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

Panhandle Regional Planning Commission, 2018
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
In 2015

14.7% of seniors face the threat of hunger

Equals 9.8 million seniors

National Foundation to End Senior Hunger, 2017
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](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

National Foundation to End Senior Hunger
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

Seniors facing hunger have an increased risk of developing health issues.

*Source - Spotlight on Senior Health: Adverse Health Outcomes of Food Insecure Older Americans (2014)
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.

www.maptechnica.com/congressional-district-map/TX/13/4813
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 Marcelaux
- Area Agency on Aging
- High Plains Food Bank
- Amarillo Area Foundation (No slideshow)
- High Plains Christian Ministries
- Mary E. Bivins Foundation

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


