

Senior Hunger and Food Insecurity in America

NUMBERS AND FUNDING

Food insecurity is prevalent in the United States, especially for seniors.

1 in every **6** seniors face the threat of hunger.¹



In the past two decades, **food insecurity has increased by**



45% among older adults.²

1 in every **3** people

facing food insecurity may not be eligible for most federal nutrition programs.³



FOOD DISPARITIES

Some seniors are more likely to face hunger due to racial and geographic factors.

10x
HIGHER

Black and Latino individuals **experience food insecurity at a rate over 10 times** that of white, non-Hispanic individuals.³

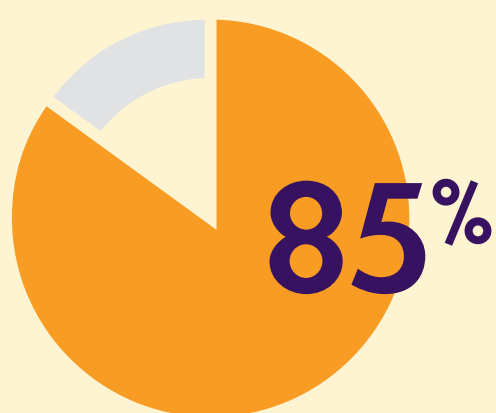


9 out of **10**

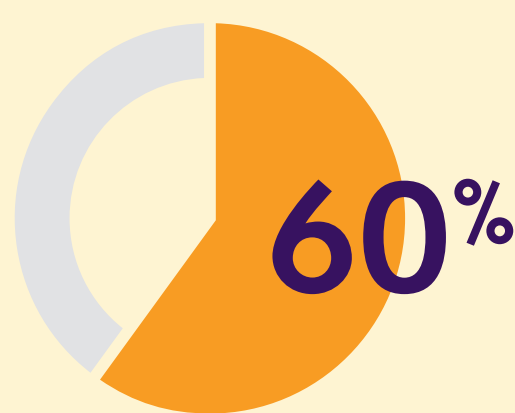
high food insecurity counties are rural.³

NUTRITION AND CHRONIC CONDITIONS

One of the main lifestyle risk factors for chronic conditions is poor nutrition.⁴



Approximately **85%** of older adults have at least **one chronic health condition**.⁵



60% have at least **two chronic conditions**.⁵

Many older adults want to “age in place.” A nutritious meal delivery program can help them manage their chronic conditions in order to stay at home.



FOOD DESERTS AND SWAMPS

Seniors may live in “**food deserts**,” areas that have limited access to affordable, nutritious food.

They may also live in “**food swamps**” that have an abundance of fast food or junk food outlets, but not high-quality food.

More than **23 million** people are estimated to live in food deserts in the U.S.⁶

A typical food swamp has **4 unhealthy eating options for every 1 healthy option**.⁷



Contact us to learn more about how to help combat hunger with Mom’s Meals®. **Take action today** by visiting momsmeals.com/hunger-challenge/contact-us.

momsmeals.com | 515.963.0794

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Sources:

¹ <https://aginginplace.org/the-facts-behind-senior-hunger/>

² <https://www.sciencedirect.com/science/article/pii/S2211335520301704>

³ <https://www.feedingamerica.org/about-us/press-room/disparities-in-food-insecurity>

⁴ <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>

⁵ <https://www.nia.nih.gov/health/supporting-older-patients-chronic-conditions>

⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7299236/>

⁷ <https://www.healthline.com/health-news/combat-food-deserts-and-food-swamps#Helping-drain-the-food-swamps>