

# What Are the Causes of Food Insecurity among older adults?

**COST OF FOOD:** More than 9% of people 65+ have income below the poverty line.

**LACK OF TRANSPORTATION:** Older adults often are less mobile or don't have easy access to public transportation.

**ISOLATION:** The lack of socialization limits awareness of food programs and other services available.

**STIGMA:** Many older adults don't want to be perceived as needing assistance.

