

CONNECT OLDER ADULTS TO FOOD & NUTRITION RESOURCES

Seniors are more likely to be at risk of hunger or food insecurity if they are:

- Between the ages of 60 and 69
- Living in poverty
- A high school dropout
- Divorced, widowed, or living alone
- Caring for a grandchild
- A renter
- Frail (decreased physical functioning)
- Living in a rural community

Red flags for food insecurity and/or malnutrition:

- Low intake of nutrient-rich foods—vitamin or mineral deficiencies
- Skipping or splitting medication dosages
- Not taking medication with food as directed
- Poor wound healing or immune dysfunction
- Frailty
- Depression; apathy; anxiety

HOW TO SUPPORT A SENIOR WITHOUT ADEQUATE FOOD RESOURCES

1. **Screen** patients for food insecurity by asking: “In the past 3 months have you worried whether your food would run out before you got money to buy more?”
2. **Or ask** “Medication and healthy foods can be expensive, but both are important; would you like information on resources that can help stretch your budget?”
3. **If yes**, assist seniors by calling the Hunger Free Hotline.

HUNGER FREE HOTLINE:
855-855-4626
TOLL-FREE, STATEWIDE, MULTILINGUAL

Additional Kaiser Permanente services - Refer to a Kaiser Permanente Community Specialist

HOURS:
Mon. through Fri.
8:00 a.m. - 4:30 p.m.



Hunger Free Hotline Food navigators will:

- Screen and refer patients to government nutrition programs (SNAP/food stamps, The Emergency Food Program), senior programs (commodity foods, home-delivered meals, congregate meals) & community food programs.
- Assist and follow-up with completion of the SNAP/food stamp application over the phone
- Connect patients to free nutrition classes

For patients who require more than food resources, contact Aging and Disability Resources for Colorado (ADRC) at **1-844-COL-ADRC** (1-844-265-2372).

1. Ziliak J, Gunderson C. The state of senior hunger in America 2011: An annual report. Alexandria, VA: National Foundation to End Senior Hunger. 2013
2. Smit E, Winters-Stone KM, Lprinzi PD, et al. Lower nutritional status and higher food insufficiency in frail older US adults. *British Journal of Nutrition*. 2013; 110: 172-8
3. Ziliak J, Gunderson C. Senior hunger in the United States: Differences across states and rural and urban areas. *University of Kentucky Center for Poverty Research Special Reports*. 2009
4. Sattler EL, Lee JS. Persistent food insecurity is associated with higher levels of cost-related medication nonadherence in low-income older adults. *J Nutr Gerontol Geriatr*. 2013; 32(1): 41-58
5. Saunders J, Smith T. Malnutrition: Causes and consequences. *Clinical Medicine*. 2010; 10(6): 624-7

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HungerFreeColorado.org



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Hunger Free Colorado is the state's leading anti-hunger organization leveraging the power of collaboration, system change, policy change and social change to end hunger in Colorado.