FACT SHEET SOURCES & METHODS

THE ESCALATING ISSUE OF SENIOR HUNGER: 2023 NATIONAL SNAPSHOT

A. “The Meals on Wheels network is comprised of 5,000 community-based programs across the country...” is from Becerra, X. (March 22, 2022) Celebrating the 50th Anniversary of the Older Americans Act Senior Nutrition Program. United States Department of Health and Human Services blog: https://www.hhs.gov/blog/2022/03/22/celebrating-50th-anniversary-older-americans-act.html. This figure includes programs that receive Older Americans Act (OAA) Title III funding only and does not include programs that do not receive OAA funding.

OUR NATION’S SENIOR POPULATION IS GROWING AND CHANGING RAPIDLY.

B. “1 in 4 Americans is 60+...” was calculated by Meals on Wheels America using data from Annual Estimates of the Resident Population by Single Year of Age and Sex for the United States: April 1, 2020 to July 1, 2022 (NC-EST2022-SYASEXN). Source: U.S. Census Bureau, Population Division. Release Date: June 2023. Available at: https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-detail.html

C. “…with 12,000 more turning 60 every day” was calculated by Meals on Wheels America using the data and sources below. We started with the total estimated population of adults age 59 living in the United States (a), then subtracted from that the number of annual estimated deaths among the age group (b) and then divided the result by 365 days. Annual estimated deaths were calculated by applying an age-specific mortality rate (b) to the estimated population of adults age 59 in 2022 (a).


b. Age-specific mortality rate reflects the number of deaths per 100,000 people among individuals age 55-64 years in the United States in 2021. Data available in the CDC National Vital Statistics System December 2022 data brief, Mortality in the United States, 2021. Estimate is from information collected by National Center Health Statistics for death certificates filed in 50 states and D.C. Full data brief available at: https://www.cdc.gov/nchs/products/databriefs/db456.htm

D. “Among Americans 60 and older: “12% are veterans” and “29% have a
OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.

“1 in 2 seniors living alone lacks the income to pay for basic needs” is from a 2023 report by J. Mutcher, Y. Su, and N. Velasco Roldan published by the Center for Social and Demographic Research on Aging Publications at the University of Massachusetts Boston and titled Living Below the Line: Economic Insecurity and Older Americans, Insecurity in the States 2022. “Singles” data includes individuals living alone and “Couples” includes two-senior households with incomes below the Elder Index, which is reflective of the costs of housing, health care, transportation, food and miscellaneous essentials for adults age 65 and older living independently in the United States, excluding territories, in 2022. Full report available at (see Tables 3a and 3b): https://scholarworks.umb.edu/demographyofaging/66/

SENIORS ARE AT GREATER RISK OF HUNGER AND MALNUTRITION.

“About 10 million seniors are threatened by or experience hunger” is from Meals
on Wheels America analysis of data from the December 2021 Current Population Survey Food Security Supplement. Data include adults age 60 and older who were categorized as having experienced “marginal food security,” “Low food security” and/or “Very low food security.” Custom data table available at: https://data.census.gov/mdat/#/search?ds=CPSFOODSECURITY202112&v=PRTAGE%2860%3A90%29&cv=HRFS12MD&wt=PWSUPWGT

J. “Food insecurity disproportionately affects older adults of color” statistics are from the Feeding America 2023 report The State of Senior Hunger in 2021. Data are for adults age 60 and older in 2021. Hispanic persons included people of any race. Full report available at: https://www.feedingamerica.org/research/senior-hunger-research/senior

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

K. “Older adults are already at higher risk of malnutrition due to decreased appetite, mobility issues, prescription medications and more” is from National Academy on an Aging Society, “Profiles of an Aging Society: What We Know and Can Do About Malnutrition,” The Gerontological Society of America, Fall 2015. Article available at: https://www.geron.org/images/gsa/malnutrition/malnutritionprofile.pdf

L. “251 million meals served annually” and “2.2 million seniors served annually” are from Administration for Community Living (ACL) data tables. Meals data are from "Table 4a. Service Units Provided Under OAA Title III by Clusters 1 and 2 Services" and seniors data are from "Table 1. Persons Served Under OAA Title III - Estimated Unduplicated Count (Clusters 1-3)". Data include home-delivered meals and congregate meals served by programs that receive funding from Title III of the Older Americans Act. Data are for federal fiscal year 2021. Release date 6/6/2023. Data tables available on the AGing, Independence, and Disability (AGID) Program Portal at https://agid.acl.gov/

AND DELIVERS ON SO MUCH MORE.

M. “Of home-delivered meal participants” statistics are from the 2022 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figures are from the responses of a nationally representative sample of clients receiving Home-delivered meals funded through Title III of the OAA. Data are from the ACL AGID National OAA Participants Survey Frequency Tables, available at: https://agid.acl.gov/

FUND AND SUPPORT MEALS ON WHEELS TODAY.