

US Congressional District CA-49 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 CA-49 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-49	Estimated Kids Nutrition Insecure	Total Seniors in District CA-49	Estimated Seniors Nutrition Insecure
	515,589	111,354	114,829	35,079	108,585	20,954
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	22% compared to 24% in SD County		31% compared to 31% in SD County		19% 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.

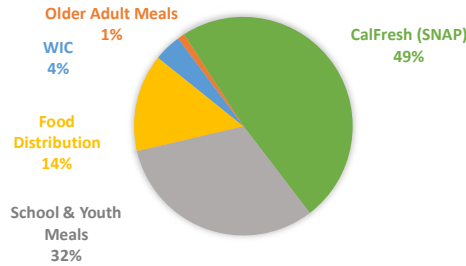
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For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,250,284
Summer EBT	-
School & Youth Meals	811,043
Food Distribution	370,218
WIC	103,760
Older Adult Meals	26,440
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	2,561,746

% 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
10,161,033

-

Step 2: Subtract Estimated Self-Purchased Meals
5,359,466

-

Step 3: Subtract Total Food Assistance Meals Provided
2,561,746

=

Missing Meals in CA-49: December 2023

2,239,821

CalFresh Participation

District CA-49 Total Participation	Number of People
CalFresh Recipients in September	31,002
Est. Total Population Eligible for CalFresh	78,629
Estimated CalFresh Participation Rate in District CA-49	39% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	47,627
Additional monthly meals if half of eligible pop. was enrolled	1,032,734
\$ Issued for food from CalFresh in September	\$5,697,864
Estimated total economic impact from CalFresh spending	\$10,199,177

District CA-49 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	8,032
Est. Total Seniors Eligible for CalFresh	19,045
Estimated Senior CalFresh Participation Rate	42%
Potential New Senior CalFresh Enrollees	11,013

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.