

CA State Senate District 18 Nutrition Insecurity Dashboard: December 2023



What is "nutrition insecurity"?	Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
	District 18 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 18	Estimated Kids Nutrition Insecure	Total Seniors in District 18	Estimated Seniors Nutrition Insecure
	606,548	177,669	144,562	56,829	109,898	31,198
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	29% compared to 24% in SD County		39% compared to 31% in SD County		28% compared to 24% in SD County	

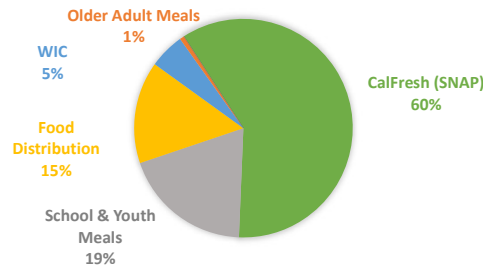
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate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

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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

Food Source	Total Meals
CalFresh (SNAP)	4,164,206
Summer EBT	-
School & Youth Meals	1,330,336
Food Distribution	1,054,529
WIC	362,385
Older Adult Meals	45,649
Food Distribution Program on Indian Reservations (FDPIR)	975
Total Meals Provided in Month	6,958,080

% 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
= \$4.44 on an EBT card (metro)**
= \$5.40 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
16,212,279

Step 2: Subtract Estimated Self-Purchased Meals
8,681,835

Step 3: Subtract Total Food Assistance Meals Provided
6,958,080

Missing Meals in District 18: December 2023
572,363

CalFresh Participation

District 18 Total Participation	Number of People	
CalFresh Recipients in September	101,544	
Est. Total Population Eligible for CalFresh	131,752	
Estimated CalFresh Participation Rate in District 18	77%	63% Countywide Participation Rate
Potential New CalFresh Enrollees	30,208	
Additional monthly meals if half of eligible pop. was enrolled	655,024	
\$ Issued for food from CalFresh in September	\$18,668,730	
Estimated total economic impact from CalFresh spending	\$33,417,026	

District 18 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	24,951
Est. Total Seniors Eligible for CalFresh	29,560
Estimated Senior CalFresh Participation Rate	84%
Potential New Senior CalFresh Enrollees	4,609

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.