

San Diego City Council District 9 Nutrition Insecurity Dashboard: September 2023



What is "nutrition insecurity"?
 "Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate of the population needing food assistance to obtain adequate daily nutrition.

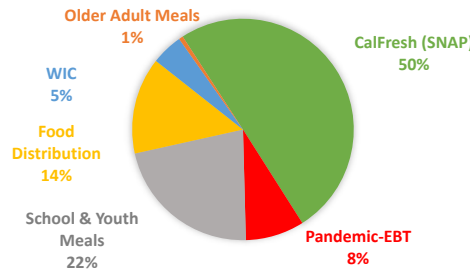
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 9 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 9	Estimated Kids Nutrition Insecure	Total Seniors in District 9	Estimated Seniors Nutrition Insecure
174,190	77,742	36,306	21,611	25,782	10,760
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
45% compared to 25% in SD County		60% compared to 32% in SD County		42% compared to 25% in SD County	

Please cite this report as: San Diego Hunger Coalition. September 2023 Nutrition Insecurity Dashboards. San Diego, CA; February 2024.
 For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,346,846
Pandemic-EBT	230,162
School & Youth Meals	589,100
Food Distribution	378,447
WIC	123,611
Older Adult Meals	16,418
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	2,684,584

% of Food Assistance Meals by Source



Comparing types of food assistance based on USDA Moderate Cost Food Plan:

1 nutritious meal
 =
 1.85 pounds of food
 =
 \$4.46 on an EBT card (metro)**
 =
 \$5.43 on an EBT card (rural)**

** Cost of nutritious meal adapted for San Diego prices and population.

Calculating Missing Meals

Step 1: Total Meals Needed by Nutrition Insecure Population	7,093,928	-	Step 2: Subtract Estimated Self-Purchased Meals	3,664,743	-	Step 3: Subtract Total Food Assistance Meals Provided	2,684,584	=	Missing Meals in District 9: September 2023	744,602
---	-----------	---	---	-----------	---	---	-----------	---	--	----------------

CalFresh Participation

District 9 Total Participation	Number of People
CalFresh Recipients in September	34,391
Est. Total Population Eligible for CalFresh	58,396
Estimated CalFresh Participation Rate in District 9	59%
Potential New CalFresh Enrollees	24,005
Additional monthly meals if half of eligible pop. was enrolled	520,524
\$ Issued for food from CalFresh in September	\$6,013,436
Estimated total economic impact from CalFresh spending	\$10,764,051

District 9 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	7,187
Est. Total Seniors Eligible for CalFresh	10,003
Estimated Senior CalFresh Participation Rate	72%
Potential New Senior CalFresh Enrollees	2,816

For full methodology and maps of CalFresh participation and potential enrollees, as well as all of this data by electoral district, visit: www.sdhunger.org/research.

Methodology:
 Hunger Free San Diego calculates the CalFresh participation rates based on the likely eligible population with income below 185% of the Federal Poverty Level (FPL). In California, households with income up to 200% FPL are encouraged to apply.