

MAINE SNAP Matters for Seniors

Supplemental Nutrition Assistance Program (SNAP)

FRAC
Food Research & Action Center

THE
RETIREMENT
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For a future without senior poverty.

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 Maine, **10.3%** 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.

SOURCE: FRAC analysis of Current Population Survey-Food Security Supplement Data, 2014-2016

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



Food running out



Skipping meals



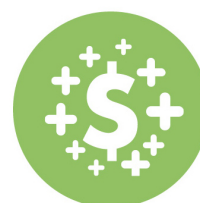
Choosing between food and medicine



Postponing medical care



Poor health outcomes



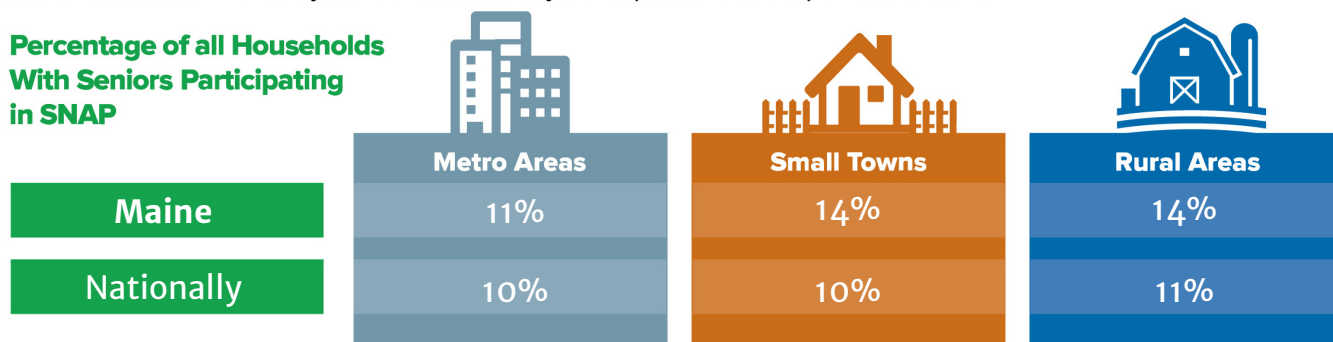
Higher health care use and costs

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



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)

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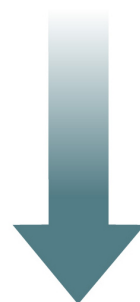
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SNAP, the nation's first line of defense against hunger, is critically important to seniors.



- Improved food security
- Better nutrition
- Improved health
- Better medication adherence

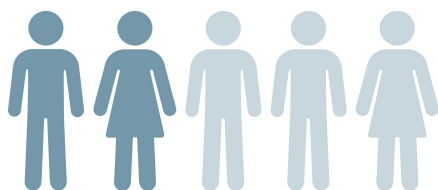


- Fewer difficult choices
- Lower health care costs
- Reduced hospital & nursing home admissions

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.

See how Your State Compares:

% of eligible seniors benefitting from SNAP in an average month in FY2015

Average monthly SNAP benefit for senior households in FY2017

Nationally

42%

\$125

Maine

54%

\$117

SOURCE: USDA's FY2015 Trends in SNAP Participation Rates report

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