

2-28-2022

## Senior Hunger in the Mountain West, 2019

Ally M. Beckwith

University of Nevada, Las Vegas, ally.beckwith@unlv.edu

Caitlin J. Saladino

Brookings Mountain West & The Lincy Institute, caitlin.saladino@unlv.edu

William E. Brown Jr.

Brookings Mountain West, william.brown@unlv.edu

Follow this and additional works at: [https://digitalscholarship.unlv.edu/bmw\\_lincy\\_health](https://digitalscholarship.unlv.edu/bmw_lincy_health)



Part of the [Food Security Commons](#), [Food Studies Commons](#), [Health Policy Commons](#), [Nutrition Commons](#), [Public Policy Commons](#), and the [Social Welfare Commons](#)

### Repository Citation

Beckwith, A. M., Saladino, C. J., Brown, W. E. (2022). Senior Hunger in the Mountain West, 2019. *Health Fact Sheet No. 14* 1-2.

Available at: [https://digitalscholarship.unlv.edu/bmw\\_lincy\\_health/13](https://digitalscholarship.unlv.edu/bmw_lincy_health/13)

This Report is protected by copyright and/or related rights. It has been brought to you by Digital Scholarship@UNLV with permission from the rights-holder(s). You are free to use this Report in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/or on the work itself.

This Report has been accepted for inclusion in Health by an authorized administrator of Digital Scholarship@UNLV. For more information, please contact [digitalscholarship@unlv.edu](mailto:digitalscholarship@unlv.edu).

## SENIOR HUNGER IN THE MOUNTAIN WEST, 2019

Health Fact Sheet No. 14 | February 2022

Prepared by: Ally M. Beckwith, Caitlin J. Saladino, and William E. Brown, Jr.

### PURPOSE:

This fact sheet highlights data on senior hunger in the Mountain West region in 2019 as originally reported in *Feeding America's The State of Senior Hunger* annual series.<sup>1</sup> This report focuses on the extent of food insecurity among seniors in the United States. Seniors are defined as those who are 60 years of age or older.

### ABOUT THE DATA:

The State of Senior Hunger publication presents data from 2019 using the Food Security Supplement from the Current Population Survey.<sup>2</sup> The Food Security Supplement establishes the official national food insecurity rates of households used by the United States Department of Agriculture (USDA) which uses 18 questions to determine food insecurity.<sup>3</sup> Food insecurity and very low food security are the two metrics examined in this report. Food insecurity is defined by three or more affirmative responses and very low food security is defined as eight or more affirmative responses in households with children and six or more affirmative responses in households without children.<sup>4</sup>

This fact sheet includes state-level estimates of senior food insecurity for the following Mountain West states: Arizona, Colorado, New Mexico, Nevada, and Utah.

The following Mountain West metropolitan areas are also included for estimates of senior food insecurity rates: Phoenix-Mesa-Scottsdale, AZ; Denver-Aurora-Lakewood, CO; Las Vegas-Henderson-Paradise, NV; and Salt Lake City, UT.

### KEY FINDINGS:

1. Three Mountain West states (Colorado, New Mexico, and Nevada) are within the top ten states in the nation for the highest rates of senior food insecurity and very low senior food security.
2. Among the Mountain West states, New Mexico has the highest senior population ranked as food insecure (12.4 percent) and the highest senior population ranked as very low food secure (5.4 percent).
3. Among the Mountain West metropolitan areas, Las Vegas-Henderson-Paradise, NV has the highest senior population found to be food insecure (8.0 percent) and the highest senior population ranked as very low food secure (3.6 percent).

---

<sup>1</sup> Ziliak, James P., and Craig Gunderson. "The State of Senior Hunger in America in 2019: An Annual Report". 2021. *Feeding America*. <https://www.feedingamerica.org/research/senior-hunger-research/senior>

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.

Table 1 presents the 2019 state-level estimates of food insecurity in the Mountain West. New Mexico has the highest food insecure senior population (12.4 percent) and the highest senior population ranked as very low food secure (5.4 percent). Utah has the lowest senior population that is food insecure (6.6 percent) and the lowest senior population that is very low food secure (2.0 percent). Nevada (8.9 percent) and Arizona (8.5 percent) have about the same senior population who are food insecure, but Nevada has a higher senior population who are very low food secure.

**Table 1: 2019 Estimates of Senior Food Insecurity in the Mountain West, by State**

State	Food Insecure (%)	Very Low Food Secure (%)
New Mexico	12.4	5.4
Colorado	9.3	4.1
Nevada	8.9	4.5
Arizona	8.5	2.4
Utah	6.6	2.0

\* Adapted from Ziliak, James P., and Craig Gunderson. "The State of Senior Hunger in America in 2019: An Annual Report". 2021. *Feeding America*. <https://www.feedingamerica.org/research/senior-hunger-research/senior>

Table 2 presents the 2019 estimates of senior food insecurity in the Mountain West metropolitan areas with more than 1,000,000 persons. Las Vegas-Henderson-Paradise, NV has the highest senior population that is food insecure (8.0 percent), and the highest senior population determined to be very low food secure (3.6 percent). Denver-Aurora-Lakewood, CO has the lowest senior population that is food insecure (5.6 percent). Salt Lake City, UT has the lowest senior population rated as very low food secure (2.1 percent).

**Table 2: 2019 Estimates of Senior Food Insecurity in Mountain West Metros > 1,000,000 persons**

Metro	Food Insecure (%)	Very Low Food Secure (%)
Las Vegas-Henderson-Paradise, NV	8.0	3.6
Phoenix-Mesa-Scottsdale, AZ	7.5	2.5
Salt Lake City, UT	6.4	2.1
Denver-Aurora-Lakewood, CO	5.6	2.8

\* Adapted from Ziliak, James P., and Craig Gunderson. "The State of Senior Hunger in America in 2019: An Annual Report". 2021. *Feeding America*. <https://www.feedingamerica.org/research/senior-hunger-research/senior>