

2018 Senior Hunger Study

Mary E. Bivins Foundation

Amarillo, Texas

Overview

- ▶ Purpose of the Senior Hunger Study
- ▶ Statistics
- ▶ Findings of the Senior Hunger Study
- ▶ Trends and Gaps identified
- ▶ Resources

The Texas Panhandle

- ▶ 26 counties
- ▶ Almost 26,000 square miles
- ▶ 427,927 residents
- ▶ 200,000 of those live in Amarillo

DALLAM	SHERMAN	HANSFORD	OCHILTREE	LIPSCOMB	
HARTLEY	MOORE	HUTCHINSON	ROBERTS	HEMPHILL	
OLDHAM	POTTER	CARSON	GRAY	WHEELER	
DEAF SMITH	RANDALL	ARMSTRONG	DONLEY	COLLINGSWORTH	
PARMER	CASTRO	SWISHER	BRISCOE	HALL	CHILDRESS

Senior Hunger Study Purpose

- ▶ To better understand Senior Hunger in our area
- ▶ Provide data
- ▶ It was NOT the intent of the report to provide solutions
- ▶ Use data to determine next steps

Report Components

- ▶ Background
- ▶ Methodology
- ▶ Senior Hunger statistics
- ▶ Trends
- ▶ Health Implications
- ▶ Food Assistance in the Panhandle
- ▶ Barriers
- ▶ Findings
- ▶ Gaps
- ▶ Appendices



Vocabulary

- ▶ Senior - the age range for “older adults” starts at 50 but is inconsistent
- ▶ Hunger - (Webster) The physical sensation that results from a lack of food
- ▶ Food insecurity - (USDA) A lack of consistent access to enough food for an active, healthy life
- ▶ Food insecurity does not necessarily cause hunger but hunger is a possible outcome of food insecurity

Statistics - Nationwide

- ▶ In 2015
 - ▶ 14.7% of seniors face the threat of hunger
 - ▶ Equals 9.8 million seniors

Statistics - Texas

- ▶ In 2014
 - ▶ 3,099,081 Texans age 65 and over
- ▶ In 2015
 - ▶ 16.8% face threat of hunger
- ▶ About 520,646 food insecure seniors in Texas

Texas Demographic Center, 2016

National Foundation to End Senior Hunger, 2017

Feeding America, 2016 <http://map.feedingamerica.org/county/2016/overall/texas>

Statistics - Panhandle

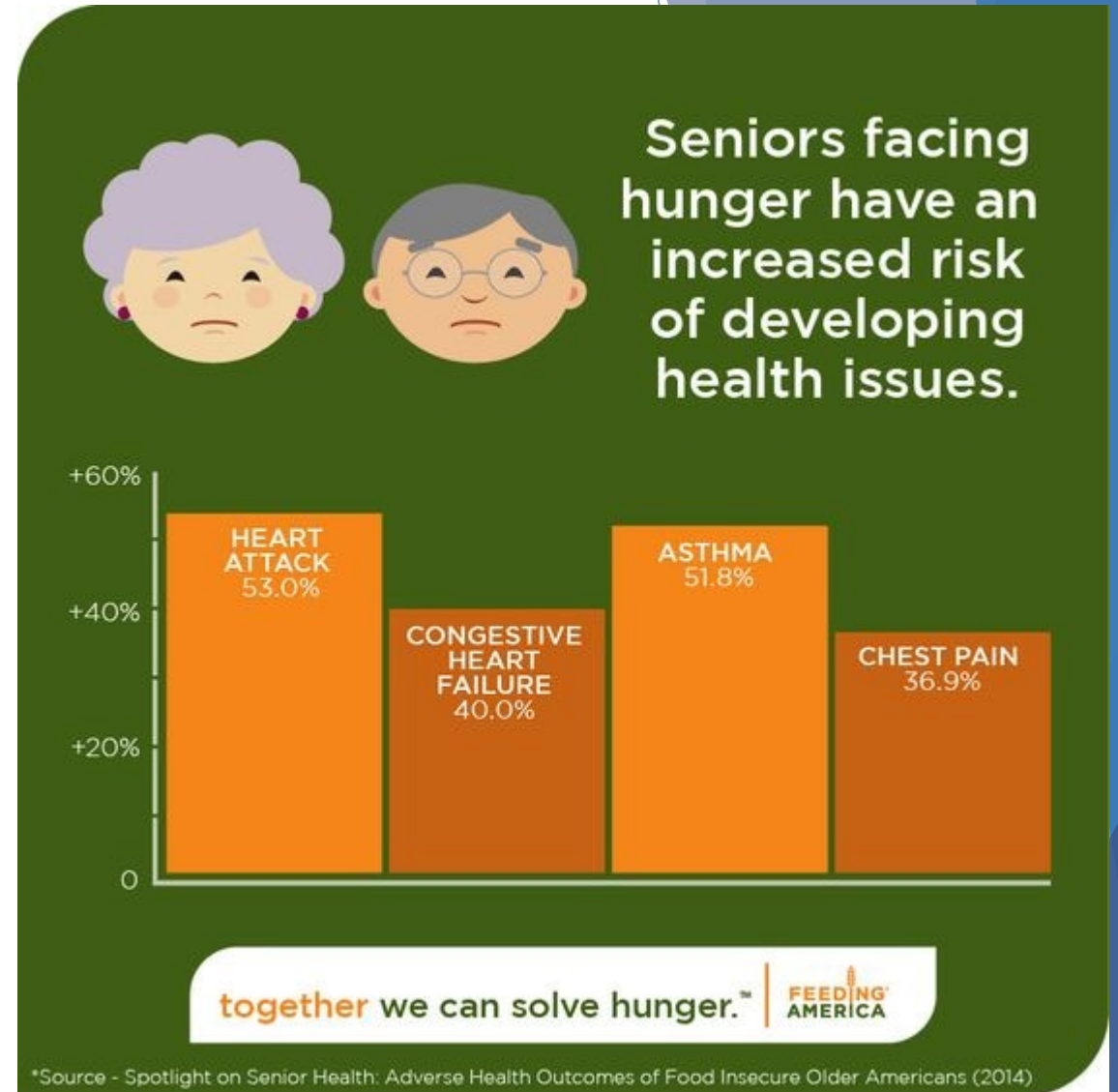
- ▶ Total population 461,522 (DSHS)
- ▶ In 2016, 20% of population 60+
92,304
- ▶ Estimated 15,507 food insecure seniors in our region
- ▶ Estimated 5,292 food insecure seniors in Amarillo

Important trends

- ▶ **Disabilities**
- ▶ **Living above the poverty line**
- ▶ **Younger seniors (60-69)**
- ▶ **Higher rate of divorce**
- ▶ **Living with grandchildren**

Health implications

- ▶ Food insecurity is a risk factor for
 - ▶ Depression
 - ▶ Heart attack
 - ▶ Asthma
 - ▶ High blood pressure
 - ▶ High cholesterol
 - ▶ Obesity
 - ▶ Poor self-reported health status
 - ▶ Activity limitations



Types of Food Assistance for seniors

- ▶ Congregate Meal Programs
- ▶ Home Delivered Meal Programs
- ▶ Food Pantries
- ▶ Food Box Delivery
- ▶ Supplemental Nutrition Assistance Program (SNAP)

Types of Food Pantries

- ▶ Traditional - A facility or organization that provides clients with pre-packaged bags or boxes of food
- ▶ Client Choice - A client choice pantry allows clients to select their food
- ▶ Mobile- A food pantry that uses a truck to deliver food and grocery products to a distribution site
- ▶ Designated - A pantry whose services are available only to a specific population, such as past clients, mothers to be, seniors, or church members

SNAP

- ▶ Nationally, 42% of eligible elderly individuals are enrolled in SNAP.
- ▶ In Congressional District 13, only 23.9% of households with people 60 years or over are enrolled in SNAP.



Barriers

- ▶ Availability
- ▶ Accessibility
- ▶ Awareness
- ▶ Other factors
 - ▶ Pride
 - ▶ Program stigma
 - ▶ Difficulty with enrollment process

Findings

- ▶ Good work is already happening
- ▶ Food is health
- ▶ Not all food insecurity is the same
- ▶ Each program type has unique challenges
- ▶ Improving nutrition for older adults makes good financial sense for the community
- ▶ Offerings differ between Potter/Randall and rural counties
- ▶ Long term sustainability is a growing concern
- ▶ Breadth of senior offerings is not fully dependent on population
- ▶ We are not the first community to face this challenge
- ▶ Removing barriers is key

Key take-aways

- ▶ Diverse causes of food insecurity will require diverse programs
- ▶ Food is health
- ▶ Many organizations are already addressing the issue
- ▶ Opportunity to enhance services

Gaps

- ▶ The absence of a coordinated “senior centric” approach to meeting the needs of food insecure older adults
- ▶ Inadequate older adult nutrition assistance offerings in Potter and Randall Counties
- ▶ Insufficient sustainability and strategic planning for rural programs
- ▶ Limited awareness and messaging is not compelling
- ▶ A lack of intentional collaboration between healthcare providers and nutrition assistance programs
- ▶ An absence of senior friendly food pantries
- ▶ A lack of information sharing
- ▶ Inconsistent and limited metrics, benchmarks, and determinants of success



Senior Food Security Forum – August 4 & 5, 2022

Day 1 Presentations

Senior Hunger Study

Paths to Reducing Food Insecurity in Older Adults

[Hunger and Health in Older Adults – Seanna Marceaux](#)

Area Agency on Aging

High Plains Food Bank

Amarillo Area Foundation (No slideshow)

[High Plains Christian Ministries](#)

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Day 2 Presentations

Senior Specific Food Items in Food Pantry (No slideshow)

Client Choice Food Pantry

Nutrition 4 Change

Seniors Helping Seniors

Reaching Outlying Communities (No slideshow)

Next steps

2020 Feeding Program Survey

In December of 2020, the Bivins Foundation completed a survey of feeding programs throughout the Texas Panhandle. The goal of the survey was to get information directly from food program providers that would help shape the next steps in how the Foundation addresses hunger and food insecurity for seniors in the Texas Panhandle.

[Results 2020 Food Program Survey](#)

References

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- ▶ National Foundation to End Senior Hunger (NFESH). (2017). *The State of Senior Hunger in America in 2016: An Annual Report*. Retrieved from <https://www.feedingamerica.org/sites/default/files/research/senior-hunger-research/state-of-senior-hunger-2016.pdf>
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- ▶ Ziliak, James P. and Gunderson, Craig. (2017). *The Health Consequence of Senior Hunger in the United States: Evidence from the 1999-2014 NHANES*. Retrieved from <https://www.feedingamerica.org/sites/default/files/research/senior-hunger-research/senior-health-consequences-2014.pdf>