

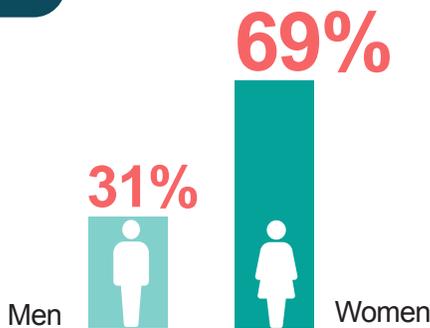


The Positive Impacts of Public Benefits on Older Adults' Well-Being and Food Insecurity

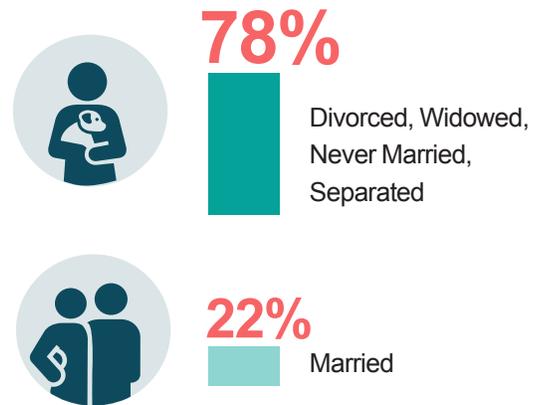
In 2021, the National Council on Aging (NCOA) and Social Policy Research Associates (SPR) completed a quasi-experimental study examining whether enrolling in public benefits programs impacts food insecurity and well-being outcomes in older adults. Older adults were asked to complete a questionnaire at the time they were seeking assistance with enrolling in benefits and again six months later. The analyses compared the participants who were enrolled in additional benefits at follow-up to those who were enrolled in the same number or fewer benefits at follow-up.

Study Participants

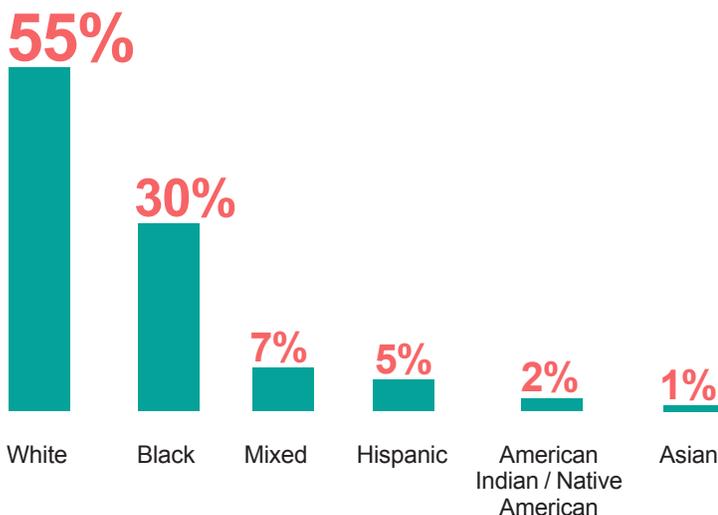
Gender



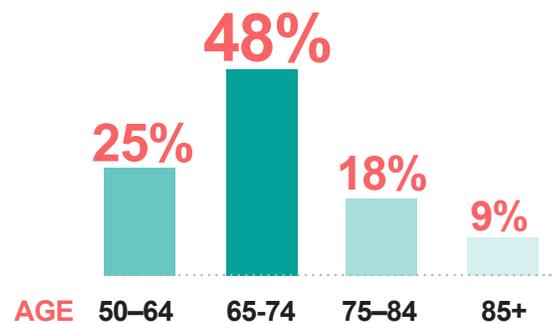
Marital Status



Race/Ethnicity

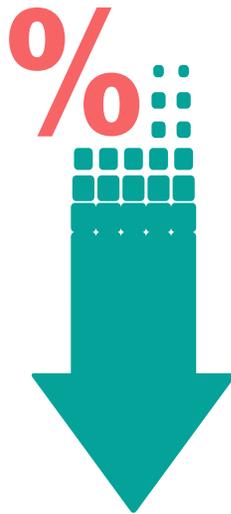


Age



Food Insecurity

The study found that older adults who became enrolled in additional benefits experienced significant reductions in their levels of food insecurity.

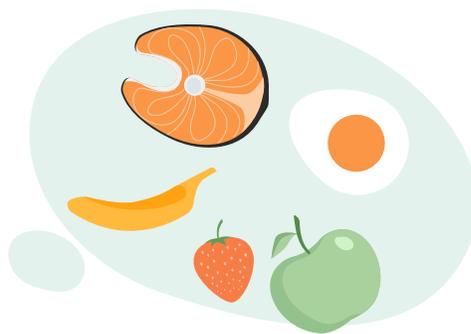


Men aged 75+ experienced the greatest decreases in food insecurity.



Social and Emotional Well-Being

The study found significant positive impacts to well-being among older adults who became enrolled in additional benefits.



Older respondents (age 65+), women, and Black respondents experienced the greatest improvements in well-being.