

# Food Insecurity and Senior Citizens

---

Sarah Rogers, Nutrition Unit Deputy Chief, Bureau of Child, Family, and Community Wellness

Nevada Silver Haired Legislative Forum  
May 22, 2024



NEVADA DIVISION of PUBLIC  
and BEHAVIORAL HEALTH

ALL IN GOOD HEALTH.



NEVADA DIVISION of PUBLIC  
and BEHAVIORAL HEALTH

---

# ABOUT DPBH

## MISSION

To protect, promote, and improve the physical and behavioral health and safety of all people in Nevada, equitably and regardless of circumstances, so they can live their safest, longest, healthiest, and happiest life.

## VISION

A Nevada where preventable health and safety issues no longer impact the opportunity for all people to live life in the best possible health.

## PURPOSE

To make everyone's life healthier, happier, longer, and safer.



ALL IN GOOD HEALTH.

---

# AGENDA

1. Senior Hunger Implications
2. Senior Hunger Data
3. Office of Food Security and Wellness
4. Funds for Healthy Nevada (FHN)
5. 2023 Food Security Strategic Plan
6. Addressing Senior Food Insecurity

# Senior Hunger Implications

---

- Fastest growing population
  - Projecting a 36% increase
  - 100,000 by 2025
- Increased prevalence of barriers to food access
  - Poor health conditions
  - Lack of social support
  - Transportation challenges
  - Fixed incomes
  - Disability or functional limitations
    - Increases food insecurity by 2 times for seniors (60+) and 3 times for older adults (50-59 years)
- Strong predictor of poor health and disease

<https://www.feedingamerica.org/research/state-senior-hunger>

[Nutrition Programs for Older Nevadans and Preliminary Recommendations](#)

# Senior Hunger Data

---

- 35,225 (4.6%) Nevadans ages 60-plus were food insecure in 2021
  - National = 7.1%
  - USDA national estimate 65-plus = 9.1% in 2022
- 43,662 (11.3%) Nevadans ages 50-59 were food insecure in 2021
  - National = 9.4%
- Race/Ethnicity
  - Black seniors – 3.8 times more likely to experience food insecurity
  - Latino seniors – 3 times more likely to experience food insecurity

<https://map.feedingamerica.org/>

<https://www.feedingamerica.org/research/state-senior-hunger>

<https://www.ers.usda.gov/webdocs/charts/80063/verylow.png?v=8876.7>

# Office of Food Security and Wellness

---

- Mission – Effectively improve the quality of life and health of Nevadans by increasing food security throughout the state.
- Manages a portion of Funds for Healthy Nevada (FHN) to address hunger
  - Supports initiatives and programming aimed at reducing hunger, promoting public health and improving health services for children, **senior citizens** and persons with disabilities.
- Leads implementation and support of the “2023 Food Security Strategic Plan.”
- Provides administrative support to the Governor’s Council on Food Security (CFS).

# Office of Food Security and Wellness



NEVADA DIVISION of PUBLIC  
and BEHAVIORAL HEALTH

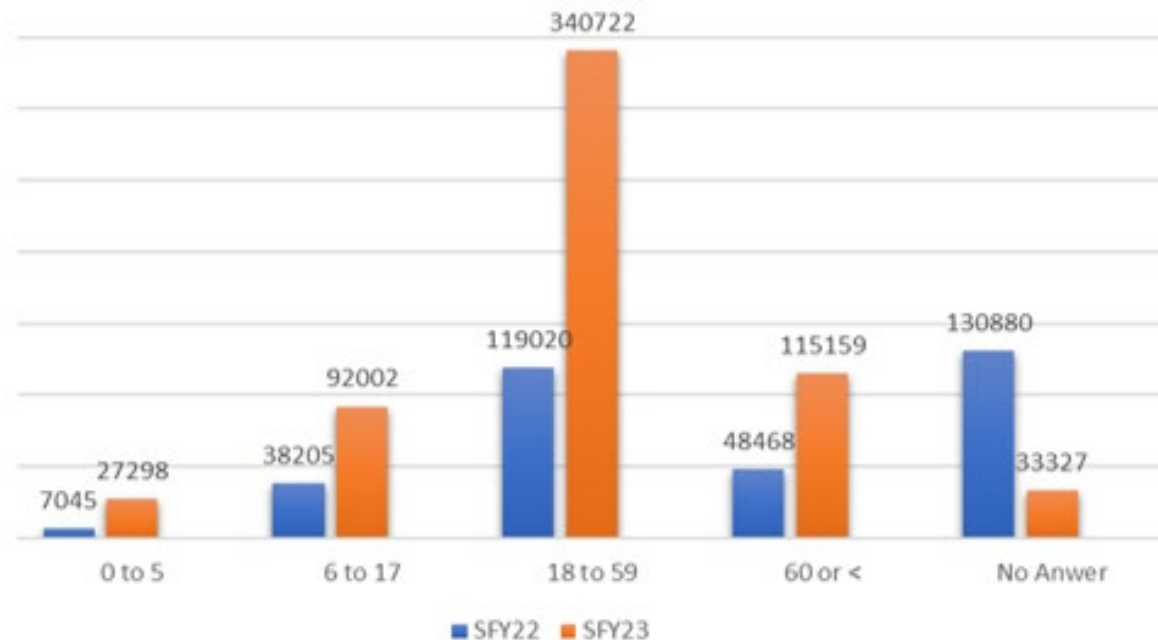
- [Nutrition Programs for Older Nevadans and Preliminary Recommendations](#), 2018
  - Access – expand options for older adults to food and nutrition services
  - Strong supportive systems – promote partnerships with non-profits and religious organizations
  - Quality of life – enrich the lives of isolated seniors and those who live in group homes
- [Hunger Among Older Nevadans Amidst the COVID-19 Pandemic](#), 2020
  - Older adults disproportionately impacted
  - Nevada's food security system responded quickly and adapted innovative solutions
    - Increased service need
    - Easier access to services, more utilization

# Funds for Healthy Nevada



NEVADA DIVISION of PUBLIC  
and BEHAVIORAL HEALTH

- \$4 million per biennium
- 11 partners awarded for state fiscal year (SFY) 2024 and 2025
  - \$7.9 million requested during Notice of Funding Opportunity for SFY24 and 25



Number of individuals who received food from FHN partners by age





# 2023 Food Security Strategic Plan

- Planning process
  - Senior community and senior meal provider feedback
- Needs assessment findings
  - Barriers to access
    - Transportation (31%)
    - Lack of knowledge about where to access foods (25%)
  - Need to seek services
    - Utility bills (20%)
    - Rent/mortgage (19%)
    - Phone bill (15%)
    - Transportation costs (12%)
  - Gaps in the food security ecosystem
    - Isolated seniors in rural/frontier areas



# 2023 Food Security Strategic Plan

## Feed Pillar

*“A healthy food security ecosystem is one that is able to deliver food to people.”*

- Large rural/frontier areas
  - Increased travel time leading to higher food prices
  - Higher food prices
  - Less variety
  - Increased burden on those with limited mobility/disabilities
- Increased challenges in obtaining fresh produce and nutrient-dense products

**Feed Goal 1:** Nevada has efficient logistics, distribution, transportation and storage systems to address food insecurity.

Measure of success – increased number of Nevadans receiving food through mobile delivery options

---

# 2023 Food Security Strategic Plan



NEVADA DIVISION of PUBLIC  
and BEHAVIORAL HEALTH

## Grow Pillar

**Grow Goal 1:** Nevada feeds itself and local food is consumed locally.

**Objective:** Support the expansion of state/local programs that promote the consumption of locally produced agricultural goods

- Work with partners to address barriers in access and serving local foods particularly in systems that serve **senior centers**, schools, and child care centers.
- Promote participation in garden education programs at institutions, schools, **senior centers** and childcare centers

# Addressing Senior Food Insecurity

---



NEVADA DIVISION of PUBLIC  
and BEHAVIORAL HEALTH

## Policy

- Maximize food access.
- Collaborate with transportation services.
- Support innovative approaches for home-delivered groceries and meals.

## Operations

- Expand diversity of foods available.

## Funding

- Support all efforts to secure Medicaid and Medicare funding for the reimbursement of nutrition related services.
- Ensure meal reimbursement rates are adequate.

# Questions?

---



---

# CONTACT INFORMATION

Sarah Rogers  
Nutrition Unit Deputy Chief  
775-430-0014  
[srogers@health.nv.gov](mailto:srogers@health.nv.gov)

---

# ACRONYMS

- CFS – Governor’s Council on Food Security
- DPBH – Division of Public and Behavioral Health
- FHN – Funds for Healthy Nevada
- OFS – Office of Food Security and Wellness
- SFY – State Fiscal Year