



# FOOD INSECURITY IN OLDER ADULTS

**Keeping your members nourished is key to addressing their social determinants of health!**

Some of your members may be among those living in one of the 7.1 million food-insecure households.

Many older adults have difficulty grocery shopping or preparing meals. Access to healthy food can be challenging during isolation or when recovering from a hospitalization or managing a chronic illness.

It can sometimes be difficult to recognize those in need, so proper screening measures are critical. The following is a questionnaire that can help you identify if your member is food insecure.



## Food Insecurity Questionnaire for Adults<sup>1</sup>

Select the appropriate fill from parenthetical choices depending on the number of persons and number of adults in the household.

1. In the last 12 months, "The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more."	Often True	Sometimes True	Never True	Don't Know
2. In the last 12 months, "(I/we) couldn't afford to eat balanced meals."	Often true	Sometimes True	Never True	Don't Know
3. In the last 12 months, since last (name of current month), did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?	Yes	No (Skip 3a)	Don't Know (Skip 3a)	
3a. If yes above, How often did this happen – almost every month, some months but not every month, or in only 1 or 2 months?	Almost every month	Some months, but not every month	Only 1 or 2 months	Don't Know
4. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?	Yes	No	Don't Know	
5. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?	Yes	No	Don't Know	

Total Affirmative Responses:

End of questionnaire. Continue to next page for assessment.

Responses of "often true," "sometimes true," "yes," "almost every month," and "some months but not every month" are coded as affirmative. The sum of affirmative responses to the 6 questions in the Adult Food Security Scale is the household's raw score on the scale.

Food security status is assigned as follows:

- Raw score 0-1—High or marginal food security (raw score 1 may be considered marginal food security, but a large proportion of households that would be measured as having marginal food security using the household or adult scale will have raw score zero on the six-item scale)
- Raw score 2-4—Low food security
- Raw score 5-6—Very low food security