Suggested Alt Text: Senior Nutrition Program Infographics

**File: SNP\_IG-HungerMal**

Senior nutrition programs reduce hunger and malnutrition. Over 10 million older Americans face hunger each year. Over half of participants say a nutrition program meal supplies more than 50% of their daily food. acl.gov/senior-nutrition. Sources: 2017 Meals on Wheels America report, Hunger in Older Adults: Challenges and Opportunities for the Aging Services Network. 2021 National Survey of Older Americans Act Participants.

**File: SNP\_IG-OAANS**

Nutrition services funded by the Older Americans Act target adults 60+ in greatest need; sometimes serve family members and caregivers; include healthy home-delivered meals and meals in group settings; offer nutrition screening, assessment, education, and counseling; and connect participants with home and community-based supports. Because of ACL's Senior Nutrition Program, local providers serve an estimated 1 million meals every day in communities nationwide. acl.gov/senior-nutrition

**File: SNP\_IG-HDM**

Physical, mental, and social health impact quality of life. Senior nutrition program home-delivered meals help reduce social isolation and depression. acl.gov/senior-nutrition. Source: 2022 CDC’s Effectiveness of Home-delivered and Congregate Meal Services for Older Adults.

**File: SNP\_IG-HealthWell**

Senior nutrition programs enhance health and well-being. 91% of people 65+ have one or more chronic health condition. 1 in 10 people 65+ experiences anxiety or depression. About 75% of participants say a nutrition program improved their health. acl.gov/senior-nutrition. Sources: 2021 National Survey of Older Americans Act Participants. 2019 Medicare Current Beneficiary Survey. 2020 Kaiser Family Foundation report, One in Four Older Adults Report Anxiety or Depression Amid the COVID-19 Pandemic.

**File: SNP\_IG-Nutritious**

Eating nutritious food is beneficial to your immune system and essential to overall health. Up to half of older Americans are at risk for malnutrition. 73% percent of senior nutrition program participants say they eat healthier foods because of program meals. acl.gov/senior-nutrition. Sources: Defeat Malnutrition Today National Blueprint: Achieving Quality Malnutrition Care for Older Adults, 2020 Update. 2021 National Survey of Older Americans Act Participants.

**File: SNP\_IG-Connection**

Senior nutrition programs decrease social isolation and increase meaningful connections. 27% of Americans over 60 live alone. 63% of participants say their social opportunities increased because of congregate meals. acl.gov/senior-nutrition. Sources: 2019 National Survey of Older Americans Act Participants. Pew Research Center analysis: Older people are more likely to live alone in the U.S. than elsewhere in the world.