



FOOD INSECURITY IMPACTS ON SENIOR HEALTH AND NUTRITION

Food insecurity among seniors aged 60 and older living in the United States has a negative impact on their nutrition and health. Poor health can be both a cause and a consequence of food insecurity for seniors. For example, disability and disease contribute to employment instability and income challenges. Additionally, inadequate nutrition can increase the negative effects of disabilities and chronic health conditions.

Last year's report series included findings from the 1999-2016 National Health and Nutrition Examination Survey (NHANES). The NHANES provided information about food insecurity and its health and nutrition implications for seniors. Findings showed that food insecure seniors consume lower quantities of key nutrients, such as iron and calcium, compared to seniors who are food secure. In addition, among the senior population, food insecurity is associated with increased risk of developing negative health conditions, such as depression and asthma. Food insecurity is associated with worse nutrition and health outcomes for seniors regardless of their race/ethnicity, age, gender, education, and marital status.

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

IRON
INTAKE WAS
13.3%
LESS

PROTEIN
INTAKE WAS
9.2%
LESS

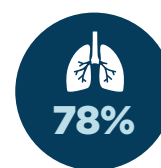
CALCIUM
INTAKE WAS
9.7%
LESS

ENERGY
INTAKE WAS
8.5%
LESS

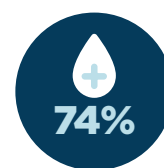
Food-insecure seniors are more likely to have chronic health conditions.



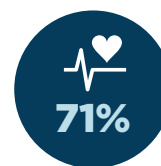
MORE LIKELY
TO EXPERIENCE
DEPRESSION



MORE LIKELY
TO EXPERIENCE
ASTHMA



MORE LIKELY
TO EXPERIENCE
DIABETES



MORE LIKELY
TO EXPERIENCE
**CONGESTIVE
HEART
FAILURE**



MORE LIKELY
TO EXPERIENCE
**HEART
ATTACK**