# CA State Senate District 18 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 District 18 Total Population Bestimated People Nutrition Insecure 606.548 186.273

% of Total Population Nutrition Insecure 31% compared to 25% in SD County

Nutrition Insecurity: Children & Youth (0-18)

Total Children & Youth in District 18 Estimated Kids Nutrition Insecure

144,562 56,829
% of Children & Youth Nutrition Insecure

39% compared to 32% in SD County

Nutrition Insecurity: Older Adults (60+)

Total Seniors Estimated Seniors Nutrition in District 18 Insecure

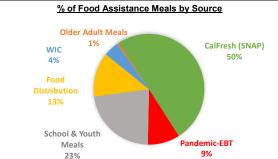
109,898 31,198
% of Older Adults Nutrition Insecure

28% 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)	3,874,014
Pandemic-EBT	725,475
School & Youth Meals	1,745,142
Food Distribution	995,350
WIC	343,265
Older Adult Meals	44,145
Food Distribution Program on Indian Reservations (FDPIR)	930
Total Meals Provided in Month	7,728,321



# 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

16,997,408

Step 2: Subtract Estimated Self-Purchased Meals

8.967.013

Step 3: Subtract Total Food Assistance Meals Provided

7,728,321

Missing Meals in District 18: September 2023

302,074

# CalFresh Participation

District 18 Total Participation	Number of Peo	ple
CalFresh Recipients in September	100,764	
Est. Total Population Eligible for CalFresh	131,752	
Estimated CalFresh Participation Rate in District 18	76%	60%
Potential New CalFresh Enrollees	30,988	Countywide Participation Rate
Additional monthly meals if half of eligible pop. was enrolled	671,937	
\$ Issued for food from CalFresh in September	\$17,451,916	
Estimated total economic impact from CalFresh spending	\$31,238,930	

District 18 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	23,839
Est. Total Seniors Eligible for CalFresh	29,560
Estimated Senior CalFresh Participation Rate	81%
Potential New Senior CalFresh Enrollees	5,721

For full methology 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.