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NUTRITION INSECURITY AGAIN ON THE RISE IN SAN DIEGO COUNTY: SAN DIEGO HUNGER COALITION URGES ACTION

San Diego, CA - April 23, 2024 - The San Diego Hunger Coalition has released its latest issue brief, revealing concerning trends in nutrition insecurity within San Diego County. The report, based on data from September 2023, underscores the persistent challenges faced by residents in accessing adequate nutrition.

According to the brief, nutrition insecurity has risen to 25% in September 2023, up from 22% in the previous year. This means that one in four individuals in San Diego County struggle to afford three nutritious meals a day. The total number of nutrition-insecure individuals now stands at 832,000.

The increase in nutrition insecurity is attributed to the rising cost of living combined with decreasing weekly wages, making it increasingly difficult for residents of San Diego County to access essential food resources.

Key findings from the report include:

- **Nutrition Insecurity Rates:** The rate rose from 24% in June 2023 to 25% in September 2023, resulting in an additional 40,000 individuals facing nutrition insecurity.
- **Vulnerable Populations:** Children, older adults, and people with disabilities are disproportionately affected, with rates of 32%, 25%, and 40% respectively.
- **Meal Gap:** Despite food assistance efforts providing 28 million meals in September 2023, there remains an 8.5 million meal gap that must be addressed.
- **CalFresh Participation:** The CalFresh participation rate remains steady at 60%, highlighting the need to improve access to this critical program.

San Diego Hunger Coalition calls for urgent action to address these challenges and ensure that all San Diegans have access to three nutritious meals a day. The coalition emphasizes the importance of continued support for food assistance programs and efforts to enhance enrollment in CalFresh.

"Our latest issue brief reveals troubling trends in nutrition insecurity, particularly among vulnerable populations such as children, older adults, and individuals with disabilities," said Alondra Alvarado, President & CEO of the San Diego Hunger Coalition. "We urge policymakers and community stakeholders to prioritize solutions that address the root causes of hunger and ensure equitable access to nutritious food for all residents of San Diego County."





San Diego Hunger Coalition is committed to providing data on all forms of food assistance in San Diego County. The organization works collaboratively with its partners all around the county to collect data on food assistance, which can then be analyzed and published 3-5 months after the month closes. The timeliness of the organization's data depends on the availability of this food assistance data and the timeliness of the providers to get it to them each month.

For more information on the issue brief and to view the countywide dashboard, visit [San Diego Hunger Coalition's website](#).

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San Diego Hunger Coalition is a 501(c)3 nonprofit organization dedicated to ending hunger in San Diego County through advocacy, education, and awareness. The coalition works collaboratively with community partners to address the root causes of hunger and ensure equitable access to nutritious food for all residents.

