



FACT SHEETS SOURCES & METHODS 2019: THE ESCALATING PROBLEM OF SENIOR HUNGER & ISOLATION

OUR NATION'S SENIOR POPULATION IS GROWING EXPONENTIALLY

“Americans 60 or older” figure comes from the Census Bureau 2017 Population Estimates. Estimate is for seniors living in 50 states, DC, and territories. **Data available in the Administration for Community Living’s (ACL) AGing Integrated Database (AGID):** https://agid.acl.gov/CustomTables/Pop_State/Year/

“Seniors turning 60 each day” figure comes from the Census Bureau 2017 Population Estimates by Single Year of Age and the Centers for Disease Control and Prevention (CDC) National Vital Statistics System’s *Mortality in the United States 2017*. **Available at:** <https://factfinder.census.gov/bkmk/table/1.0/en/PEP/2017/PEPSYASEX>; www.cdc.gov/nchs/products/databriefs/db328.htm

Calculated by subtracting the numbers of annual estimated deaths among those age 59 from the total population of those age 59 then dividing by 365 days. Estimated deaths calculated by multiplying the total population of those age 59 by CDC’s age-specific mortality rate of 886 deaths per 100,000 people.

“Average life expectancy” figure comes from the CDC’s National Vital Statistics System’s *Mortality in the United States 2017* data brief (2018). **Report available at:** www.cdc.gov/nchs/products/databriefs/db328.htm

“2010 Population” figure comes from the Census Bureau 2017 Population Estimates by Selected Age Groups. Estimate base is for 50 states, DC and Puerto Rico. **Data available at:** <https://factfinder.census.gov/bkmk/table/1.0/en/PEP/2017/PEPAGESEX>

“2060 Population” figure comes from the Census Bureau 2017 National Population Projections by Detailed Age. Projected estimate is for 50 states, DC and Puerto Rico. **Data available in Table 3 at:** www.census.gov/content/census/en/data/tables/2017/demo/popproj/2017-summary-tables.html

LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

“Senior hunger” figures come from *The State of Senior Hunger in America in 2017*, a report prepared for Feeding America by J. Ziliak and C. Gunderson (2019). Estimates are for the population ages 60 and older who are *marginally food insecure* (i.e., “threatened by hunger”), *food insecure* and *very low food secure*. *Note:* Values for each of the three categories are not mutually exclusive (i.e., the count for *marginally food insecure* seniors includes seniors who are *food insecure* and *very low food secure*; count for *food insecure* seniors includes seniors who are *very low food secure*). **Full report available at:** <https://www.feedingamerica.org/research/senior-hunger-research/senior>

“Seniors living alone” figure comes from the Census Bureau 2017 American Community Survey (ACS) Demographic Data. Estimates are for the *Household Only* sample of the population aged 60 and older

living in 50 states, DC, and territories. **Data available in AGID under *Living Alone*:** <https://agid.acl.gov/customtables/ACS/Year/>

“Feels lonely” figure comes from *A Profile of Social Connectedness in Older Adults*, an AARP Foundation report by L. Hawkley, M. Kozloski, and J. Wong (2017). **Full report available at:** <https://connect2affect.org/wp-content/uploads/2017/03/A-Profile-of-Social-Connectedness.pdf>

“Social isolation and annual Medicare spending” figure comes from *Medicare Spends More on Socially Isolated Older Adults*, an AARP Public Policy Institute report by L. Flowers et al. (2017). **Full report available at:** <https://www.aarp.org/ppi/info-2017/medicare-spends-more-on-socially-isolated-older-adults.html>

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

“Seniors living in poverty” figures come from the Census Bureau 2017 American Community Survey (ACS) Demographic Data. Estimates are for the *Total Non-Institutionalized* population ages 60 and older living at or below 100 percent of the poverty line in 50 states, DC, and territories. **Data available in AGID under *Poverty Status*:** <https://agid.acl.gov/CustomTables/ACS/Year/>

“Weekly income in poverty” figure comes from the Department of Health and Human Services (HHS) 2017 Poverty Guidelines Computations. Estimate is for a single person family or household for the 48 contiguous states and DC as of January 2017. Calculated by dividing the annual poverty guidelines for a single person household by 52 weeks. **Data available at:** <https://aspe.hhs.gov/computations-2017-annual-update-hhs-poverty-guidelines-48-contiguous-states-and-district-columbia>

“Poverty threat to independence” comes from *Older Americans in Poverty: A Snapshot*, an AARP Public Policy Institute report (2010). **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

“Economic burden of malnutrition” figure comes from J. Snider et al. (2014), “Economic Burden of Community-Based Disease-Associated Malnutrition in the U.S.” *Journal of Parenteral and Enteral Nutrition* 38(2), 77S-85S. **Abstract available at:** <https://www.ncbi.nlm.nih.gov/pubmed/25249028>

“Isolation and additional Medicare expenditures comparisons” come from *Medicare Spends More on Socially Isolated Older Adults*, an AARP Public Policy Institute report by L. Flowers et al. (2017). **Full report available at:** <https://www.aarp.org/ppi/info-2017/medicare-spends-more-on-socially-isolated-older-adults.html>

“Medicare beneficiaries and spending” figures come from *Health Care Spending and The Medicare Program*, a Medicare Payment Advisory Commission (MedPAC) report (2019). **Report available at:** <http://www.medpac.gov/documents/-data-book>

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 receiving limited or no home-based care” and “Seniors not receiving meals” figures come from *Older Americans Act: Updated Information on Unmet Need for Services*, a U.S. Government Accountability Office’s (GAO) report (2015). “Meals” are congregate and/or home-delivered meals funded through the Older Americans Act. **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” comes from the *More Than a Meal Pilot Research Study: Results from a pilot randomized control trial of home-delivered meal programs*, a report for Meals on Wheels America prepared by K. Thomas and D. Dosa (2015). **Full report available at:** <http://www.mealsonwheelsamerica.org/mtam>