



FACT SHEETS SOURCES AND METHODS 2018: THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION

OUR NATION'S SENIOR POPULATION IS GROWING EXPONENTIALLY

“Americans 60 or older” figure comes from the Census Bureau’s 2016 Population Estimates Program and American Factfinder System. Estimates include 50 states + DC & Territories. (<https://agid.acl.gov/customtables/>)

“Seniors turning 60 each day” figure comes from special analyses request from the Census Bureau’s 2016 Population Estimates Program and the CDC’s 2016 National Vital Statistics System. (https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=pep_2016_pepagesex&prodtype=table <https://www.cdc.gov/nchs/products/databriefs/db293.htm>)

Based on the number of U.S. older adults who were age 59 in 2016 and assuming an age-specific mortality rate of 881 deaths per 100,000 people, as of 2017, there were about 11,600 people turning 60 in the United States each day (4,243,292 / 365 days)

“Average life expectancy” figure comes from CDC’s 2016 National Vital Statistics System. (<https://www.cdc.gov/nchs/products/databriefs/db293.htm>)

“Population set to nearly double” figures come from Census Bureau’s 2014 Population Projections Tables. (<https://www2.census.gov/programs-surveys/popproj/tables/2014/2014-summary-tables/np2014-t9.xls>)

LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

“Facing threat of hunger” figure comes from *The State of Senior Hunger in America 2016: An Annual Report* from Feeding America and the National Foundation to End Senior Hunger (NFESH). Full report available at: http://www.feedingamerica.org/research/senior-hunger-research/state-of-senior-hunger-2016.pdf?s_src=W185DIRCT&s_referrer=google&s_subsrc=http%3A%2F%2Fwww.feedingamerica.org%2Fresearch%2Fsenior-hunger-research%2F

“14 Year Disadvantage” figure comes from Gunderson, C. & Ziliak, J.P. 2015. Food Insecurity and Health Outcomes. *Health Affairs*, 34, 1830-1839. Abstract available through PubMed at: <https://www.ncbi.nlm.nih.gov/pubmed/26526240>

“Seniors living alone” figure comes from the Census Bureau’s 2016 American Community Survey (ACS) Demographic Data for the population 60 years old and older. (<https://agid.acl.gov/customtables/>)

“Feels Lonely” figure comes from AARP’s report, *A Profile of Social Connectedness in Older Adults*. Full report available at: <https://connect2affect.org/wp-content/uploads/2017/03/A-Profile-of-Social-Connectedness.pdf>

“Negative effects on health similar to 15 cigarettes a day” figure comes from Holt-Lunstad, J. et al. 2015. Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic review. *Perspectives in Psychological Science*, 10, 227-237. Abstract available through PubMed at: <https://www.ncbi.nlm.nih.gov/pubmed/25910392>

AND WHILE HUNGER AND ISOLATION CAN AFFECT ANYONE WITH LIMITED MOBILITY AND DECLINING HEALTH, FINANCIAL STRAIN MAKES THEM MUCH WORSE

“Seniors living in poverty” figure comes from the Census Bureau’s 2016 American Community Survey (ACS) Demographic Data. Estimates are the total non-institutionalized population 60 years old and older at or below 100% of the poverty line. (<https://agid.acl.gov/CustomTables/>)

“Average weekly income in poverty” calculated using 2016 U.S. Department of Health and Human Services Poverty Guidelines. (<https://aspe.hhs.gov/computations-2016-poverty-guidelines>)

“Poverty threat to independence” comes from AARP’s report, *Older Americans in Poverty: A Snapshot*. Full report available at: <https://www.aarp.org/work/retirement-planning/info-04-2010/2010-03-poverty-new.html>

THESE THREATS FROM AGING NOT ONLY JEOPARDIZE THE HEALTH AND WELL-BEING OF OLDER ADULTS, THEY ALSO PLACE A SIGNIFICANT STRAIN ON OUR COUNTRY’S HEALTHCARE SYSTEM AND ECONOMY

“Healthcare cost of malnutrition” figure comes from Snider, J.T. et al. 2014. Economic Burden of Community-Based Disease-Associated Malnutrition in the United States. *Journal of Parenteral and Enteral Nutrition*, 38, 77S-85S. Abstract available through PubMed at: <https://www.ncbi.nlm.nih.gov/pubmed/25249028>

“Isolation healthcare costs equivalent” comparison comes from AARP’s report, *Medicare Spends More On Socially Isolated Older Adults*. Full report available at: <https://www.aarp.org/ppi/info-2017/medicare-spends-more-on-socially-isolated-older-adults.html>

“Seniors on Medicare account for spending” comes from Bynum, J.P. et al. 2017. High-Cost Dual-Eligibles’ Service Use Demonstrates Need for Supportive and Palliative Models of Care. *Health Affairs*, 36, 1309-1317. Full article available through PubMed at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5633373/>

MEALS ON WHEELS IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS, YET THIS SUCCESSFUL PUBLIC-PRIVATE PARTNERSHIP REMAINS SIGNIFICANTLY UNDERFUNDED

“Seniors in need not receiving services” and “Food insecure seniors not receiving home-delivered meals” figures come Government Accountability Office’s (GAO) Older Americans Act: Updated Information on Unmet Need for Services report. Full report available at: <https://www.gao.gov/products/GAO-15-601R>

AND WE KNOW THAT SENIORS WAITING TO RECEIVE MEALS ON WHEELS ARE MORE LIKELY TO:

“Vulnerabilities among seniors on waitlists to receive Meals on Wheels” come from the *More Than a Meal* Pilot Research Study. Full report available at: <http://www.mealsonwheelsamerica.org/mtam>