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**Article Summary**

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### Abstract

The senior hunger research addresses the need for quality assessment tools in finding out the rate at which older adults in the United States of America are affected by hunger. The research shows that approximately 408 million people over 60 years have been affected by food insecurity. The report disseminating how many people are affected by hunger in the United States is conducted face-to-face interviews. However, the calculation tools used to fix the need for food insecurity in the United States are not up to standard, so they can be termed right. The research concern indicates that the contemporary calculation tool does not capture barriers properly of older Americans while fighting to acquire food security.

## **Article Summary**

### **Introduction**

Food insecurity refers to the partial or undefined accessibility of nutritionally viable and safe foods in accommodative ways. Based on United States department of agriculture, individuals in diverse demographic groups deal with food insecurity, especially the elderly from 60 years or older. The records show that food insecurity increased from 11.4 to 15.2 percent among older persons in United States. Notably, the aged also have the lowest access to supplemental nutrition in the United States of America.

### **Literature Review**

The background information has the backbone of the literature reviews to elucidate the issues that lead to food insecurity in United States aged persons. Some of the factors associated with food insecurity are mainly associated with inadequate income for older adults. In the current world, inflation and the time value of money have changed over time, unlike in the 1980s. The prices of food were relatively low in the 80s compared to the contemporary situation. Most over 60 years' citizens are retired, and they have no income to buy their food compared to the young population (Gualtieri & Donley, 2016). Hence, lack of income is one factor and tool that should measure the United States' food insecurity. Living with grandchildren is another factor that leads to the dwindling food security of the elderly, who have no stable income to sustain the food supply in their homes. Rates to obtain food rising lead to high possibilities of food insecurity among the elderly.

On the other hand, resource strain is another valuation tool used to get the food insecurity index in the United States of America. As explained above, seniors are possessed with many

challenges that increase their odds of having inadequate food security. Consequently, the study does not show the specific causes of food insecurity for the elderly population.

### **Method**

The data used in senior hunger research was semi-structured face-to-face interviews. They were conducted on people in need of a home-distributed meal program situated in Count Florida. Notably, the study sample consisted of three couples from 21 individuals, which gave 18 interviews. The questions used during the interview were close-ended. In addition, the questions were ten in number and were transcribed to help in doing the analysis.

### **Results and Findings**

The demographic facts and figures were calculated using SPSS software to come up with frequencies. An excel sheet containing qualitative data from the semi-structured interviews was coded for the hindrances of acquiring food. After the coding exercise, the codes were likened with the centralized assessment tool based on the outcome of the ten questions. Besides, the range of the people who participated was between 75 to 82 years (Gualtieri & Donley, 2016). The couples identified that the couples had a monthly income of \$1576. The wait time was between 6 months and two years nine months.

### **Conclusion**

The sum is that demand for food in seniors' homes surpasses the supply. The study showed that the assessment tools do not indicate the right number of elderly America who is struggling with food insecurity. The crucial federal assessment questions themselves led to discrepancies since they were not constructed in the right way. Also, finances are not the only reason for food insecurity.

### **Personal Application**

The study should be used to revisit care for the elderly since food insecurity is underestimated. Food insecurity has been pegged on income, but other factors play a great role. Additionally, federal assessment should not be regarded as the sole determiner of food insecurity but the real activity situation.

### Reference

Gualtieri, M. C., & Donley, A. M. (2016). Senior hunger: The importance of quality assessment tools in determining need. *Journal of Applied Social Science*, *10*(1), 8-21.

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