THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION

OUR NATION’S SENIOR POPULATION IS GROWING EXPONENTIALLY

1 IN 5 AMERICANS is 60 or older

WITH 12,000 MORE turning 60 each day

79 YEARS Average life expectancy today

This population is set to reach 118M BY 2060 – more than DOUBLE the number in 2010

58 MILLION

118 MILLION

LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

NEARLY 9.5 MILLION SENIORS ARE THREATENED BY HUNGER
5.5M OF WHICH ARE FOOD INSECURE OR VERY LOW FOOD SECURE.

2.2M Very Low Food Secure

5.5M Food Insecure

9.5M Marginally Food Insecure

1 IN 4 SENIORS LIVES ALONE

1 IN 5 FEELS LONELY

and social isolation among older adults is associated with an extra $6.7 BILLION in Medicare spending each year

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

7.1 MILLION SENIORS LIVE IN POVERTY

THAT’S AN INCOME OF $234 A WEEK OR LESS, which, after housing, utility and medical expenses, leaves very little for food

Older adults living in poverty are nearly twice as likely as those living above poverty level to have limitations in their ability to live independently.

Information data sources available at www.mealsonwheelsamerica.org/facts. © September 2019 Meals on Wheels America
Meals on Wheels America is the leadership organization supporting the 5,000+ community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America’s seniors to live nourished lives with independence and dignity. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

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