### 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

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 38 Total Population Estimated People Nutrition Insecure

708,400 147,623

% of Total Population Nutrition Insecure 21% compared to 25% in SD County

Nutrition Insecurity: Children & Youth (0-18)

Total Children & Youth in District 38 Estimated Kids Nutrition Insecure

151,054 39,807

% of Children & Youth Nutrition Insecure **26%** compared to 32% in SD County

Nutrition Insecurity: Older Adults (60+)

Total Seniors Estimated Seniors Nutrition in District 38 Insecure

149,273 27,065
% of Older Adults Nutrition Insecure

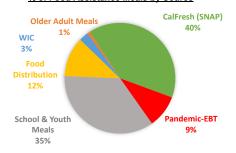
18% compared to 25% in SD County

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#### Food Assistance Meals Provided in September

| Food Source   | Total Meals |
|---|-------------|
| 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<br>Reservations (FDPIR) | -           |
| Total Meals Provided in Month                               | 3,709,391   |

#### % 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

13,470,602

Step 2: Subtract Estimated Self-Purchased Meals

6,971,176

Step 3: Subtract Total Food Assistance Meals Provided

3,709,391

Missing Meals in District 38: September 2023

2,790,035

#### CalFresh Participation

| District 38 Total Participation                                | Number of Ped | ople                             |
|--|---------------|----------------------------------|
| CalFresh Recipients in September                               | 38,122        |                                  |
| Est. Total Population Eligible for CalFresh                    | 101,371       |                                  |
| Estimated CalFresh Participation Rate in District 38           | 38%           |                                  |
| Potential New CalFresh Enrollees                               | 63,249        | Countywide<br>Participation Rate |
| Additional monthly meals if half of eligible pop. was enrolled | 1,371,477     |                                  |
| \$ Issued for food from CalFresh in September                  | \$6,719,269   |                                  |
| Estimated total economic impact from CalFresh spending         | \$12,027,492  |                                  |

| District 38 Senior Participation             | Number of Seniors |
|--|-------------------|
| Senior CalFresh Recipients in September      | 9,731             |
| Est. Total Seniors Eligible for CalFresh     | 25,396            |
| Estimated Senior CalFresh Participation Rate | 38%               |
| Potential New Senior CalFresh Enrollees      | 15,665            |

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.