

# CA State Senate District 38 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 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
	<b>708,400</b>	<b>140,804</b>	<b>151,054</b>	<b>39,807</b>	<b>149,273</b>	<b>27,065</b>
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	<b>20%</b> compared to 24% in SD County		<b>26%</b> compared to 31% in SD County		<b>18%</b> compared to 24% in SD County	

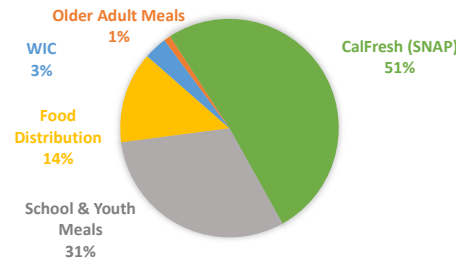
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate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

Please cite this report as: San Diego Hunger Coalition. December 2023 Nutrition Insecurity Dashboards. San Diego, CA; May 2024.  
For maps, data tables and additional dashboards by electoral district, please visit [www.sdhunger.org/research](http://www.sdhunger.org/research).

## Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,605,664
Summer EBT	-
School & Youth Meals	972,884
Food Distribution	424,335
WIC	108,654
Older Adult Meals	30,339
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>3,141,876</b>

## % 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  
**12,848,380**

Step 2: Subtract Estimated Self-Purchased Meals  
**6,741,309**

Step 3: Subtract Total Food Assistance Meals Provided  
**3,141,876**

**Missing Meals in District 38: December 2023**  
**2,965,195**

## CalFresh Participation

District 38 Total Participation	Number of People
CalFresh Recipients in September	38,530
Est. Total Population Eligible for CalFresh	101,371
<b>Estimated CalFresh Participation Rate in District 38</b>	<b>38%</b> <b>63%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>62,841</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>1,362,630</b>
\$ Issued for food from CalFresh in September	\$7,276,783
Estimated total economic impact from CalFresh spending	\$13,025,442

District 38 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	10,199
Est. Total Seniors Eligible for CalFresh	25,396
<b>Estimated Senior CalFresh Participation Rate</b>	<b>40%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>15,197</b>

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](http://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.