

## **Eat or Heat: Food Insecurity and Financial Stressors of Older Adults in Three European Countries**

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Food insecurity is increasing in high-income countries and older adults are affected disproportionately high. The current study breaks new ground by examining the level of food insecurity and its association with financial stressors among financially vulnerable older adults in three European countries representing a range of retirement systems: the United Kingdom, Germany, and the Netherlands. Food insecurity ranged from 24% in the United Kingdom, 29% in Germany, to 35% in the Netherlands. The intensity of financial stressors did not differ by country, but the type of stressor varied except for consumer debts, which were associated with higher odds of food insecurity in all countries. Timely and relevant recommendations for the direction of welfare policies in rapidly aging societies are a result of this study.

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