## Albuquerque/Bernalillo County Department of Senior Affairs



FOR IMMEDIATE RELEASE

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Thursday, April 25, 2013

## The City of Albuquerque's Department of Senior Affairs and Comfort Keepers Kick Off Stop Senior Hunger Month!

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.

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 through continuous education and support." An Executive Order from the Office of the Mayor will be presented to proclaim that the Month of May 2013 as *Stop Senior Hunger Month* in Albuquerque, NM. The University of New Mexico Nutrition Club will conduct a cooking demonstration today at 10:30 a.m. and Mayor Berry will encourage our community to participate in *Stop Senior Hunger Month* during the month of May.

During the month of May, each senior center and multigenerational center will serve as collection sites for non-perishable food donations. The food that is collected will be delivered to seniors who receive various services from the Department of Senior Affairs. In addition, the UNM Nutrition Club will conduct cooking demonstrations at the following centers beginning at 10:00 a.m.:

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•Tuesday, April 30<sup>th</sup> – Highland Senior Ctr.
•Thursday, May 2<sup>nd</sup> – Los Volcanes Senior Ctr.
•Friday, May 3<sup>rd</sup> – Palo
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·Wednesday, May 1<sup>st</sup> – Manzano Mesa Multigenerational Ctr. ·Friday, May 3<sup>rd</sup> – Palo Duro Senior Ctr.

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