ALABAMA
SNAP Matters for Seniors
Supplemental Nutrition Assistance Program (SNAP)

FRAC Food Research & Action Center | The Retirement Research Foundation | AARP Foundation
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 Alabama, 13.6% 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:

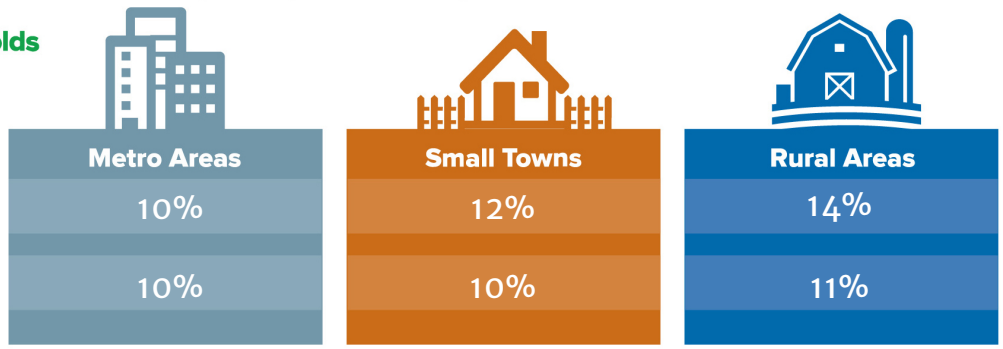
- Food running out
- Skipping meals
- Choosing between food and medicine
- Postponing medical care
- Poor health outcomes
- Higher health care use and costs

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



	Metro Areas	Small Towns	Rural Areas
Alabama	10%	12%	14%
Nationally	10%	10%	11%

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

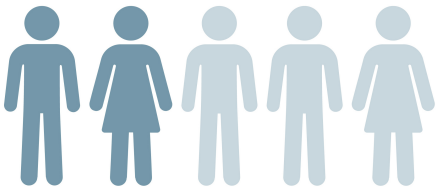
- **Improved food security**
- **Better nutrition**
- **Improved health**
- **Better medication adherence**

- **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.

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

See how Your State Compares:

	Nationally	Alabama
% of eligible seniors benefitting from SNAP in an average month in FY2015	42%	32%
Average monthly SNAP benefit for senior households in FY2017	$125	$103

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