



SB 334

National food insecurity rates for seniors remain higher than before the Great Recession began, and the number of seniors who were food insecure has remained elevated, a reflection of the growing size of the senior population.

—The State of Senior Hunger in 2020 Executive Summary

How does Indiana stack up?

Senior food insecurity: Hoosiers are

31st in the US

JP Ziliak and C Gundersen, "The State of Senior Hunger" (Feeding America),

Estimated food insecurity for Indiana seniors

6.6%,
3.3% for very low food security

JP Ziliak and C Gundersen, "The State of Senior Hunger" (Feeding America)

Hoosier senior enrollment in SNAP

42nd in the US

(only half of adults aged 60 and older who experience poverty participate in the program)

Seniors with a disability in Indiana have

Double

the rates of seniors without a disability nationally (11.6% and 5.3% respectively)

Hoosier Seniors Experiencing Hunger



Seniors who are food insecure consumed lower quantities of key nutrients than food secure seniors:

- 13.3% less iron intake
- 9.2% less protein intake
- 9.7% less calcium intake
- 8.5% less energy intake



Food insecure seniors are more likely to have chronic health conditions:

- 262% more likely to experience depression;
- 78% more likely to experience asthma;
- 74% more likely to experience diabetes;
- 71% more likely to experience congestive heart failure;
- 64% more likely to experience heart attack

Researchers found that older Americans who qualified for and used SNAP benefits had about two fewer years of cognitive aging over a 10-year period compared with those who didn't use SNAP. —Columbia University's Mailman School of Public Health

Some senior groups experience food insecurity at higher rates, including seniors who identify as Black, Latino, or Native American; have lower incomes; are younger (aged 60-69); have a disability; or are renters.

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