

# THE ESCALATING ISSUE OF SENIOR HUNGER



2023 NATIONAL SNAPSHOT

The Meals on Wheels network is comprised of 5,000 community-based programs across the country dedicated to addressing senior hunger and isolation. The need is great, but Together, We Can Deliver.™

## OUR NATION'S SENIOR POPULATION IS GROWING AND CHANGING RAPIDLY.



**1 IN 4 AMERICANS IS 60+**  
with 12,000 more turning 60 every day

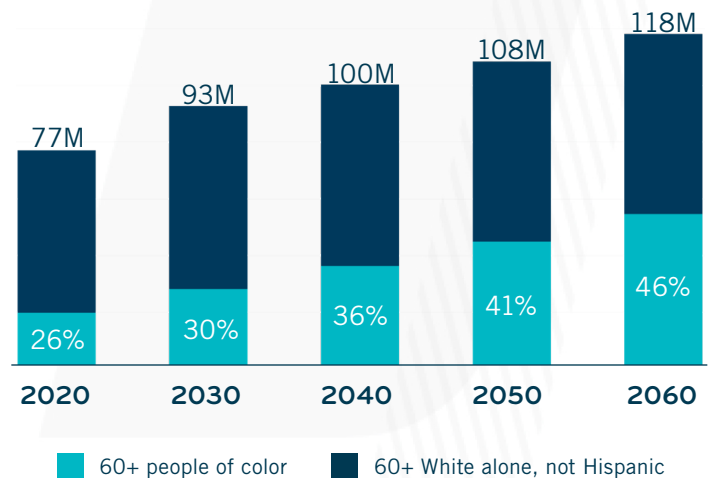


### AMONG AMERICANS 60 AND OLDER:

- 13% ARE VETERANS
- 29% HAVE A DISABILITY
- 39% LIVE ALONE

THIS POPULATION IS SET TO REACH 93M IN THE NEXT DECADE, with 118M EXPECTED BY 2060 – increasing the number of seniors today by more than half.

OLDER AMERICANS OF COLOR WILL CONTINUE TO MAKE UP AN INCREASINGLY LARGER PORTION OF THIS POPULATION.



## OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.



Seniors on fixed incomes are especially vulnerable to increases in inflation and cost of living.

THE U.S. IS CURRENTLY EXPERIENCING THE HIGHEST INFLATION IN 40 YEARS.



**1 IN 2 SENIORS LIVING ALONE** lacks the income to pay for basic needs

## SENIORS ARE AT GREATER RISK OF HUNGER AND MALNUTRITION.



**OLDER ADULTS ARE ALREADY AT HIGHER RISK OF MALNUTRITION** due to decreased appetite, mobility issues, prescription medications and more.

### FOOD INSECURITY DISPROPORTIONATELY AFFECTS OLDER ADULTS OF COLOR:

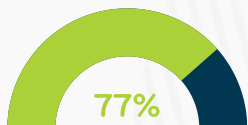
- 17%** OF BLACK SENIORS
- 14%** OF HISPANIC SENIORS
- 10%** OF SENIORS WHO IDENTIFIED AS ASIAN AMERICA, PACIFIC ISLANDER, NATIVE AMERICAN OR MULTI-RACIAL
- 6%** OF NON-HISPANIC SENIORS
- 6%** OF WHITE SENIORS

## THE MEALS ON WHEELS SOLUTION STARTS WITH THE MEAL...

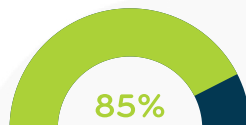


## AND DELIVERS ON SO MUCH MORE.

### OF HOME DELIVERED MEAL PARTICIPANTS:



say the meals help  
**IMPROVE THEIR HEALTH**



say the services help them  
**FEEL MORE SECURE**



say the meals help them  
**LIVE INDEPENDENTLY**

**FUND AND SUPPORT MEALS ON WHEELS TODAY.**

