



## 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>

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

- B. “1 in 4 Americans is 60+...” is from U.S. Census Bureau, *All States, Territories, U.S. Totals, AoA Regions, U.S. Census Regions and Divisions for 60 and older populations: Population Data Age 60 Plus by State*. Data are for the 50 states, DC and Puerto Rico in 2021. Data available at HHS Administration for Community Living, AGing, Independence, and Disability Program Data Portal (AGID):  
<https://agid.acl.gov/>
- 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 2021 (a).
- a. Population estimate is for the total U.S. resident population age 59 in the 50 states, D.C. and Puerto Rico in 2021. Data available in *Annual Estimates of the Resident Population by Single Year of Age and Sex for the United States: April 1, 2020 to July 1, 2021* (NC-EST2021-SYASEXN). Source: U.S. Census Bureau, Population Division. Release Date: June 2022:  
<https://www.census.gov/data/datasets/time-series/demo/pepest/2020s-national-detail.html>
- 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: 13% are veterans, 29% have a disability, 39% live alone”** is from U.S. Census Bureau, 2021 American Community Survey 1-Year Estimates. Data available in Table S0102 “Population 60 Years and over in the United States.” Available at <https://data.census.gov/table?q=s0102&tid=ACSST1Y2021.S0102>
- E. **“This population is set to reach 93M in the next decade, with 118M expected by 2060”** is from *Projected 5-Year Age Groups and Sex Composition: Main Projections Series for the United States, 2017-2060*. U.S. Census Bureau, Population Division: Washington, DC. Source: U.S. Census Bureau, Population Division. Original Release Date: March 2018. Revised Release Date: September 2018. Estimate base is for the resident population age 60 and above on July 1, 2016 in 50 states and D.C. and is used for projecting the U.S. population from 2017 to 2060. Data available in the Census Bureau National Population Projections Tables (Table 3). [www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html](http://www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html)
- F. **Chart of population 60+ people of color and 60+ White alone, not Hispanic, 2020-2060** is from Meals on Wheels America analysis of data from U.S. Census Bureau (Sep 2018), Dataset NP2017\_D1: 1. *Projected Population by Single Year of Age, Sex, Race, and Hispanic Origin for the United States: 2016 to 2060*. “People of color” includes people age 60 and older who identify as any of the following: Hispanic of any race, Black (not Hispanic), American Indian or Alaska Native (not Hispanic), Asian (not Hispanic), Native Hawaiian or Pacific Islander (not Hispanic) or two or more races (not Hispanic). Data and documentation of data file layout retrieved 2/8/2023 from: <https://www.census.gov/data/datasets/2017/demo/popproj/2017-popproj.html>

**OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.**

- G. **“The US is currently experiencing the highest inflation in 40 years”** is from a Bureau of Labor Statistics July 2022 article “Consumer prices up 9.1 percent over the year ended June 2022, largest increase in 40 years.” Available at: <https://www.bls.gov/opub/ted/2022/consumer-prices-up-9-1-percent-over-the-year-ended-june-2022-largest-increase-in-40-years.htm>
- H. **“1 in 2 seniors living alone lacks the income to pay for basic needs”** is from a 2023 report by J. Mutchler, 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.

- I. **“More than 9 million seniors are threatened by or experience hunger”** is from Meals on Wheels America analysis of data from the 2020 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.” Data files and documentation available at: [https://www.census.gov/data/datasets/time-series/demo/cps/cps-supp\\_cps-repwgt/cps-food-security.html](https://www.census.gov/data/datasets/time-series/demo/cps/cps-supp_cps-repwgt/cps-food-security.html)
- J. **“Food insecurity disproportionately affects older adults of color”** statistics are from the Feeding America 2022 report *The State of Senior Hunger in 2020*. Data are for adults age 60 and older in 2020. 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. **“247 million+ meals served annually”** and **“2.8 million seniors served annually”** are from the 2022 Administration for Community Living (ACL), report, *Older Americans Act Title III Programs: 2020 Program Results*. 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 the reporting year October 1, 2019–September 30, 2020. Full report available at: <https://acl.gov/news-and-events/announcements/acl-releases-older-americans-act-program-highlights>

## 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.