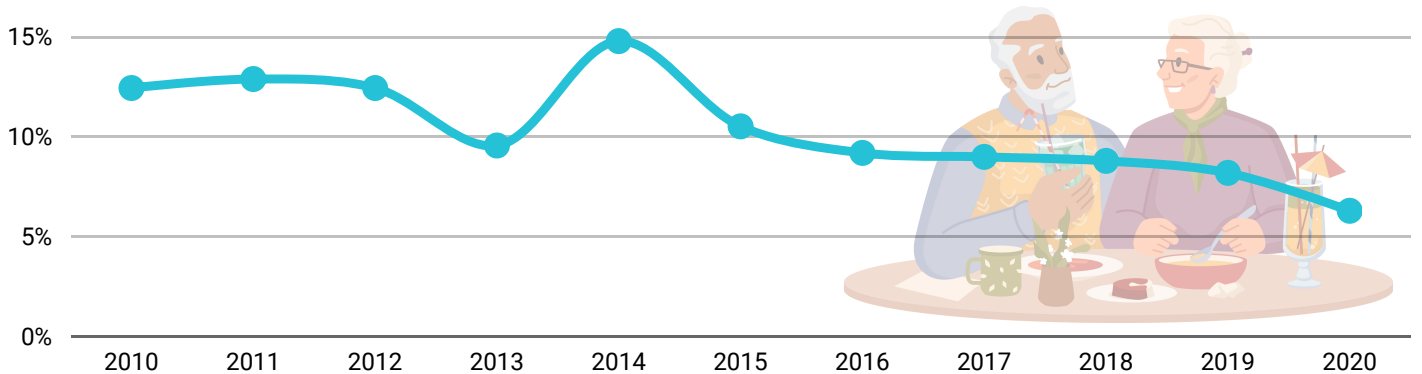


SENIOR HUNGER IN ARKANSAS



Food insecurity occurs when people have limited access to adequate food due to a lack of financial resources and other limitations.¹ This infographic provides an overview of the scope and impact of food insecurity among Arkansas's seniors age 60 and older.

From 2010 to 2020, the food insecurity rates for Arkansas seniors ages 60 or older declined.² Despite progress to combat senior hunger, over 43,000 seniors were food insecure in 2020.³



Factors that contribute to food insecurity for seniors include:^{2,4,5,6}

<p>Limited financial resources</p>	<p>Low access to healthy foods</p>	<p>Systemic racism and racial discrimination</p>	<p>Lack of transportation</p>	<p>Reduced mobility</p>	<p>Social isolation</p>
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Food-insecure seniors across the U.S. are more likely to have lower nutrient intake and experience negative health consequences compared to their food-secure peers.^{7,8}



*Activities of daily living.

What can we do to address senior hunger?

- 1** Support efforts by state agencies and key community partners to reduce stigma and increase enrollment of Supplemental Nutrition Assistance Program (SNAP) eligible older adults, particularly in rural areas of the state where outreach assistance has been historically limited.
- 2** Identify opportunities to align efforts of social service organizations (such as schools, community healthcare clinics, churches, community centers, etc.) to consolidate efforts to increase SNAP-eligible enrollment and food distribution activities.
- 3** Increase awareness of and funding for the Double-Up Food Bucks program for older adults who are SNAP-eligible when purchasing products from farmers' markets.
- 4** Extend broadband capacity so that older Arkansans in rural areas, including those with SNAP benefits, have more equitable access to healthy food through online food outlets.

¹⁻⁸ Visit achi.net/library/senior-hunger-arkansas for these references.

