



FACT SHEET SOURCES & METHODS

THE ESCALATING ISSUE OF SENIOR HUNGER AND ISOLATION: 2025 NATIONAL SNAPSHOT

- A. “The Meals on Wheels network is comprised of around 5,000 community-based providers across the country...” is from the Administration on Community Living (ACL), "Nutrition Services." Last modified on 02/02/2024. Figure includes programs that provide home-delivered meals and/or congregate meals and receive Older Americans Act funding. <https://acl.gov/programs/health-wellness/nutrition-services>

OUR NATION'S SENIOR POPULATION IS GROWING AND CHANGING RAPIDLY.

- B. “1 in 4 Americans is 60+...” was calculated by Meals on Wheels America using data from Projected Population by Five-Year Age Group and Sex for the United States, Main Series: 2022-2100. Source: U.S. Census Bureau, Population Division. Release Date: November 2023. available at <https://www.census.gov/data/tables/2023/demo/popproj/2023-summary-tables.html>
- C. “...with 12,000 more turning 60 every day” was calculated by Meals on Wheels America using the data and sources below. We started with the total estimated population of adults age 59 living in the United States (a), then subtracted from that the number of annual estimated deaths among the age group (b) and then divided the result by 365 days. Annual estimated deaths were calculated by applying an age-specific mortality rate (b) to the estimated population of adults age 59 in 2023 (a).
- a. Population estimate is for the total U.S. resident population age 59 in the 50 states, D.C. and Puerto Rico in 2023. Data available in *Annual Estimates of the Resident Population by Single Year of Age and Sex for the United States: April 1, 2020 to July 1, 2023 (NC-EST2023-AGESEX-RES)*. <https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-detail.html>
- b. Age-specific mortality rate reflects the number of deaths per 100,000 people among individuals age 55-64 years in the United States in 2023. Data available in the CDC National Vital Statistics System December 2024 data brief, *Mortality in the United States, 2023*. Estimate is from information collected by National Center Health Statistics for death certificates filed in 50 states and D.C. Full data brief available at: <https://www.cdc.gov/nchs/products/databriefs/db521.htm#:~:text=Data%20from%20the%20National%20Vital,2022%20to%20750.5%20in%202023>
- D. “Among Americans 60 and older: “13% are veterans” and “29% have a

disability” are from U.S. Census Bureau, 2023 American Community Survey 1-Year Estimates. Data available in Table S0102 “Population 60 Years and over in the United States.” Available at <https://data.census.gov/table/ACSST1Y2023.S0102?q=s0102>

- E. **“Among Americans 60 and older: 24% live alone”** is from tabulations of American Community Survey data on the ACL AGID website. Tabulations were produced from the 2022 1-Year Public Use 5% Microdata Sample (PUMS) file. Release date 1/20/2024. Available at https://agid.acl.gov/#AmericanCommunitySurvey_ACS
- F. **“This population is set to reach 91M by 2030, with 112M expected by 2060”** was calculated by Meals on Wheels America using data from *Projected Population by Five-Year Age Group and Sex for the United States, Main Series: 2022-2100*. Source: U.S. Census Bureau, Population Division. Revised release date: October 2023. Estimate base is for the resident population age 60 and above on July 1, 2012 in 50 states and D.C. and is used for projecting the U.S. population from 2023 to 2100. Data available in the Census Bureau National Population Projections Tables (Table 3). <https://www.census.gov/data/tables/2023/demo/popproj/2023-summary-tables.html>
- G. **Chart of population 60+ people of color and 60+ White alone, not Hispanic, 2022-2060** is from Meals on Wheels America analysis of data from U.S. Census Bureau (Nov 2023), Dataset NP2023_D1: 1. *Projected Population by Single Year of Age, Sex, Race, and Hispanic Origin for the United States: 2022-2100 main series*. “People of color” includes people age 60 and older who identify as any of the following: Hispanic of any race, Black (not Hispanic), American Indian or Alaska Native (not Hispanic), Asian (not Hispanic), Native Hawaiian or Pacific Islander (not Hispanic) or two or more races (not Hispanic). Data available at: <https://www.census.gov/data/datasets/2023/demo/popproj/2023-popproj.html>

OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.

- H. **“12 million older adults face financial challenges that impact their ability to age at home”** is from a 2022 report by J. Mutchler, Y. Su, and N. Velasco Roldan published by the Center for Social and Demographic Research on Aging Publications at the University of Massachusetts Boston and titled *Living Below the Line: Racial and Ethnic Disparities in Economic Security among Older Americans, 2022*. Data for U.S. adults age 65 and older in one and two person households. Full report available at: <https://scholarworks.umb.edu/demographyofaging/68/>
- I. **“1 in 2 seniors living alone lacks the income to pay for basic needs”** is from a 2023 report by J. Mutchler, Y. Su, and N. Velasco Roldan published by the Center for Social and Demographic Research on Aging Publications at the University of Massachusetts Boston and titled *Living Below the Line: Economic Insecurity and Older Americans, Insecurity in the States 2022*. “Singles” data includes individuals living alone and “Couples” includes two-senior households with incomes below the Elder Index, which is reflective of the costs of housing, health care, transportation, food and miscellaneous essentials for adults age 65 and older living independently in the United States, excluding territories, in 2022. Full report available at (see Tables 3a and 3b): <https://scholarworks.umb.edu/demographyofaging/66/>

SENIORS ARE AT GREATER RISK OF HUNGER AND MALNUTRITION.

- J. **“Nearly 13 million seniors are threatened by or experience hunger”** is from Meals on Wheels America analysis of data from the December 2023 Current Population Survey Food Security Supplement. Data include adults age 60 and older who were categorized as having experienced “marginal food security,” “Low food security” and/or “Very low food security.” Custom data table available at: [https://data.census.gov/app/mdat/CPSFOODSECURITY202312/table?vw=PRTAGE\(0:60:90\)&cv=HRFS12MD&wt=PWSUPWGT](https://data.census.gov/app/mdat/CPSFOODSECURITY202312/table?vw=PRTAGE(0:60:90)&cv=HRFS12MD&wt=PWSUPWGT)
- K. **“Food insecurity disproportionately affects older adults of color”** is from Meals on Wheels America Analysis of the December 2023 Current Population Food Security Supplement. Data are for adults age 60 and older in 2023. Hispanic persons included in people of any race. Custom tables available at: [https://data.census.gov/app/mdat/CPSFOODSECURITY202312/table?vw=PRTAGE\(0:60:90\)&cv=PEHSPNON,HRFS12MD&rv=PTDTRACE&wt=PWSUPWGT](https://data.census.gov/app/mdat/CPSFOODSECURITY202312/table?vw=PRTAGE(0:60:90)&cv=PEHSPNON,HRFS12MD&rv=PTDTRACE&wt=PWSUPWGT)

THE MEALS ON WHEELS SOLUTION STARTS WITH THE MEAL....

- L. **“Older adults are already at higher risk of malnutrition due to decreased appetite, mobility issues, prescription medications and more”** is from National Academy on an Aging Society, “Profiles of an Aging Society: What We Know and Can Do About Malnutrition,” The Gerontological Society of America, Fall 2015. Article available at: <https://www.geron.org/images/gsa/malnutrition/malnutritionprofile.pdf>
- M. **“251 million meals served annually”** and **“2.2 million seniors served annually”** are from Administration for Community Living (ACL) data tables. Meals data are from "Table 4a. Service Units Provided Under OAA Title III by Clusters 1 and 2 Services" and seniors data are from "Table 1. Persons Served Under OAA Title III - Estimated Unduplicated Count (Clusters 1-3)". Data include home-delivered meals and congregate meals served by programs that receive funding from Title III of the Older Americans Act. Data are for federal fiscal year 2021. Release date 6/6/2023. Data tables available on the AGing, Independence, and Disability (AGID) Program Portal at <https://agid.acl.gov/>

AND DELIVERS ON SO MUCH MORE.

- N. **“Of home-delivered meal participants”** statistics are from the 2023 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figures are from the responses of a nationally representative sample of clients receiving Home-delivered meals funded through Title III of the OAA. Data obtained through special ACL request.

HELP US END THE WAIT. FUND AND SUPPORT MEALS ON WHEELS.