

CA State Senate District 38 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 38 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 38	Estimated Kids Nutrition Insecure	Total Seniors in District 38	Estimated Seniors Nutrition Insecure
	708,400	147,623	151,054	39,807	149,273	27,065
	% of Total Population Nutrition Insecure	% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure		
	21% compared to 25% in SD County	26% compared to 32% in SD County		18% compared to 25% in SD County		

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For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

Food Assistance Meals Provided in September		% of Food Assistance Meals by Source		Comparing types of food assistance based on USDA Moderate Cost Food Plan:	
Food Source	Total Meals			1 nutritious meal = 1.85 pounds of food = \$4.46 on an EBT card (metro)** = \$5.43 on an EBT card (rural)**	
CalFresh (SNAP)	1,476,177				
Pandemic-EBT	355,303				
School & Youth Meals	1,314,197				
Food Distribution	431,098				
WIC	101,902				
Older Adult Meals	30,714				
Food Distribution Program on Indian Reservations (FDPIR)	-				
Total Meals Provided in Month	3,709,391				

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

Calculating Missing Meals						
Step 1: Total Meals Needed by Nutrition Insecure Population		Step 2: Subtract Estimated Self-Purchased Meals		Step 3: Subtract Total Food Assistance Meals Provided		Missing Meals in District 38: September 2023 2,790,035
13,470,602	-	6,971,176	-	3,709,391	=	

CalFresh Participation		District 38 Senior Participation		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.
District 38 Total Participation	Number of People	District 38 Senior Participation	Number of Seniors	
CalFresh Recipients in September	38,122	Senior CalFresh Recipients in September	9,731	
Est. Total Population Eligible for CalFresh	101,371	Est. Total Seniors Eligible for CalFresh	25,396	
Estimated CalFresh Participation Rate in District 38	38%	Estimated Senior CalFresh Participation Rate	38%	
Potential New CalFresh Enrollees	63,249	Potential New Senior CalFresh Enrollees	15,665	
Additional monthly meals if half of eligible pop. was enrolled	1,371,477	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 .		
\$ Issued for food from CalFresh in September	\$6,719,269			
Estimated total economic impact from CalFresh spending	\$12,027,492			