



# Elder Hunger Needs Assessment



THANKS

- The researchers are especially grateful to:
  - Feeding America
  - Staff of CFBCA
  - Staff of FBNA
  - Staffs and Volunteers of the Pantries where the study was conducted
  - Clients who participated in the study

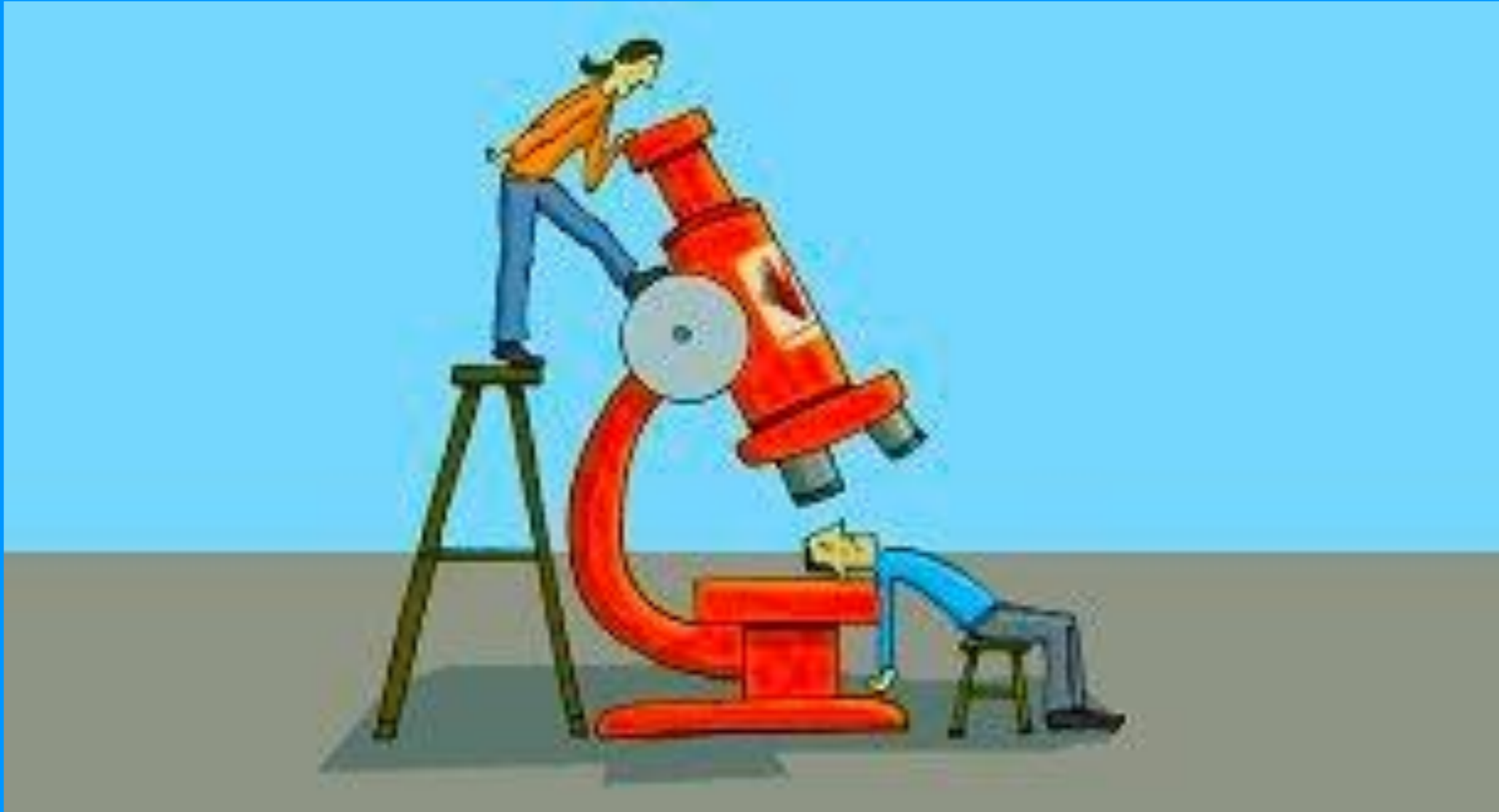


- **Tables and Tables of stats**

- **Just the beginning...**

- **Listen for the story**

- **Imagine the daily lives**



# The Project

# Purposes of Project

- \* To characterize food insecurity among elder food pantry clients
- \* To determine their nutritional needs and patterns of addressing them, among elder food pantry clients
- \* To determine the health challenges, especially those that are directly affected by compromised nutrition or that compromise access to healthful food.

## 2 Question Food Insecurity Screener

- \* If you were not able to receive food from a food pantry, would you
- \* Run out of food before getting money to buy more
- \* Worry each month that you would run out of food before getting money to buy more

# Purposes of Project

- \* To provide:
  - \* *accurate, actionable information*
  - \* *to guide interventions, policies and community planning efforts*
- \* directed at improving the nutritional status, health and quality of life of elders



# Summary of Project



- \* Community-level, prevention and intervention program
- \* Prevent and reduce malnutrition in elderly
  - \* Improved access to produce and healthful dry good
- \* Improve health outcomes, related to nutritional status





# Findings



Who were the respondents?

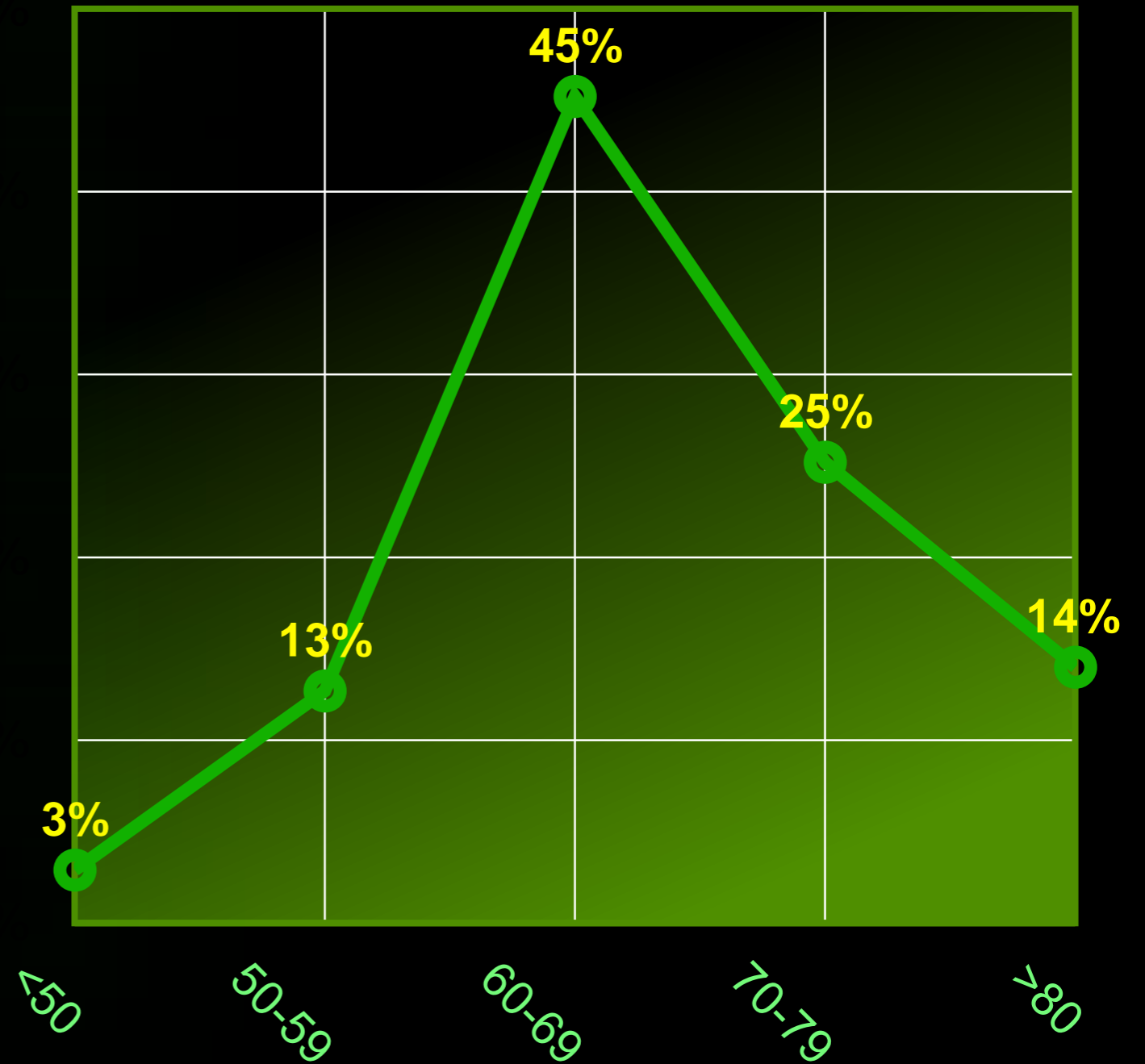


# I am completing this survey for..?

	NUMBER	PERCENT
CAREGIVER TO AN ELDER	11	2.3%
COUPLE	13	2.7%
SELF	417	87.2%
FOR ELDER PARENT	20	4.2%
VOLUNTEER RESPONDING WITH AN ELDER	17	3.6%
TOTAL	478	100.0%

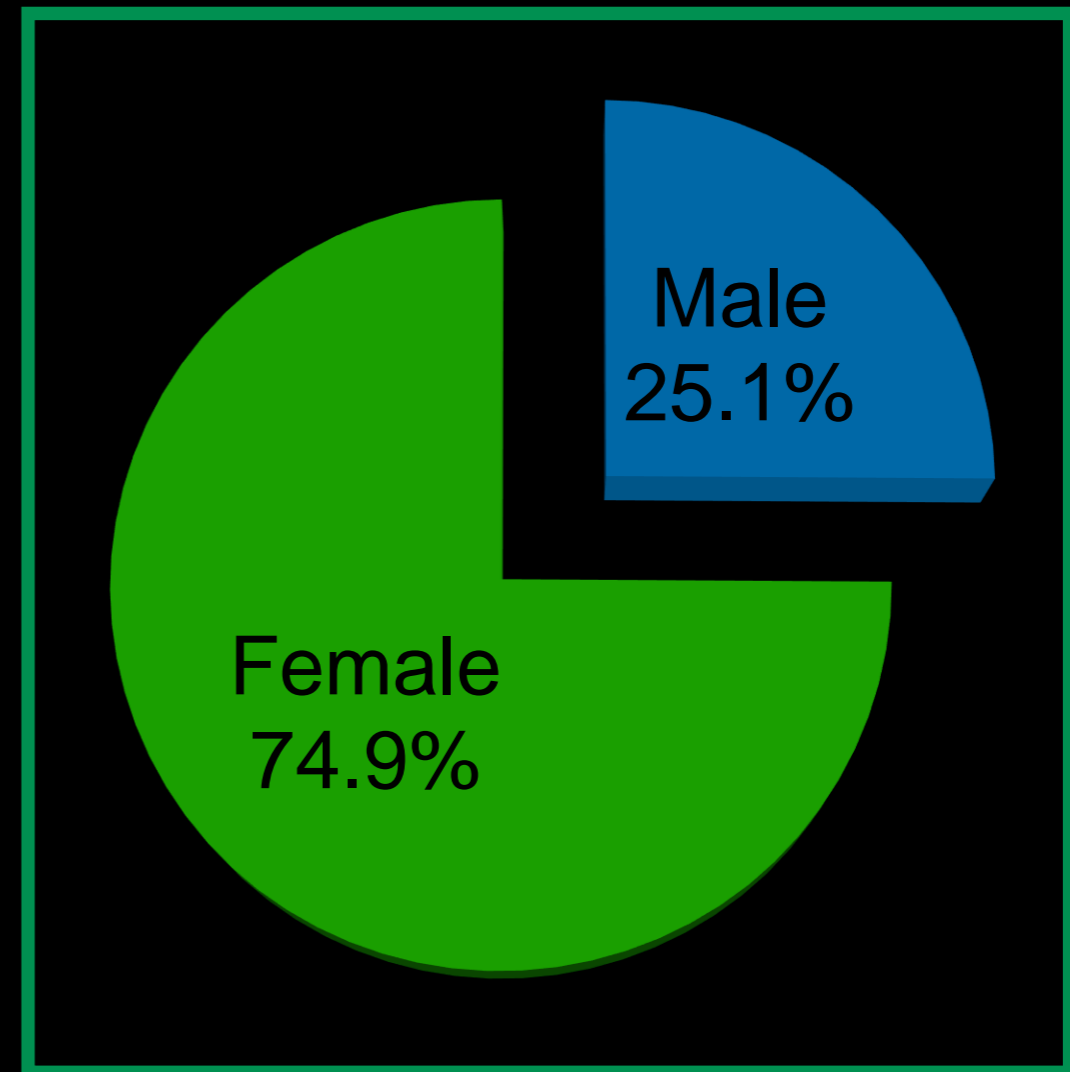
# What is your age?

RANGE	TOTAL
	NUMBER
< 50	13
50-59	57
60-69	203
70-79	113
≥ 80	63
TOTAL	449



# What is your gender?

	NUMBER
FEMALE	353
MALE	118
TOTAL	471

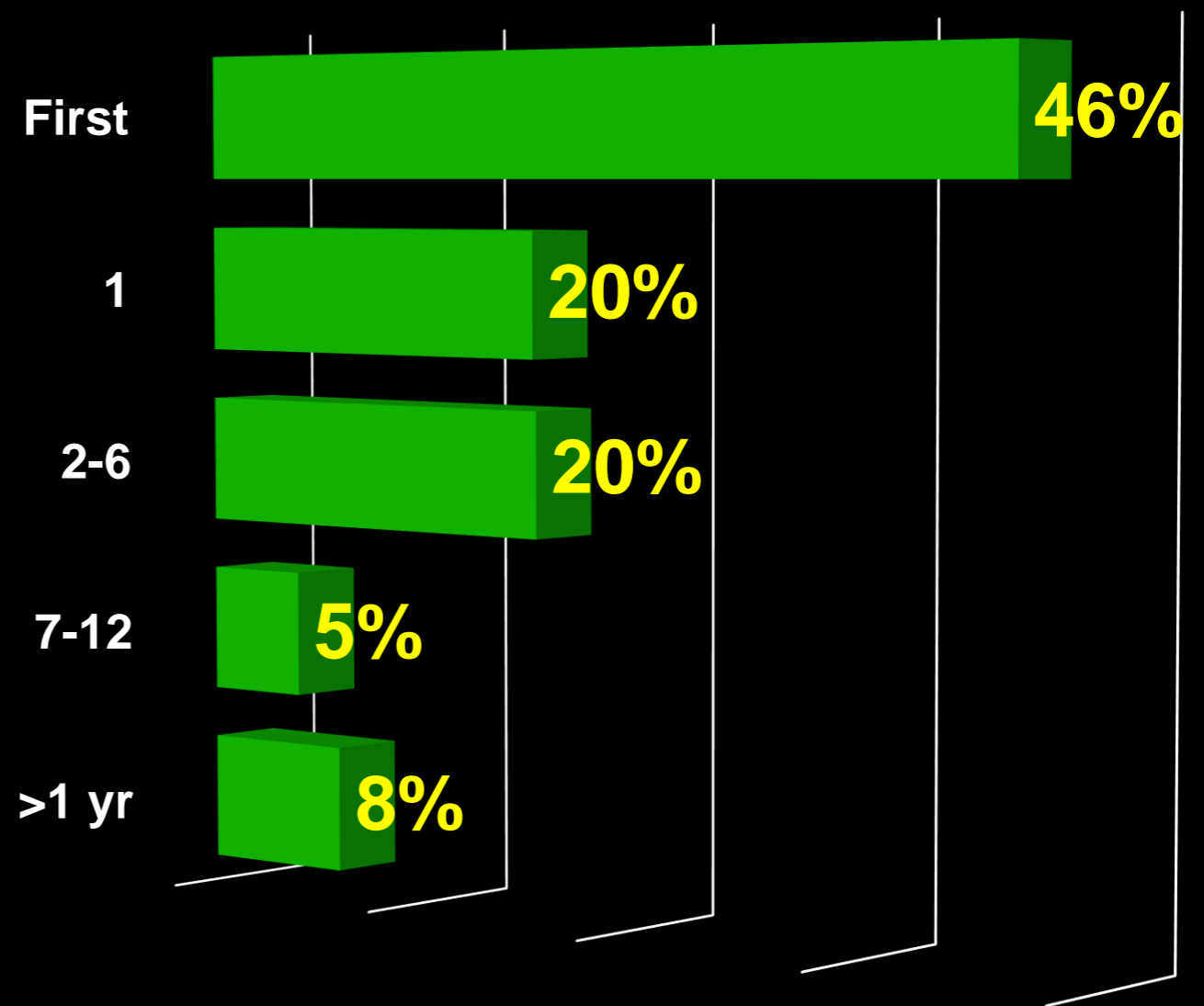


# I live (with)...

	<b>NUMBER</b>	<b>PERCENT</b>
<b>ALONE</b>	<b>390</b>	<b>81.6%</b>
<b>PARTNER/SPOUSE</b>	42	8.8%
<b>FRIENDS</b>	5	1.0%
<b>ADULT CHILDREN</b>	11	2.3%
<b>OTHER FAMILY</b>	17	3.6%
<b>YOUNG GRANDCHILDREN</b>	9	1.9%
<b>ADULT GRANDCHILDREN</b>	11	2.3%
<b>TOTAL</b>	<b>478</b>	

# How recently have you received food from a food pantry?

	TOTAL NUMBER
<i>FIRST TIME</i>	<b>214</b>
1 MONTH	92
2-6 MONTH	93
7-12 MONTH	25
> 1 YEAR	37
TOTAL	461



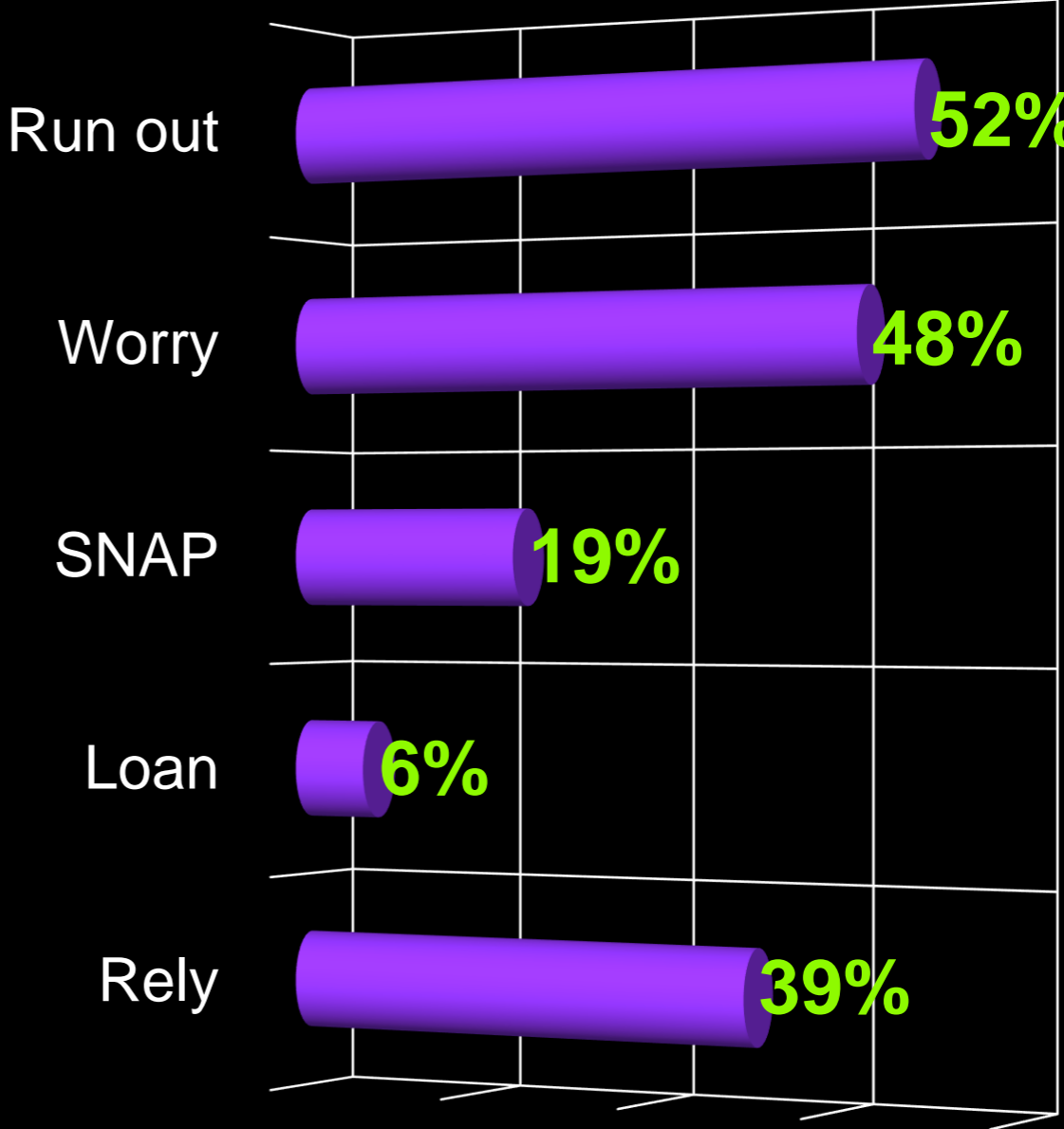


Over the past year, how many times have you received food from a food pantry?

	NUMBER	PERCENT
<i>ONCE</i>	<b>305</b>	<b>66.2%</b>
2-6	96	20.8%
7-12	36	7.8%
≥ 13	24	5.2%
TOTAL	461	100.0%
AVERAGE	2.52	
MINIMUM	1	
MAXIMUM	35	
TOTAL SERVICE UNITS	1,121	

# If you were not longer able to receive food from a food pantry, would you...?

	#
WILL RUN OUT OF FOOD	148
WORRY THAT FOOD WILL RUN OUT	135
RELY ON SNAP	54
TAKE OUT A LOAN	17
RELY ON OTHERS	109
TOTAL	283





# Health Status

# An interlude

- \* 2016 Rates of Type 2 Diabetes in Alabama\*
  - \* 14.4%
  - \* 703,105 individuals
- \* 2016 Rates of Insulin Resistance in Alabama\*
  - \* 60.7%
  - \* 1,769,000 individuals
- \* 2015 Rates of Hypertension in Alabama\*\*
  - \* 40.4%
  - \* 1,977,984 individuals
- \* 2015 Rates of Obesity in Alabama\*\*
  - \* 35.6%
  - \* 1,742,620 individuals



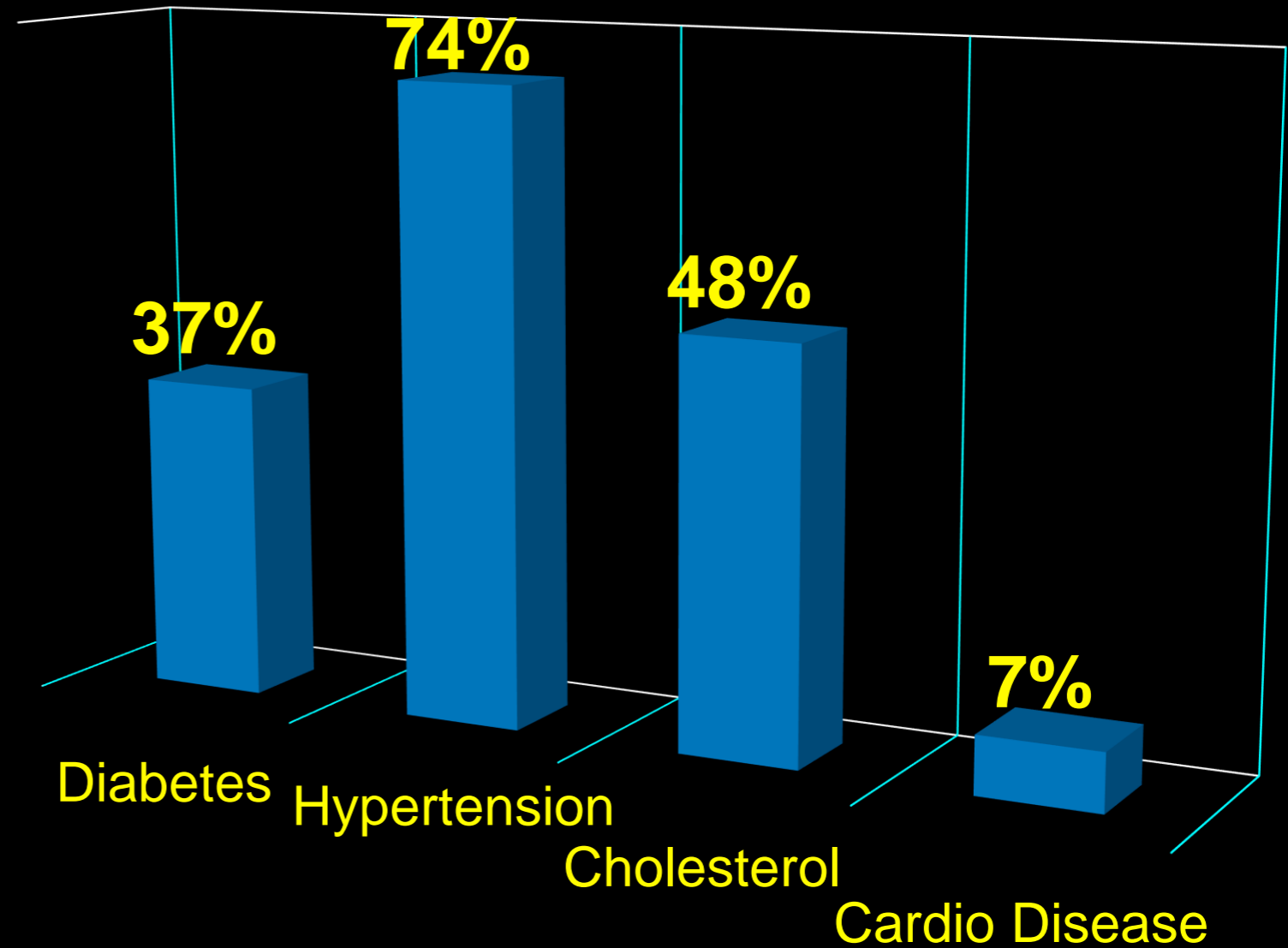
\* <http://www.diabetes.org/in-my-community/local-offices/birmingham-alabama/>

\*\* <http://stateofobesity.org/states/al/>

# Metabolic Syndrome

- **In Alabama**

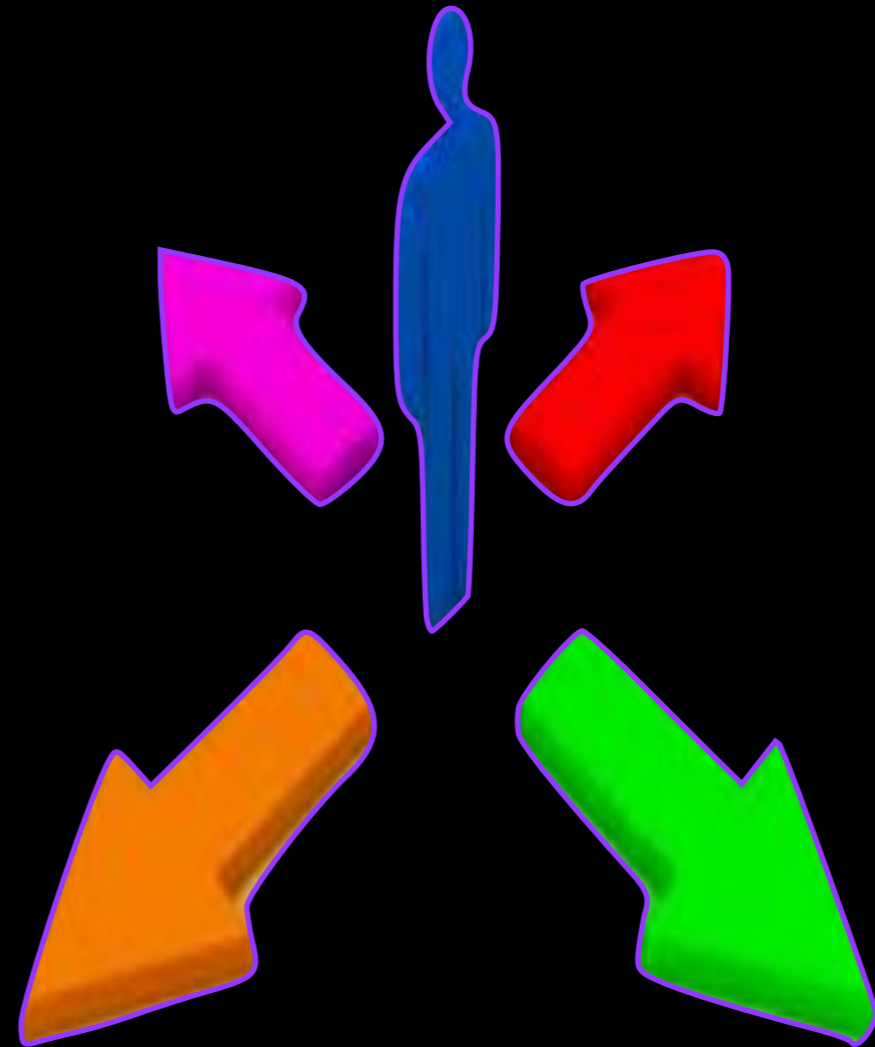
- **Diabetes** 14.4%
- **Hypertension** 40.4%



# I have been diagnosed with...

	NUMBER	PERCENT
<b>HYPERTENSION</b>	319	74.4%
<b>ARTHRITIS</b>	276	64.3%
<b>HIGH CHOLESTEROL</b>	206	48.0%
<b>DIABETES</b>	159	37.1%
<b>CANCER</b>	43	10.0%
<b>CARDIOVASCULAR DISEASE</b>	30	7.0%
<b>PULMONARY DISEASE</b>	16	3.7%
<b>AUTOIMMUNE DISEASE</b>	9	2.1%
<b>NEUROLOGICAL DISEASE</b>	8	1.9%
<b>MENTAL HEALTH DISORDER</b>	6	1.4%
<b>TOTAL</b>	429	

# Challenges





# How do you prepare your meals?

	NUMBER	PERCENT
COOK ON A STOVE	374	78.2%
COOK IN AN OVEN	272	56.9%
MICROWAVE	319	66.7%
DO NOT COOK	59	12.3%
TOTAL	478	

51 of the 59 (86.4%) who do not cook live alone.

# Choices



Please indicate which foods you would like to receive from the food pantry

	WANT FROM PANTRIES	
	#	%
Fruit	358	74.9%
Vegetables	335	70.1%
Cheese	309	64.6%
Meat	303	63.4%
Eggs	289	60.5%
Milk	264	55.2%
Bread	258	54.0%
Beans	252	52.7%
Rice	204	42.7%
Pasta	196	41.0%

# I eat at least one serving of fruit...

	Fresh Fruit		Canned Fruit	
	Number	Percent	Number	Percent
Everyday	104	22.8%	71	15.6%
Most days	120	26.3%	107	23.6%
Sometimes	169	37.1%	202	44.5%
Rarely	46	10.1%	63	13.9%
Never	17	3.7%	11	2.4%
Total	456		454	

# I eat at least 1 serving of vegetables...

	Fresh Vegetables		Canned Vegetables	
	Number	Percent	Number	Percent
<b>Everyday</b>	111	24.4%	107	23.5%
<b>Most days</b>	144	31.7%	159	34.9%
<b>Sometimes</b>	180	39.6%	154	33.8%
<b>Rarely</b>	0	0.0%	27	5.9%
<b>Never</b>	19	4.2%	9	2.0%
<b>Total</b>	454		456	