

CA Assembly District 74 Nutrition Insecurity Dashboard: September 2023



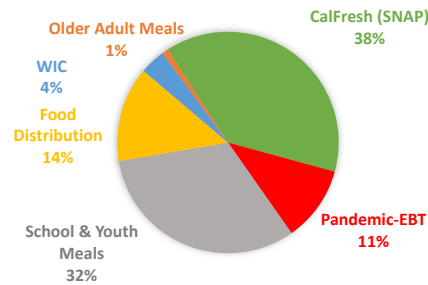
What is "nutrition insecurity"? "Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this 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 74 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 74	Estimated Kids Nutrition Insecure	Total Seniors in District 74	Estimated Seniors Nutrition Insecure
	326,617	86,119	73,091	27,465	61,422	13,854
	% of Total Population Nutrition Insecure 26% compared to 25% in SD County		% of Children & Youth Nutrition Insecure 38% compared to 32% in SD County		% of Older Adults Nutrition Insecure 23% 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)	923,798
Pandemic-EBT	265,000
School & Youth Meals	769,685
Food Distribution	334,581
WIC	90,224
Older Adult Meals	21,361
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	2,404,649

% 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
7,858,391

Step 2: Subtract Estimated Self-Purchased Meals
4,079,350

Step 3: Subtract Total Food Assistance Meals Provided
2,404,649

Missing Meals in District 74: September 2023
1,374,391

CalFresh Participation

District 74 Total Participation	Number of People
CalFresh Recipients in September	24,858
Est. Total Population Eligible for CalFresh	54,209
Estimated CalFresh Participation Rate in District 74	46%
Potential New CalFresh Enrollees	29,351
Additional monthly meals if half of eligible pop. was enrolled	636,440
\$ Issued for food from CalFresh in September	\$4,252,992
Estimated total economic impact from CalFresh spending	\$7,612,856

District 74 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	5,906
Est. Total Seniors Eligible for CalFresh	12,603
Estimated Senior CalFresh Participation Rate	47%
Potential New Senior CalFresh Enrollees	6,697

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.