

OLDER ADULTS & FOOD INSECURITY IN MISSOURI



Every state is home to seniors who experience food insecurity. For older adults, this can cause poorer health, increased healthcare costs, more chronic diseases, and even lower life expectancies. Without action to address this problem more than 7 million seniors in the U.S. may be food insecure by 2050.



5.5 MILLION SENIORS IN THE U.S. AGED 60+ FACED HUNGER IN 2021

1 OUT OF EVERY **8** MISSOURI SENIORS STRUGGLE TO HAVE ENOUGH FOOD



HOUSEHOLDS WITH SENIORS

- Seniors and older adults who have a grandchild in the household experience food insecurity at higher rates than those without a grandchild present.
- In 2021, food insecurity was **2.2 times higher** for seniors residing with a grandchild.
- In households with limited economic resources, children are often shielded from food insecurity by adults, so seniors and older adults may ensure the food insecurity of their grandchildren **at the expense of their own dietary needs**, while they are also experiencing the stress of caregiving responsibilities and limited financial resources.

FOR AGE 60+, AN ESTIMATED

71%

OF ELIGIBLE SENIORS DID NOT RECEIVE SNAP



IN 2018, ONLY

25.3%

OF MISSOURIANS AGE 50+, IN HOUSEHOLDS WITH INCOME LESS THAN 200% OF THE FEDERAL POVERTY LINE, PARTICIPATED IN SNAP

