

# Hunger in the Older Adult Population

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# Importance of Good Nutrition

- Important all our lives, especially at the beginning of life and at the end of life.
- Studies have shown that half of hospitalized seniors suffer from malnutrition so severe that it either caused their illness or it prevents them from getting better.



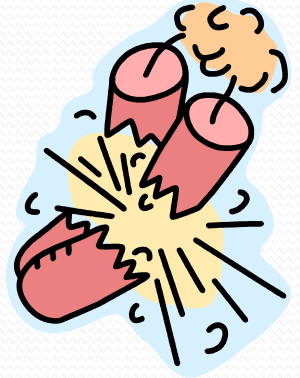
# Food Insecurity in Older Adults

- **7.9% of households with seniors or 2.3 million households, were food insecure**



Source: Feeding America, 2010

# Explosion in the Older Adult Population



## 2010 Census Data

### Total Orange County Population

- 3,010,232 a 5.8% increase

### 60+ Orange County Population

- 496,404 a 32% increase
- 16.5% of the total population

# Tsunami of Aging



**Starting this year and continuing for the next 20 years 10,000 people will turn 65 every day in the U.S.**

- **3,650,000 a year**
- **73,000,000 over 20 years!**

# Affluence in OC?



- Perception is that OC is an affluent county
- Yet many of our seniors live on fixed income
- Make daily choices about whether to buy food, pay for prescription drugs or pay rent & utilities

# Senior Lunch Program

- 68% reported the lunches have improved their quality of life
- 59% said their physical health has improved
- 81% reported they would be at home if they didn't come to the lunch program
- 95% have more friends as a result of the program,
- 52% feel more connected to their community

# Meals on Wheels Program

- Received 141% more referrals to supportive services
- Gained an average of 2 pounds
- Demonstrated a sustained 20% increase in sense of well-being
- Had 34% reduction in new clients hospitalized and 62% length of stay reduction



# What Does the Future Hold for Senior Nutrition Programs?

- Increased demand
- Create new sustainable models
- Create caring communities