

Health Is More Than Health Care

Health is more than what happens at the doctor’s office. *a wide range of factors influence how long and how well we live from education and income to what we eat and how we move to the quality of our housing and the safety of our neighborhoods.* For some people, the essential elements for a healthy life are readily available; for others, the opportunities for healthy choices are significantly limited.

Current Kentucky Older Adult Population

Older Population		Percent of total Population
55-64	556,900	12.69%
65 Plus	713,900	16.26%
Total Population	4,388,200	
Combined 55 and over	1,270,800	28.95%

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the food stamp program, is the nation’s largest federal nutrition program and an important safety net for adults ages 50 and older. Administered by the US Department of Agriculture’s (USDA’s) Food and Nutrition Services, the program helps millions of low income Americans avoid food insecurity—consistent lack of food due to inadequate financial resources

1—by augmenting their financial resources so that they can afford to purchase food. In 2016, 8.7 million (over 40 percent of) SNAP households had at least one adult age 50 or older.

2 SNAP is an especially important program for older adults because many live on fixed incomes and have limited financial resources to spend on food, housing, and other necessities. For example, research shows that older adults receiving SNAP are less likely to forgo needed medicine due to cost.

3 SNAP participation has also been linked to reduced hospital and nursing home admissions among older adults, resulting in millions of dollars in savings.

SNAP Program in Kentucky -2016**Total Snap Households: 308,642**

Average SNAP Benefit	Adults 50-59	Adults 60 Plus
	\$166	\$106
Household Composition and Size	53% 1.6	56% 1.4
SNAP Households with older adults	66,387 22%	55,865 18%

Other Key Facts

- The average Social Security Income in Kentucky is **\$16,042/year** Source: [Census.gov ACS](#)
- The median household income for a Kentucky senior is **\$30,553** Source: [Census.gov ACS](#)
- **9%** of Kentucky senior households have an annual income of less than \$10k and **32%** less than \$20k Source: [Census.gov ACS](#)
- The average retirement income per household receiving it in Kentucky is **\$20,452**
- **24%** of Kentucky residents 60 and over received food stamps in the last year Source: [Census.gov ACS](#)
- **12%** of Kentucky senior households do not have access to a vehicle Source: [Census.gov ACS](#)
- **18%** of Kentucky seniors have a college degree Source: [Census.gov ACS](#)
- **29%** of senior homeowners in Kentucky have a mortgage Source: [Census.gov ACS](#)
- **21%** of the seniors in Kentucky are veterans Source: [Census.gov ACS](#)
- **29%** of Kentucky seniors live alone Source: [Census.gov ACS](#)
- Compared to other states, Kentucky ranks **46th** for Long Term Care and **48th** for America's Health Rankings Source: [AmericasHealthRankings.org](#)
- The number of Kentucky residents 85 and over will increase **34%**, from **79,321** to **106,052**. [U.S. Census Population Projections](#) by 2030