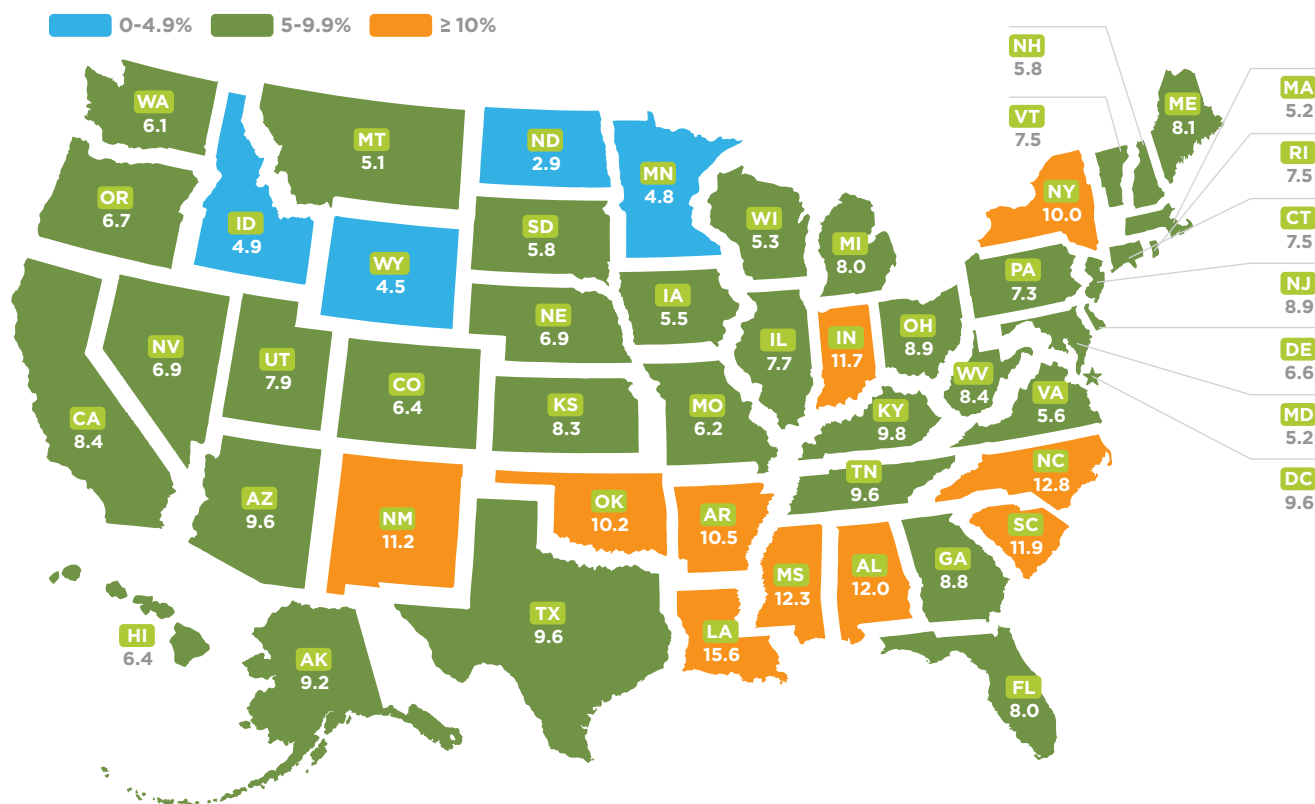
Food insecurity is defined by the United States Department of Agriculture as having limited access to enough nutritious food to live a healthy lifestyle. In 2015, 8.1% of seniors age 60 and older in the U.S., or 5.4 million seniors overall, were food insecure. This represents a slight drop since 2014, down from 8.8% and 5.7 million seniors. However, the current rate of food insecurity among seniors remains substantially above the rate in 2007 (6.3%), and the current number of seniors who are food insecure is still more than double the number in 2001 (2.3 million).

1 in 12 SENIORS IN THE UNITED STATES IS FOOD INSECURE



STATE-LEVEL SENIOR HUNGER IN 2015

Food insecurity among seniors varies by state and region. (Shown in percentages)



7 of 10 STATES WITH THE HIGHEST RATES OF SENIOR FOOD INSECURITY ARE IN THE SOUTH

CHARACTERISTICS AND RISK FACTORS



AGE

Among seniors, food insecurity rates decrease with age. Seniors age 60-64 are twice as likely to be food insecure as seniors age 80 and older. (10.3% as compared to 5.0%, respectively)



INCOME

The majority (65.8%) of seniors who are food insecure have incomes above the federal poverty line (\$11,770 for a household of one in 2015).



GENDER

Seniors who are female are more likely to be food insecure than seniors who are male. Six in 10 (58.0%) food-insecure seniors are female.

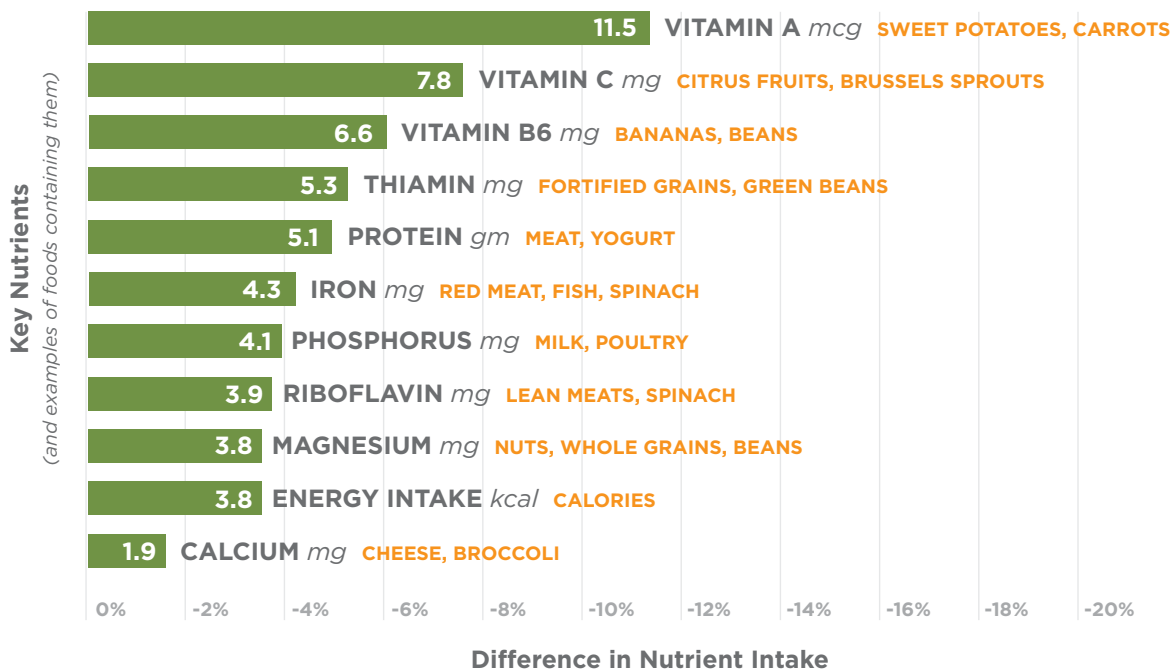


NUTRIENT INTAKE

A nutrient-rich diet is vital for good health and well-being, especially among seniors. Consumption of key nutrients in the proper quantity helps fuel the body, fight against illness and disease, and sustain mental acuity. In an assessment of seniors' intake of various nutrients, food-insecure seniors consumed

fewer calories and lower quantities of key nutrients than seniors who are food secure. For example, food-insecure seniors consume, on average, 11.5% less Vitamin A than food-secure seniors. Seniors who consume nutrient-poor diets may be at increased risk for disease and poor health outcomes.

Percent Difference in Nutrient Intake when Comparing Food Insecure Seniors to Food Secure Seniors*



*The percentage differences are statistically significant for each of the 11 nutrients, except calcium, when controlling for other factors affecting nutrient intake.



DISABILITY
One quarter (25.1%) of seniors with a disability are food insecure.



RACE & ETHNICITY
White seniors comprise the majority of the food-insecure senior population (73.0%), but Black and Hispanic seniors are disproportionately affected by food insecurity. 17.1% of Black seniors are food insecure compared to 7.1% of white seniors, and 13.8% of Hispanic seniors are food insecure compared to 7.6% of non-Hispanic seniors.



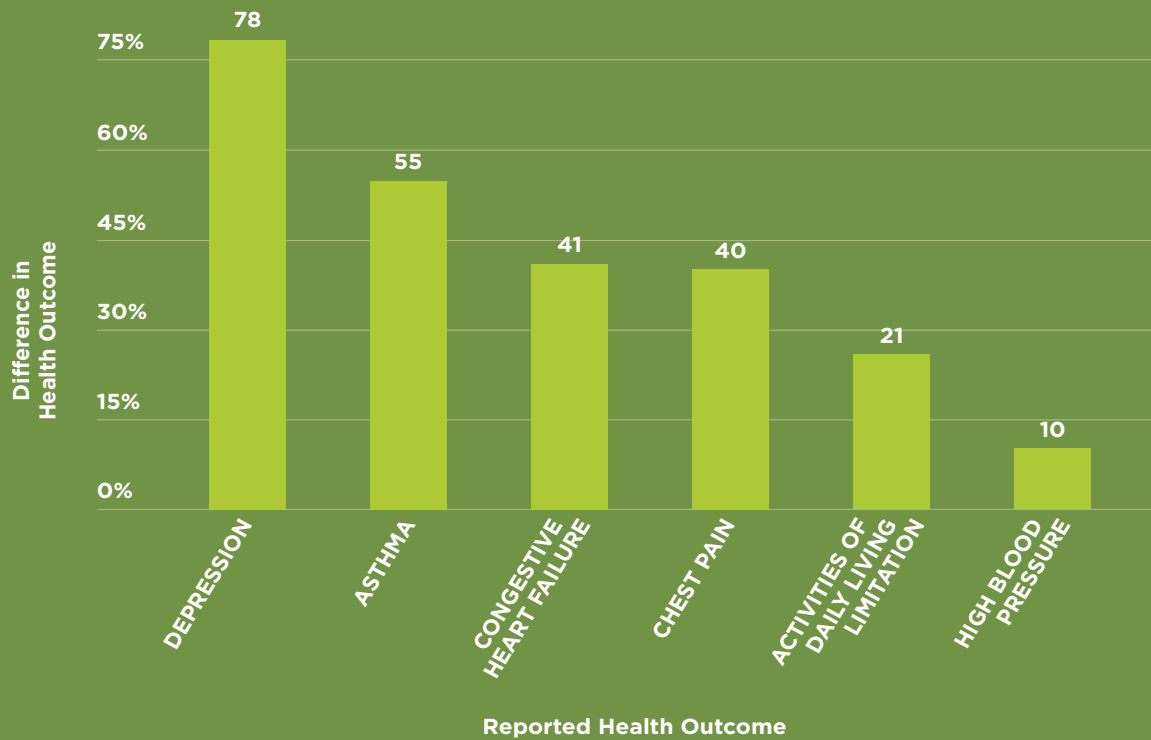
GRANDCHILDREN
Seniors who live with grandchildren are more likely to be food insecure than seniors who do not. One in six seniors in multi-generational households (18.1%) is food insecure.

HEALTH OUTCOMES

Food insecurity has been linked to increased risk for poor health outcomes across the lifespan. Among seniors age 60 years and older, food insecurity was found to be associated with 11 adverse health conditions. While food insecurity is linked to

many negative physical health outcomes, it is most strongly associated with a mental health condition: depression. Food-insecure seniors are 78% more likely to experience depression than food-secure seniors.

Percent Differences in Prevalence Rates of Health Conditions and Outcomes Between Food-Secure Seniors and Food-Insecure Seniors*



*The percentage differences are statistically significant at the 99% confidence interval for each of the identified health outcomes, when controlling for other factors affecting health outcomes.



ABOUT FEEDING AMERICA

Feeding America® is the largest hunger-relief organization in the United States. Through a network of 200 food banks and 60,000 food pantries and meal programs, we provide meals to more than 46 million people each year.

To learn more about Feeding America and our efforts to address food insecurity in the United States, visit feedingamerica.org.

ACKNOWLEDGEMENTS AND CREDITS

The following individuals contributed to the development of *The State of Senior Hunger and Health in America in 2015*:

Emily Basten	Emily Engelhard	Danielle Rubin
Colleen Callahan	Monica Hake	Morgan Smith
Jadi Chapman	Kayla Hanley	Zuani Villarreal
Christina Dialynas	Heather Janik	

Report design by Ladywithafan Design, LLC.

We would like to thank the National Foundation to End Senior Hunger for originating the *State of Senior Hunger in America* series on which this summary report is based.

Lastly, we are grateful to the individuals whose photos are included in this report for allowing the use of their image.