



Food Insecurity among older adults

Jessica Tudyk | Program Officer

Definitions

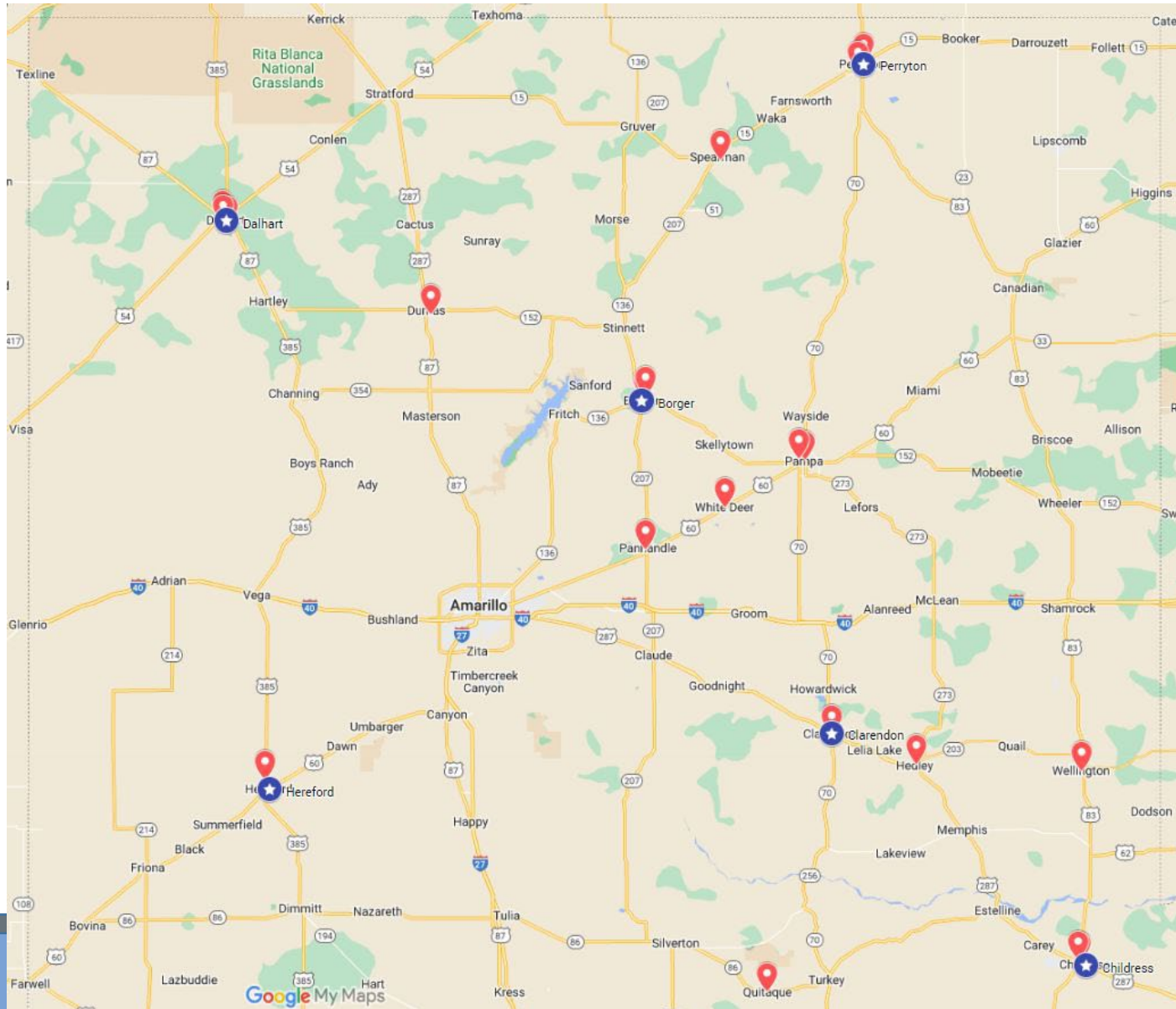
- Senior – the age range for “older adults” which can start as young as 50 but is often 55, 60, or 65.
- Hunger – the physical sensation that results from a lack of food
- Food insecurity – limited or uncertain access to adequate food
- Food security – having, at all times, both physical and economic access to sufficient food to meet dietary needs for a productive and healthy life

Bivins Foundation

Timeline of Senior Hunger Activities

- 2016-2018 Funded pilot projects
- 2018 *Senior Hunger Study*
- 2018 Healthy Seniors Grant Program
- 2020 Healthy Seniors Grant Program
- 2020 Feeding Program Survey
- 2021 Bivins Village Food Survey
- April 2022 Community Meetings
- August 2022 Senior Food Security Forum

April 2022 Community Meetings



 Meeting location

 Attendee location

30 unique participants

Food Pantry
Congregate
Home delivered

What does food insecurity for older adults in the community look like?

“It [food insecurity] is a complicated problem and there are different groups [of older adults] with different levels of food insecurity.”

Why do you think food insecurity for older adults is a problem?

- Limited income and/or financial resources
- No or extremely limited access to food especially in really rural areas
- Transportation challenges
- Pride and not wanting to ask for help

**What do you think is the extent of
the problem?**

**we
don't
know.**

What do older adults who are food insecure look like?

Older adults who are food insecure are hungry and silent. Many have worked hard their entire lives and are prideful so they will not tell anyone they are struggling. You would never know older adults are food insecure by looking at them.

What factors contribute to the problem of food insecurity for seniors in the community?

- Lack of money
- Fixed income does not cover the cost of living especially in light of inflation.
- Lack of reliable transportation.
- Lack of ability care for self due to physical health challenges or mobility issues.
- Lack of family or other support system.
- Lack of food availability in some communities.
- Some mental health issues including some substance abuse.

How do older adults in the community cope with food insecurity?

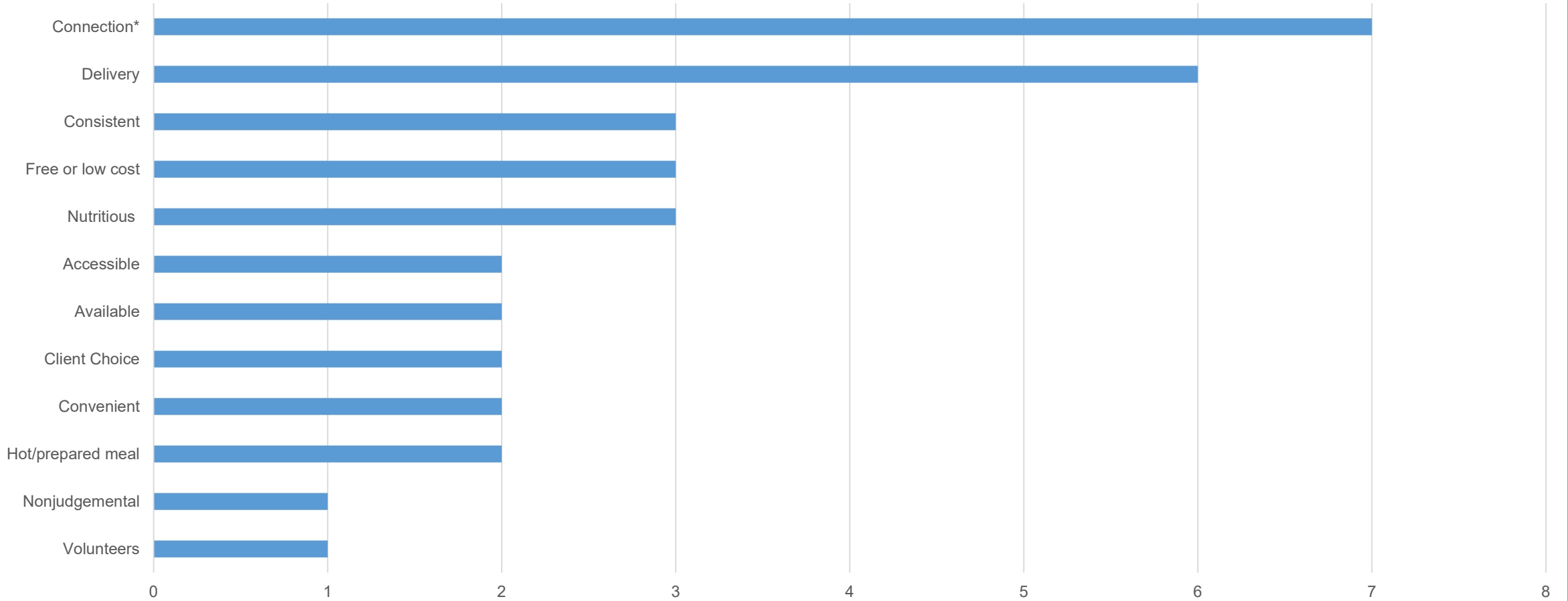
- Quietly
- Eat less
- Go hungry
- Eventually ask for help
- Affects mental health

Policies that affect food insecurity

- Paperwork
- Financial Requirements
- Eligibility Requirements

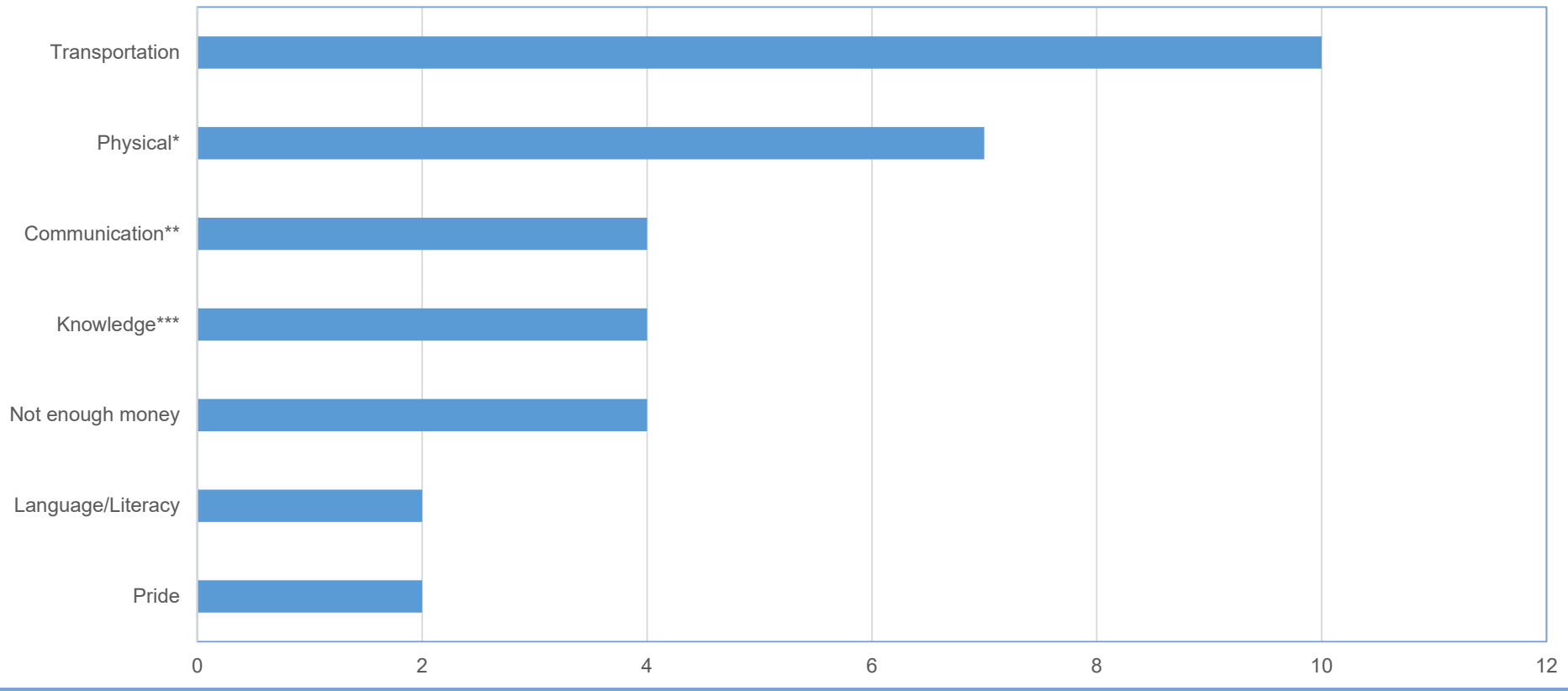


What are the best features of the food assistance programs for older adults in the community?



**Connection includes the interaction with the older adults, the chance to check on the older adult, and the general socialization that occurs between providers and clients.*

What are the challenges or barriers seniors have when trying to access food assistance programs?

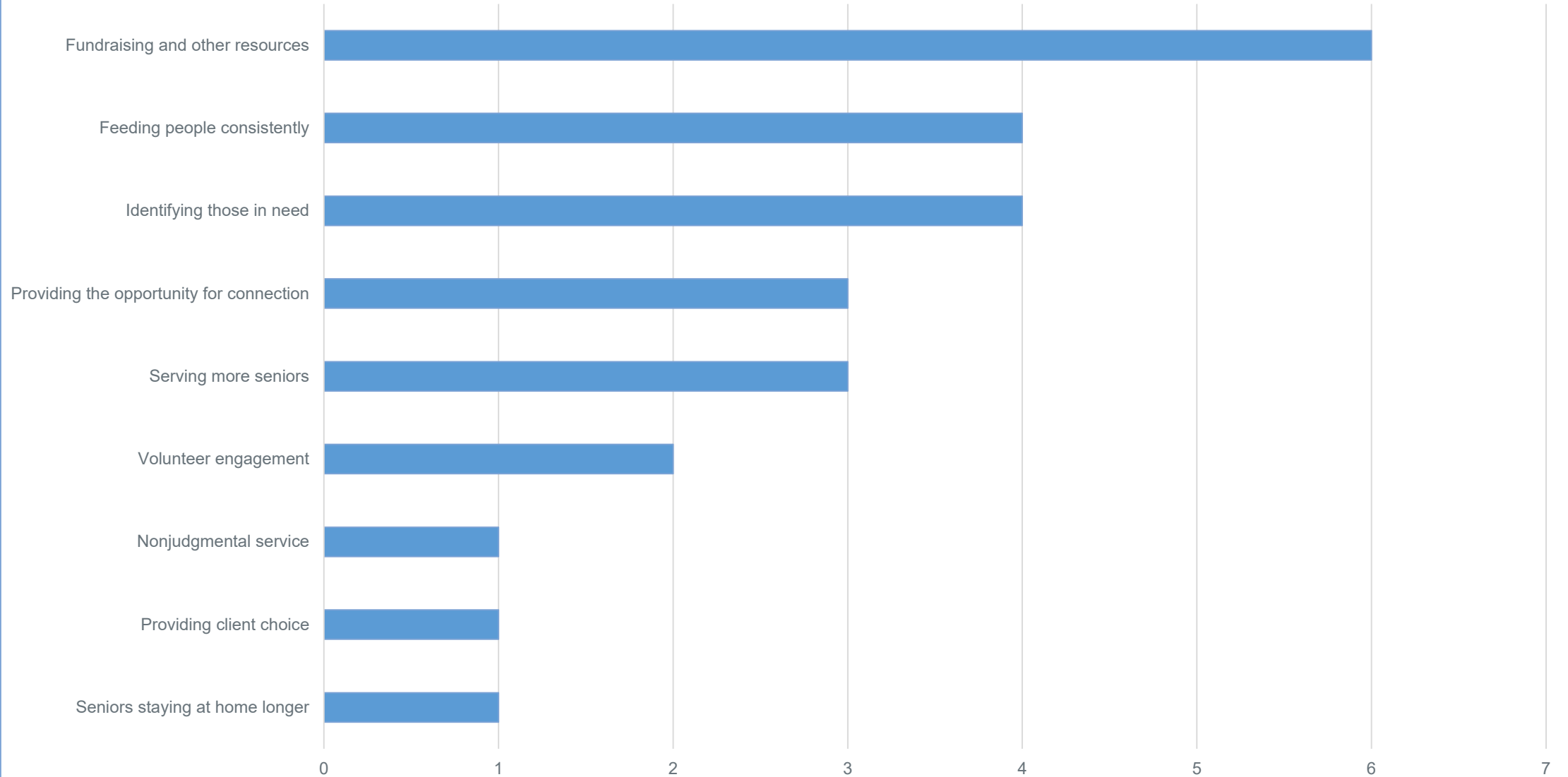


**Physical challenges include limited mobility, disabilities, limited strength, and illness*

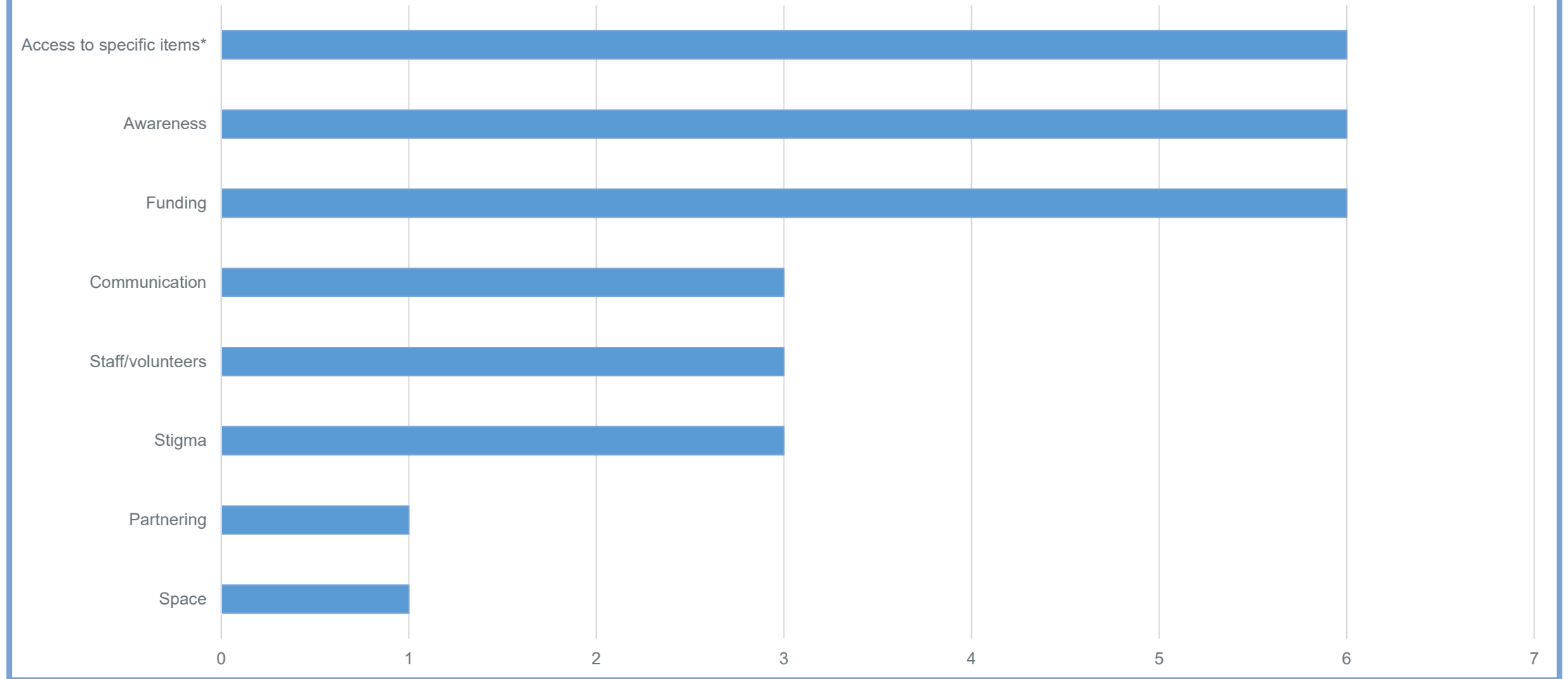
***Communication challenges include the fact that society is moving towards electronic communication and older adults are typically not*

****Knowledge challenges include knowing what is available to whom, where and when to go, and how to access*

What successes has your organization had in addressing food insecurity for older adults?

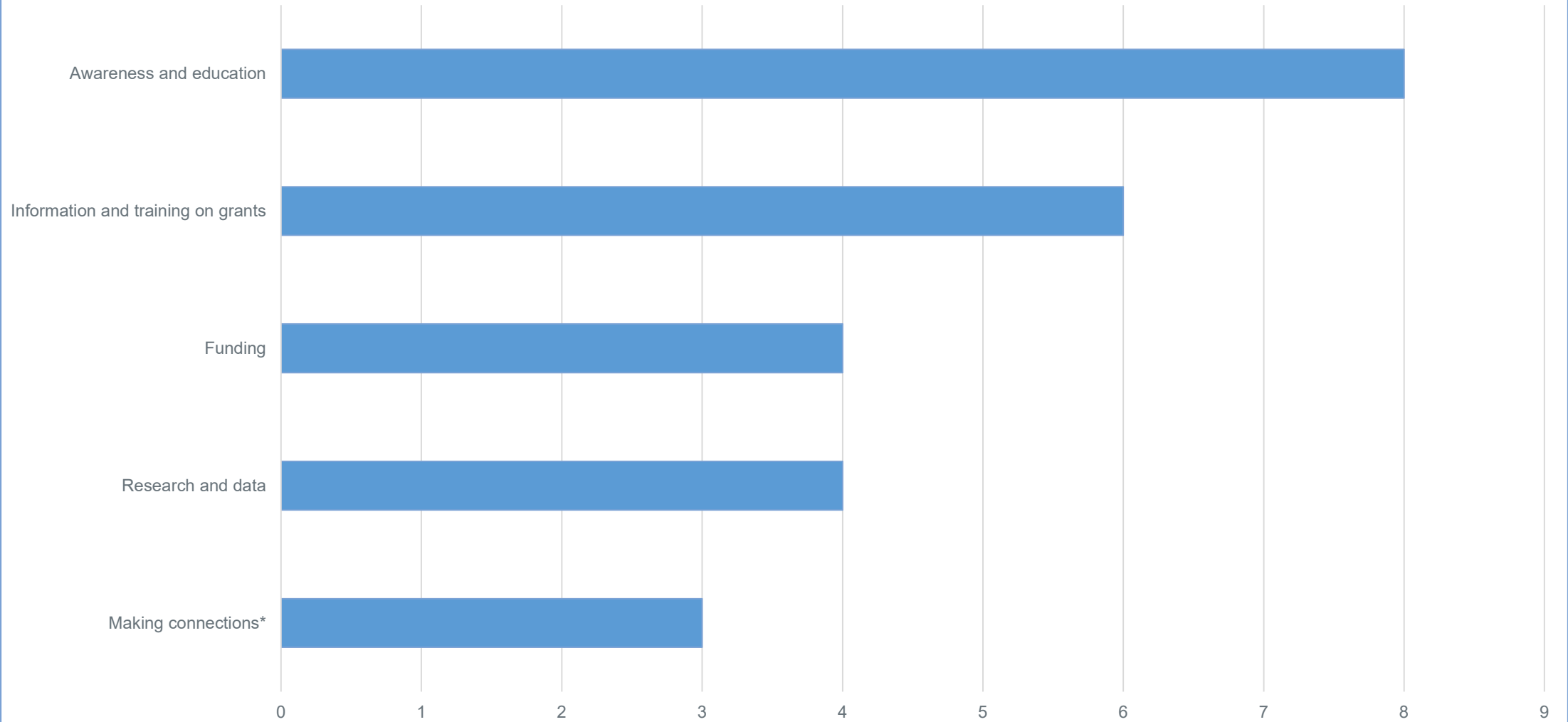


What challenges does your organization have in addressing food insecurity for older adults?



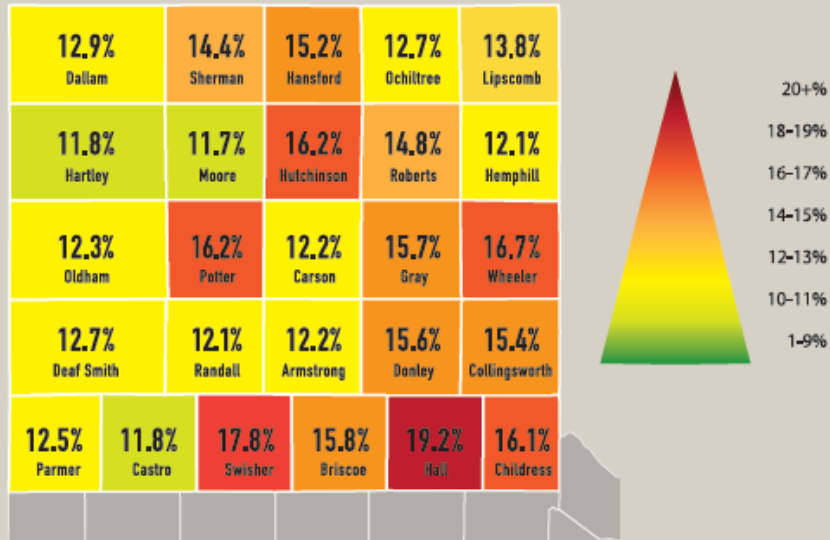
**Access to specific items included fresh produce, meat/protein, more variety to give clients more choice, and senior specific items such as Ensure.*

What do you see the Foundation's role is in addressing hunger and food insecurity for older adults in the Texas Panhandle?



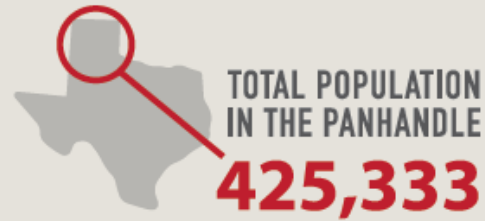
**How many older
adults in the
community are
food insecure?**

PERCENT OF THE POPULATION EXPERIENCING FOOD INSECURITY



WHAT IS FOOD INSECURITY AND WHAT DOES IT LOOK LIKE IN THE PANHANDLE?

Food insecurity refers to USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food-insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods.



POPULATION OF SENIORS



ESTIMATED NUMBER OF FOOD INSECURE SENIORS IN THE TEXAS PANHANDLE

9,108

ESTIMATED NUMBER OF FOOD INSECURE OLDER ADULTS BY COUNTY



 MARY E. BIVINS
FOUNDATION

July 2022

Graphics created using information from:
<https://map.feedingamerica.org/county/2019/overall/texas>
<https://www.census.gov/quickfacts/fact/table/TX,US/PST045221>