



Albuquerque/Bernalillo County Department of Senior Affairs

FOR IMMEDIATE RELEASE

CONTACT: Anthony R. Romero (505) 977-4565

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CITY OF ALBUQUERQUE DEPARTMENT OF SENIOR AFFAIRS AND COMFORT KEEPERS PREPARE FOOD BAGS IN AN EFFORT TO STOP SENIOR HUNGER

ALBUQUERQUE—The Department of Senior Affairs and Comfort Keepers have partnered again to educate our community regarding the issue of malnutrition among the senior population. Undernourishment and malnutrition are serious problems for America’s growing 65 and older population. While estimates vary widely, the American Dietetics Association has reported that between 35 percent and 85 percent of seniors are at risk for being under or malnourished. It is also estimated that one in nine seniors experience some form of hunger or “food insecurity,” the inability to obtain sufficient food for their household. Older adults face many obstacles to getting healthy food and those challenges can lead to malnutrition. The need for awareness about senior malnutrition is growing each day. In fact, in 2012, New Mexico was #2 in the nation for senior malnutrition.

During the month of May, each senior center and multigenerational center served as collection sites for non-perishable food donations. The food that was collected will be delivered to seniors who receive various services from the Department of Senior Affairs. Today, volunteers and employees of the Department of Senior Affairs and Comfort Keepers will gather at 1:00 p.m. at the CASA Kitchen (2540 Karsten Ct. SE 87102) to separate the food that was collected and prepare the food bags.

Mayor Richard J. Berry said, “I am proud of this partnership between the Department of Senior Affairs and Comfort Keepers; it demonstrates that Albuquerque is committed to helping seniors live healthy and independent lives. I am anxious to hear how much food was collected and how many seniors will benefit as a result of this initiative.”

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Anthony R. Romero, Social Services Division Manager

City of Albuquerque Department of Senior Affairs

Barelas Senior Center

714 7th Street SW, Albuquerque, NM 87102

o (505) 764-6406

c (505) 977-4565

arromero@cabq.gov