

# THE ESCALATING ISSUE OF SENIOR HUNGER



2023 NATIONAL SNAPSHOT

The Meals on Wheels network is comprised of 5,000 community-based programs across the country dedicated to addressing senior hunger and isolation. The need is great, but Together, We Can Deliver.™

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



**1 IN 4 AMERICANS IS 60+**  
with 12,000 more turning 60 every day

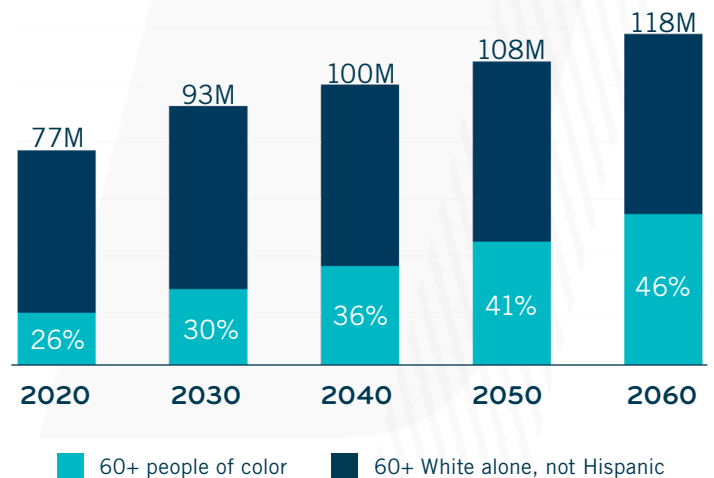


### AMONG AMERICANS 60 AND OLDER:

- 29% HAVE A DISABILITY
- 24% LIVE ALONE
- 12% ARE VETERANS

THIS POPULATION IS SET TO REACH 93M IN THE NEXT DECADE, with 118M EXPECTED BY 2060 – increasing the number of seniors today by more than half.

OLDER AMERICANS OF COLOR WILL CONTINUE TO MAKE UP AN INCREASINGLY LARGER PORTION OF THIS POPULATION.



## OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.



Seniors on fixed incomes are **ESPECIALLY VULNERABLE** to increases in inflation and cost of living.



**1 IN 2 SENIORS LIVING ALONE** lacks the income to pay for basic needs

## SENIORS ARE AT GREATER RISK OF HUNGER AND MALNUTRITION.



**OLDER ADULTS ARE ALREADY AT HIGHER RISK OF MALNUTRITION** due to decreased appetite, mobility issues, prescription medications and more.

### FOOD INSECURITY DISPROPORTIONATELY AFFECTS OLDER ADULTS OF COLOR:

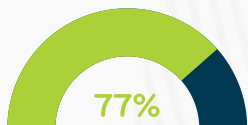
- 17%** OF BLACK SENIORS
- 14%** OF HISPANIC SENIORS
- 10%** OF SENIORS WHO IDENTIFIED AS ASIAN AMERICA, PACIFIC ISLANDER, NATIVE AMERICAN OR MULTI-RACIAL
- 6%** OF NON-HISPANIC SENIORS
- 6%** OF WHITE SENIORS

## THE MEALS ON WHEELS SOLUTION STARTS WITH THE MEAL...

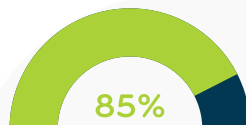


## AND DELIVERS ON SO MUCH MORE.

### OF HOME DELIVERED MEAL PARTICIPANTS:



say the meals help  
**IMPROVE THEIR HEALTH**



say the services help them  
**FEEL MORE SECURE**



say the meals help them  
**LIVE INDEPENDENTLY**

**FUND AND SUPPORT MEALS ON WHEELS TODAY.**

