

**NOTE:** This fact sheet presents the most recent data for older adults living in Texas and senior nutrition programs receiving federal funding through the Older Americans Act. These data are from 2018-2019 unless noted and therefore do not reflect any changes due to the pandemic.

## POPULATION, DEMOGRAPHICS AND NEEDS

### SENIOR POPULATION

- Total population of adults age 60+: **5,287,626 (18.2%)**
- Race
  - Black/African American: **10.4%**
  - White:
    - Hispanic: **23.6%**
    - Non-Hispanic: **60.0%**
  - Asian: **4.2%**
  - American Indian and Alaska Native: **0.8%**
  - Native Hawaiian and Pacific Islander: **0.1%**
  - Two or more major race groups: **0.9%**
- Hispanic/Spanish/Latino ethnicity\*: **24.6%**
- Women: **54.3%**
- Live in a rural area: **21.5%**
- Speak language other than English at home: **28.0%**

### FOOD INSECURITY AND NUTRITION

- Seniors threatened by or experiencing hunger (marginally food insecure)\*\*: **927,310 (17.8%)**; Rank: **5<sup>th</sup>** in U.S.
- Seniors at risk of hunger (food insecure)\*\*: **541,147 (10.4%)**; Rank: **5<sup>th</sup>** in U.S.
- Seniors facing hunger (very low food secure): **187,722 (3.6%)**; Rank: **11<sup>th</sup>** in U.S.
- Seniors eating 3+ vegetables a day: **16.4%**
- Seniors eating 2+ fruits a day: **38.5%**

### SOCIAL ISOLATION

- Seniors living alone: **1,110,760 (21.3%)**
- State ranking for risk of social isolation: **31<sup>st</sup>** in U.S.

### POVERTY

- Seniors living below the poverty line: **544,797 (10.4%)**
- Seniors who lack income to pay for basic living needs
  - Singles: **49.8%**
  - Couples: **23.8%**

## HEALTHCARE UTILIZATION AND COSTS

### HEALTH AND DISABILITY

- Seniors living with a disability: **30.9%**
- Seniors reporting “fair” to “poor” health: **28.6%**
- Medicare beneficiaries with multiple (4+) chronic conditions: **43.2%**

### FALLS AND HEALTHCARE UTILIZATION

- Seniors experiencing fall with injury: **13.2%**
- Hospital readmissions within 30 days among Medicare participants (2020): **16%**
- Preventable hospitalizations among Medicare participants (2020): **30.6 per 1,000**
- Nursing facility residents with low-care needs: **7.5%**; Rank: **34<sup>th</sup>** in U.S.

### HEALTHCARE COSTS

- Total Medicare spending: **\$28,582,542,702**
- Medicaid spending for nursing facilities (2020): **\$364,716,917**
- Medicare beneficiaries who are dually eligible for Medicaid: **712,182 (17%)**
- Cost of 1 day in a hospital: **\$2,633**
- Cost of 1 day in a nursing home (2020): **\$165**



\* Includes any race.

\*\* Marginally food insecure includes seniors who are food insecure or very low food secure, and seniors who are food insecure includes those who are very low food secure.