Older Adult Food Security

Presented by:

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What is Food Insecurity?
Food Insecurity

• USDA: “a lack of consistent access to enough food for every person in a household to live an active, healthy life."

• Census: Food Security Supplement to the Current Population Survey (every December)

• State of Senior Hunger: In 2021, 7.9% of Missourians 60+ were food insecure (114,216 individuals)
OA Food Insecurity Index

- 18 articles between 1999 and 2021 about OA food insecurity.
- 13 factors (listed in order of impact): below poverty, living with a disability, on Medicaid, no health insurance, below poverty and not receiving SNAP, not a high school graduate, race other than white alone, 65-74, not married, living alone, female, urban, and at least .5 miles from a grocery store.
- Can be applied at the state, county, or census tract level.
Applying the Older Adult Food Insecurity Index to the Older Adult Population in Missouri

- Based on the index, using 2021 data:
  - The total older adult food insecurity rate was 12.88%
  - County-level rates range from 7.82% (Putnam County) to 22.81% (Oregon County)
  - Only two counties (Wayne and Ripley County) were in the ten highest for total food insecurity and food insecurity based on financial and non-financial risk factors
<table>
<thead>
<tr>
<th>Factor</th>
<th>Missouri Percent</th>
<th>Wayne County, Missouri</th>
<th>St. Louis City, Missouri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability 65+</td>
<td>0.352</td>
<td>0.571</td>
<td>0.385</td>
</tr>
<tr>
<td>Population Medicaid</td>
<td>0.135</td>
<td>0.212</td>
<td>0.136</td>
</tr>
<tr>
<td>Population Race other than White</td>
<td>0.196</td>
<td>0.051</td>
<td>0.536</td>
</tr>
<tr>
<td>65-74</td>
<td>0.592</td>
<td>0.583</td>
<td>0.631</td>
</tr>
<tr>
<td>Living alone 65+</td>
<td>0.399</td>
<td>0.361</td>
<td>0.499</td>
</tr>
<tr>
<td>Urban (Population Households in 2+ Unit Building)</td>
<td>0.191</td>
<td>0.039</td>
<td>0.498</td>
</tr>
<tr>
<td>.5+ miles from grocery 65+</td>
<td>0.782</td>
<td>0.986</td>
<td>0.520</td>
</tr>
<tr>
<td>Not Married 65+</td>
<td>0.439</td>
<td>0.385</td>
<td>0.529</td>
</tr>
</tbody>
</table>
Food Assistance Programs and Organizations in Missouri

https://health.mo.gov/seniors/aaa/find-food.php
Food Banks

- Regional food distributors
- Provide food to nonprofit organizations and churches for direct food distribution
Food Pantries

Food provided to neighbors at no cost – check your area food bank’s website or call 211 for a more comprehensive list of pantries in your area.
Commodity Supplemental Food Program (CSFP)

• Monthly food boxes for low-income persons at least 60 years of age to supplement their diets with nutritious USDA Foods.

• Find a CSFP agency in your area:
  • **Phone:** 800-733-6251
  • **Email:** Gail.ponder@health.mo.gov
Supplemental Nutrition Assistance Program (SNAP)

- Monthly benefit to supplement grocery purchases
  - Benefits on a card – used like a debit card, more discrete than the old food stamps
  - Accepted at most grocery stores and some corner stores—Walmart, Kroger, Dollar General, Casey’s, Woods, etc.
  - Offers the most choice to recipients
Supplemental Nutrition Assistance Program (SNAP)

• SNAP supports the local economy
  • Every $1 of SNAP benefits generates $1.79 in economic activity (USDA, 2019)

• Applying for SNAP:
  • Online, on paper, over-the-phone
  • About 10-15 minutes to complete
  • After submitting the application, you must complete an interview with DSS within 30 days (phone or in-person appt.).

SNAP benefits can be used to buy food for the household, excluding alcohol, vitamins/supplements and hot food. Many stores and markets accept Food Stamps!

Food Stamps Income Guidelines

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross monthly income (130 percent of poverty)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,473</td>
</tr>
<tr>
<td>2</td>
<td>$1,984</td>
</tr>
<tr>
<td>3</td>
<td>$2,495</td>
</tr>
<tr>
<td>4</td>
<td>$3,007</td>
</tr>
<tr>
<td>5</td>
<td>$3,518</td>
</tr>
<tr>
<td>Each additional member</td>
<td>$512</td>
</tr>
</tbody>
</table>

Updated 10/10/2022
Double up Food Bucks

- Increased SNAP benefits for produce
- 92 locations
- Find more information at https://www.doubleupheartland.org/
Senior Farmers’ Market Nutrition Program

- Up to $50 a year to low-income older Missourians for produce
- 113 locations in 47 counties
- Find more information at [https://agriculture.mo.gov/abd/fmkt/](https://agriculture.mo.gov/abd/fmkt/)
Connect with your local AAA by calling 1-800-235-5503 or at https://health.mo.gov/seniors/aaa/
Senior Centers
Addressing Barriers to Accessing Food Resources
“I don’t want to take food away from someone who needs it more.”

- There is enough assistance to go around
- By paying taxes during their working lives, they have contributed to the safety net programs which are built to help in situations like this.
- Food assistance can be a short-term solution – you can stop if your situation changes.
“I don’t need help. I can get by.”

**Food Insecurity:**
*A lack of consistent access to enough food for every person in a household to live an active, healthy life.*

- Another way to think about it:
  - **Quantity:** physically having enough food/calories
  - **Quality:** nutritious, lead to a healthy lifestyle
  - **Relevancy:** access to food that is culturally, medically appropriate
Food security improves outcomes long-term

A Conceptual Framework:
Cycle of Food Insecurity & Chronic Disease

- Food Insecurity
- Stress
- Coping Strategies
  - Dietary Quality
  - Eating Behaviors
  - Bandwidth
- Chronic Disease
- Employability
- Health Care Expenditures
- Spending Tradeoffs
- Household Income

Addressing stigma:
“I don’t want people to know I need help.”

- Rapport, personal referrals make a difference
- Emphasize privacy
  - When applying
  - When receiving
  - When re-certifying
“Applying for assistance is too hard.”

- In-person help
- Multiple ways to apply for assistance
- Certification length
“I don’t have transportation.”

- Transportation assistance available through local organizations
- Meal/grocery delivery
“Applying for assistance isn’t worth it.”

- SNAP provides at least $23/month
- Longer certification periods for older adults
- Receiving assistance from one program can make applying for other assistance easier
Questions?

Contact the presenters:

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