The number of seniors (60+) across the nation is growing and far too many struggle with hunger and food insecurity.

Nationally, 9.5% of households with seniors face food insecurity. In Maryland, 7.9% of households with seniors face food insecurity.

Due to income constraints, food-insecure households with older adults do not have consistent access to enough food for healthy, active living. The impact of senior hunger extends well beyond an empty stomach and wallet.


---

**Seniors Struggling With Food Insecurity may Experience a Number of Challenges:**

- Food running out
- Skipping meals
- Choosing between food and medicine
- Postponing medical care
- Poor health outcomes
- Higher health care use and costs

**SOURCE:** FRAC’s Hunger and Health series

---

**Senior SNAP Participation:**

SNAP is available in every area of the country to help older adults purchase food.

**Percentage of all Households With Seniors Participating in SNAP**

<table>
<thead>
<tr>
<th></th>
<th>Maryland</th>
<th>Nationally</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metro Areas</td>
<td>9%</td>
<td>10%</td>
</tr>
<tr>
<td>Small Towns</td>
<td>12%</td>
<td>10%</td>
</tr>
<tr>
<td>Rural Areas</td>
<td>13%</td>
<td>11%</td>
</tr>
</tbody>
</table>

For the purpose of this analysis, "Metro Areas" are metropolitan statistical areas delineated by the Office of Management and Budget (OMB), each of which contains at least one Census Bureau-delineated urbanized area of 50,000 or more people. "Small Towns" are micropolitan statistical areas as delineated by OMB, each containing at least one Census Bureau-delineated urban cluster of between 10,000 and 50,000 people, and "Rural Areas" are non-metropolitan and non-micropolitan areas.

**SOURCE:** FRAC analysis of American Community Survey data averaged over five years (2012-2016)
SNAP, the nation’s first line of defense against hunger, is critically important to seniors.

In addition to improving the food security, health, and well-being of seniors, federal SNAP dollars stimulate local economies through assistance that goes directly to struggling seniors to purchase food.

**SOURCE:** FRAC’s Hunger and Health series

---

**Too Many Seniors Miss out on SNAP**

Nationally, only 42% (2 in 5) eligible seniors participate in SNAP.

**SOURCE:** USDA’s FY2015 Trends in SNAP Participation Rates report

---

**See how Your State Compares:**

<table>
<thead>
<tr>
<th>% of eligible seniors benefiting from SNAP in an average month in FY2015</th>
<th>Nationally</th>
<th>Maryland</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>42%</td>
<td>44%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Average monthly SNAP benefit for senior households in FY2017</th>
<th>Nationally</th>
<th>Maryland</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$125</td>
<td>$100</td>
</tr>
</tbody>
</table>

**SOURCE:** Data provided by USDA-FNS, and FRAC analysis of FY2017 SNAP Quality Control data.

---

**To get more seniors participating in SNAP, states and anti-hunger advocates can:**

**Educate**

policy makers on the importance of SNAP in addressing senior hunger

**Partner**

with health care providers, senior centers, faith-based organizations, and retailers to counsel seniors on SNAP benefits and to provide application assistance

**Adopt**

state practices and policies to help ease barriers to SNAP enrollment and to ensure seniors receive the maximum amount of SNAP benefits to which they are entitled