

The State of Senior Hunger in America 2013: An Annual Report

April 2015

Professor James P. Ziliak
University of Kentucky

Professor Craig Gundersen
University of Illinois



About the National Foundation to End Senior Hunger

Mission:

Through research, education and community partnership, we will harness the resources necessary to reverse the escalating number of seniors in the lifecycle of hunger.



Senior Hunger in America:

What's in the Numbers

(and why should you care about research & data)?

Think of It This Way



Or, This Way



About Our Seed Pouch

“Senior Hunger in America 2013”

- Dr. James P. Ziliak and Dr. Craig Gundersen
- fourth in a series of annual reports
- documents the state of hunger among seniors (60+)
- overview of the extent and distribution (we'll explore the difference)
- examines trends over the past decade



**The 2015 Report builds on the previous
groundbreaking work of Drs. Ziliak and Gunderson**

*"The Causes, Consequences and Future of Senior Hunger
in America" (2008)*

*"Senior Hunger in the United States: Differences across
States and Rural and Urban Areas" (2009)*

Annual Reports (2012, 2013 2014 and 2015)

Data Source

December 2013 Supplement to the Current Population Survey (CPS)

Core Food Security Module (CFSM)

- used by the USDA to establish the official food insecurity rates of households in the United States
- series of 18 questions, each designed to capture some aspect of food insecurity

Three Characterizations of Food Insecurity


*threat of hunger** = marginally food insecure†

*risk of hunger** = food insecure†

*facing hunger** = very low food secure†

* Foundation terminology

† CFMS terminology



Threat of hunger is the broadest category of food insecurity because it encompasses all three

threat of hunger is the most appropriate measurement to use with regard to the 60+ age cohort.

"Senior Hunger in America 2013" examines the threat of hunger.

A supplemental report that examines the other two characterizations is available at www.nfesh.org.

Marking our Regress – What the Data Show

Number of seniors who faced the threat of hunger

2005	—	5 million
2007	—	6 million
2009	—	7.5 million
2010	—	8.3 million
2011	—	8.8 million
2012	—	9.3 million
2013	—	9.6 million

In Less than a Decade

From 2007 to 2013, the number of seniors experiencing the threat of hunger has increased by 56%

From 2001 to 2013, the number of seniors experiencing the threat of hunger has increased by 107%.

Who Were Most Vulnerable?

Extent of hunger = proportions of persons within any category who are food insecure

Living at or below the poverty line	49.6%
Who were African-American or Hispanic	32.9% 31.4%
Who were divorced or separated	27.0%
Who had a grandchild living in the household	36.6%
Who were younger (60-69)	33.9%

Distribution of Senior Hunger

- nearly two-thirds had incomes above the poverty line
- 29.4% had incomes between 100% and 200% of poverty
- approximately 73.3% were white
- 58.6% were between the ages 60 to 69
- 79.6% lived in metropolitan areas

Where Was the Recent Increase?

From 2012 to 2013, increases were primarily among seniors:

- Living in poverty
- Residing in rural areas
- Age 75 to 79
- Disabled

Two Year Comparison of Rates by State

State	2012	2013	Change
AL	17.53	17.21	-1.8%
AK	11.47	8.87	-22.7%
AZ	13.61	15.44	13.4%
AR	25.44	26.1	2.6%
CA	16.32	16.33	0.1%
CO	13.29	14.62	10.0%
CT	13.96	15.42	10.5%
DE	12.91	12.55	-2.8%
DC	15.20	20.27	33.4%
FL	14.41	14.05	-2.5%
GA	16.99	15.95	-6.1%
HI	14.40	14.36	-0.3%

ID	10.88	10.41	-4.3%
IL	14.68	13.58	-7.5%
IN	12.90	11.74	-9.0%
IA	12.79	11.51	-10.0%
KS	13.37	15.63	16.9%
KY	15.07	15.82	5.0%
LA	23.56	24.39	3.5%
ME	16.11	15.51	-3.7%
MD	13.92	13.6	-2.3%
MA	11.63	10.98	-5.6%
MI	12.12	15.28	26.1%
MN	8.13	8.3	2.1%
MS	22.67	24.34	7.4%
MO	16.57	19.06	15.0%

Two Year Comparison of Rates by State

State	2012	2013	Change
MT	12.72	11.62	-8.6%
NE	13.48	15.33	13.7%
NV	17.12	14.75	-13.8%
NH	10.17	10.3	1.3%
NJ	13.72	11.82	-13.8%
NM	13.13	9.54	-27.3%
NY	15.69	16.33	4.1%
NC	20.08	18.4	-8.4%
ND	13.24	11.98	-9.5%
OH	12.92	16.32	26.3%
OK	15.42	17.1	10.9%
OR	16.18	14.85	-8.2%

PA	12.93	11.77	-9.0%
RI	16.20	12.59	-22.3%
SC	18.43	18.77	1.8%
SD	12.97	14.02	8.1%
TN	21.43	19.67	-8.2%
TX	19.82	20.26	2.2%
UT	14.77	13.36	-9.5%
VT	12.33	15.27	23.8%
VA	11.95	13.93	16.6%
WA	13.52	11.93	-11.8%
WV	13.18	12.08	-8.3%
WI	9.72	11	13.2%
WY	16.06	15.59	-2.9%

Number of Seniors (60+) Threatened by Hunger by State in 2013

AL	174,418
AK	9,309
AZ	215,457
AR	164,111
CA	1,112,197
CO	139,369
CT	117,450
DE	25,937
DC	21,492
FL	678,494
GA	274,727
HI	43,756

ID	33,078
IL	335,478
IN	152,063
IA	77,102
KS	89,430
KY	143,251
LA	213,120
ME	51,719
MD	155,052
MA	151,761
MI	321,675
MN	89,018
MS	142,973
MO	242,945
MT	27,199

NE	57,235
NV	79,669
NH	30,103
NJ	211,569
NM	41,513
NY	647,575
NC	363,410
ND	17,091
OH	402,692
OK	130,170
OR	128,772
PA	341,237

RI	28,681
SC	191,999
SD	24,912
TN	264,804
TX	864,256
UT	54,344
VT	22,723
VA	219,300
WA	163,908
WV	54,317
WI	132,242
WY	18,049

Seniors Are Different

- **Supplemental Poverty Measure:** seniors are poorer than has been reported in the past
- Unlike the population as a whole, food insecurity among those age 60 and older actually increased between 2009 and 2010.
- A senior at risk of hunger has the same chance of an ADL limitation as someone 14 years older. **In effect, there is a large disparity between actual chronological age and “physical” age (64=78)**
- Health challenges

Hunger and Health

Food insecure seniors have worse health outcomes:

- 50% more likely to be diabetic
- twice as likely to report fair or poor general health
- three times more likely to suffer from depression
- 14% more likely to have high blood pressure
- nearly 60 % more likely to have congestive heart failure or experienced a heart attack
- twice as likely to have gum disease or asthma

Does Hunger Make Seniors Sick?

The risk of food insecurity is greater for 50-59 year olds, but the negative health consequences of food insecurity are more severe for adults 60+.

Number of Seniors (60+) Threatened by Hunger by State in 2013

AL	174,418
AK	9,309
AZ	215,457
AR	164,111
CA	1,112,197
CO	139,369
CT	117,450
DE	25,937
DC	21,492
FL	678,494
GA	274,727
HI	43,756

ID	33,078
IL	335,478
IN	152,063
IA	77,102
KS	89,430
KY	143,251
LA	213,120
ME	51,719
MD	155,052
MA	151,761
MI	321,675
MN	89,018
MS	142,973
MO	242,945
MT	27,199

NE	57,235
NV	79,669
NH	30,103
NJ	211,569
NM	41,513
NY	647,575
NC	363,410
ND	17,091
OH	402,692
OK	130,170
OR	128,772
PA	341,237

RI	28,681
SC	191,999
SD	24,912
TN	264,804
TX	864,256
UT	54,344
VT	22,723
VA	219,300
WA	163,908
WV	54,317
WI	132,242
WY	18,049

What About the Future?

In the aftermath of the Great Recession, as of 2013, nearly 1 in 6 seniors faced the threat.

“Given the compelling evidence that food insecurity is associated with a host of poor nutrition and health outcomes among seniors, the research implies that the increase in senior hunger will likely lead to additional public health challenges for our country.”

More to the Story: Two Types of Factors

Household level factors – captured by the Census Bureau; these include demographics, such as the risk factors our study identifies.

State-level factors – including state economy, taxes and other program and policy issues.

What Can We Do Together?

What Factors Account for State-to-State Differences in Food Security

“Taken together, an identified set of *household-level and State-level factors* account for most of the State-to-State differences in food security. Some State-level factors point to specific policies that are likely to improve food security. . .” (2006) [emphasis added]

Economic Research Service, USDA

Data-Driven, Fact-Based Solutions





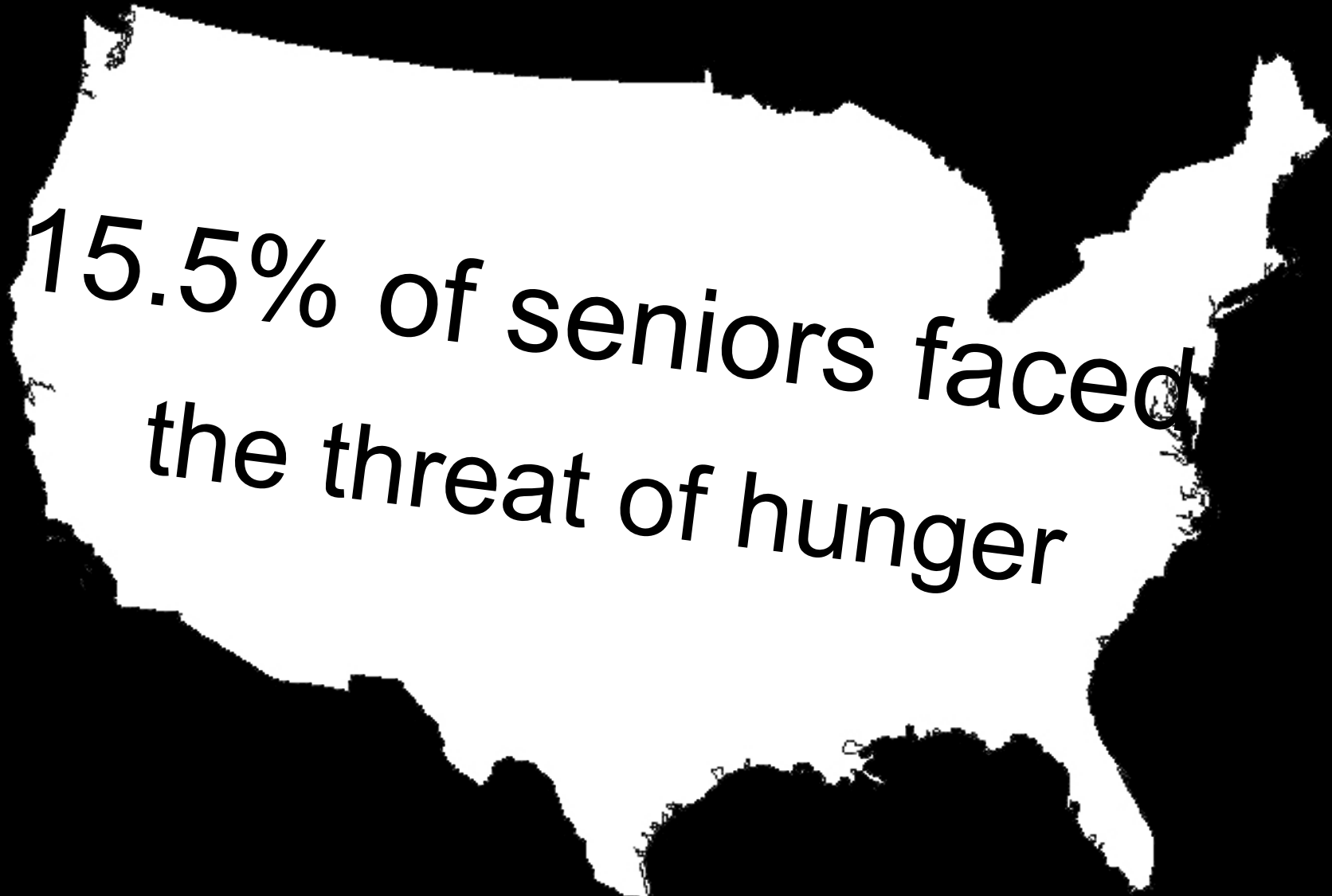
what*a***waste**

nfesh®

– nfesh.org –

Matt Levine

(571) 312-2675



**15.5% of seniors faced
the threat of hunger**







40% of the food produced in the US is
NEVER EATEN



The average American
family spends

\$2000

a year on food they

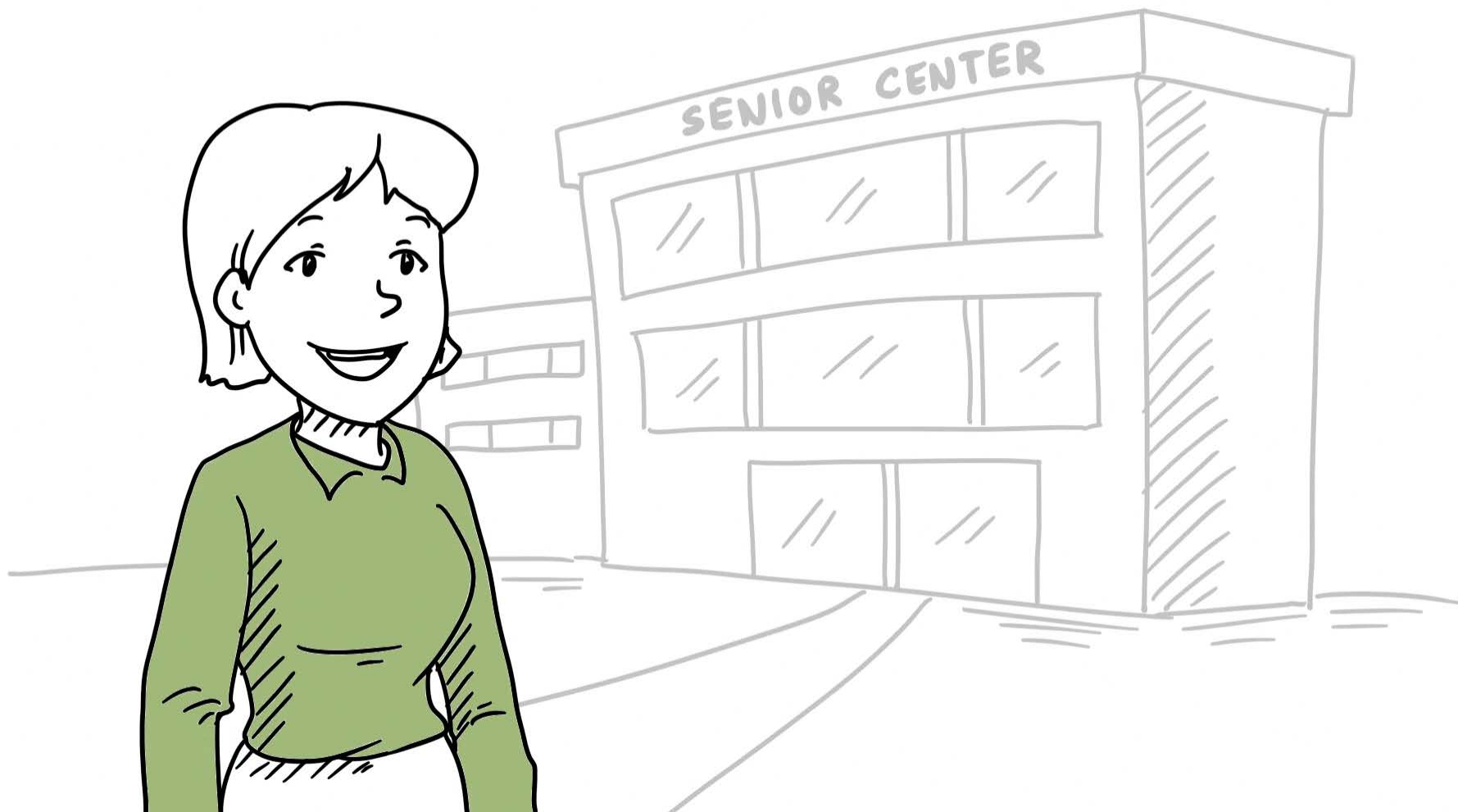
NEVER EAT

NATIONAL
FOUNDATION

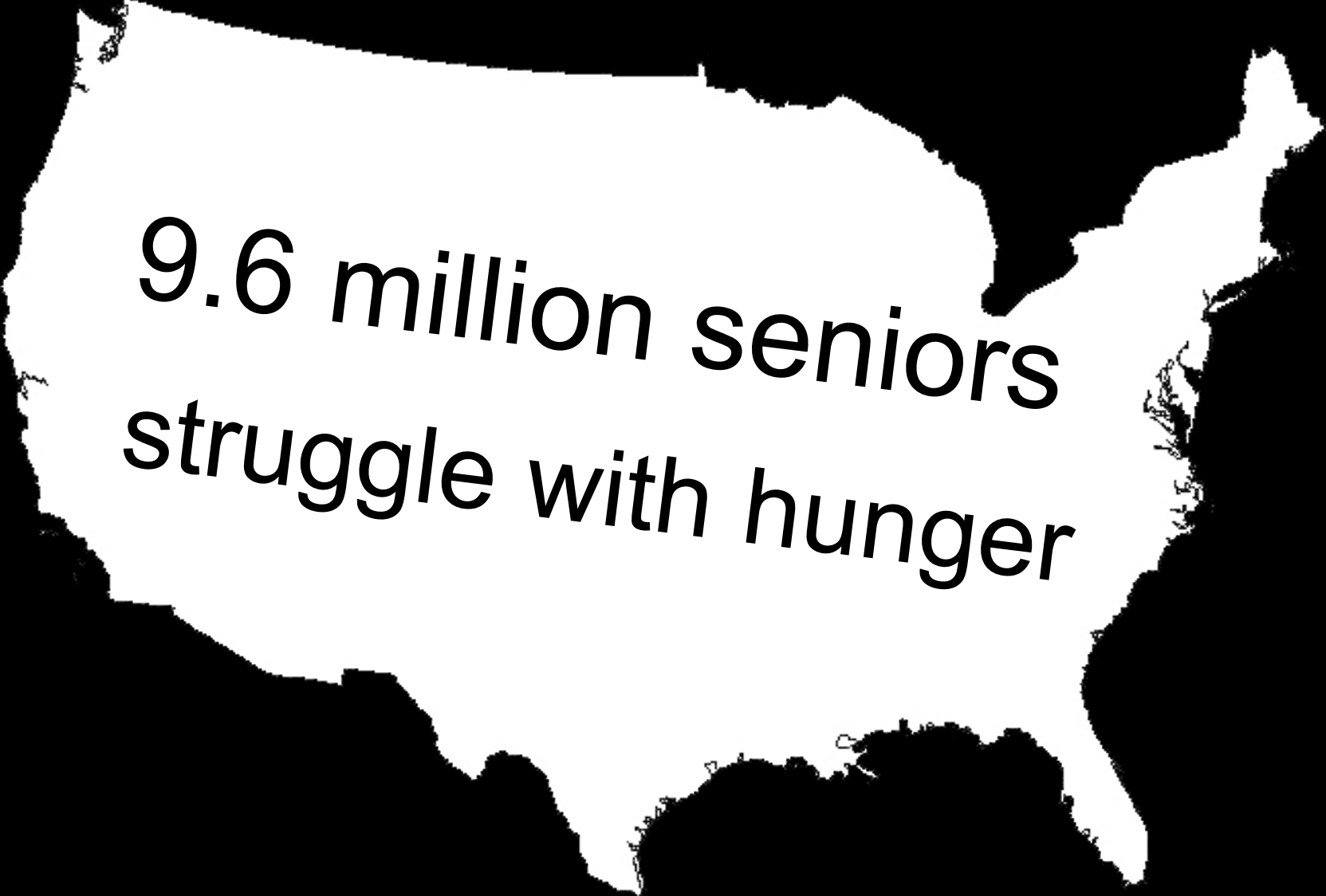
TO END
SENIOR
HUNGER

HUNGER & WASTE: TWO PROBLEMS — *one solution* —









*9.6 million seniors
struggle with hunger*















AUG 29 CC 13:53

SELL BY

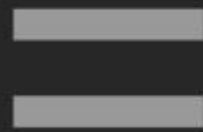
TO OPEN







**LANDFILL
FOOD WASTE**



**METHANE
— GAS —**





























FIRE
EXTINGUISHER
↓

PLEASE KEEP
MICROWAVE
CLEAN

PLEASE
PLACE
CUPS IN
DISHWASHER
AFTER USE

Please Wash
and Dry Your
Hands **BEFORE**
Preparing Any
Food or
Beverage
(ie: coffee, tea)

Reminder
**No
ASSIGNED
SEATS**

Please Wash
and Dry Your
Hands **BEFORE**
Preparing Any
Food or
Beverage
(ie: coffee, tea)







nfesh[®]

— nfesh.org —

















What a Waste: Baseline Data

- All three sites showed very different amounts of each type of food waste
 - Bernice Fonteneau
 - Most total food waste
 - Most pan waste
 - Hattie Holmes
 - Least total food and beverage waste
 - Congress Heights:
 - Least plate waste
 - Most beverage waste

Food Waste and Nutrition Intake

- Noticed large pre/post-consumer waste for milk, wheat rolls, and salad
 - Encouraged vendor to seek out different rolls
 - Waste decreased by 37%
 - Collaborated with vendor to provide Lactaid milk as an alternative calcium/vitamin D option for daily milk
 - Most successful at sites where the nutritionist actively educated the participants on the benefit/need for Lactaid milk
 - Waste decreased by 26%

Ordering vs. Reporting

- DCOA now requires each lead agency to submit a Weekly Efficiency Report, providing data on the number of meals ordered vs. served

June 15-20, 2015

Ward 1	Weekly Allotment	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Total Meals Ordered	Total Meals Served
		Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served		
Paul Lawrence Dunbar	245	47	43	47	43	49	44	47	41	47	42			237	213
Columbia Heights	190	34	34	34	32	34	37	44	37	34	32			180	172
Sarah's Circle	205	20	24	25	30	24	22	20	21	24	24			113	121
Garfield Terrace	250	48	45	48	45	48	45	48	45	48	46			240	226
Harvard Towers	290	58	57	58	53	58	55	56	55	56	54			286	274
Bernice Fonteneau Wellness Center	230	46	38	46	43	46	41	46	44	46	39	15	15	245	220
Vida Senior Center	333	65	65	80	84	65	61	68	68	65	70			343	348

Diff. b/w Ordered & Allotment	% of Ordered Served	# of Ordered Not Served
-8	90%	24
-10	96%	8
-92	107%	-8
-10	94%	14
-4	96%	12
15	90%	25
10	101%	-5

Ward 2	Weekly Allotment	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Total Meals Ordered	Total Meals Served
		Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served		
Asian Pacific Islander Senior Services Center	345	69	70	69	75	69	77	69	80	69	75			345	377
Asbury Methodist Church/Downtown Cluster's Day Care	171	31	32	31	28	32	32	35	25	32	29			161	146
Claridge Towers	372	69	61	60	67	69	60	69	61	26	28			293	277
James Apartment Building	187	40	38	41	34	40	36	41	36	40	36			202	180
Judiciary House	120	25	23	25	22	25	20	25	22	25	22			125	109
Oasis Senior Center for the Homeless	200	40	34	40	42	40	42	40	35	40	27			200	180

Diff. b/w Ordered & Allotment	% of Ordered Served	# of Ordered Not Served
0	109%	-32
-10	91%	15
-79	95%	16
15	89%	22
5	87%	16
0	90%	20

Ward 3	Weekly Allotment	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Total Meals Ordered	Total Meals Served
		Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served	Meals Ordered	Meals Served		
St. Albans Episcopal Church	160	26	23	20	20	22	22	23	20	21	21			112	106
Wellness & Arts Center	129	26	21	26	26	26	26	26	26	26	21			130	120

Diff. b/w Ordered & Allotment	% of Ordered Served	# of Ordered Not Served
-48	95%	6
1	92%	10



what*a***waste**

nfesh®

– nfesh.org –

Matt Levine

(571) 312-2675