

US Congressional District CA-51 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-51 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-51	Estimated Kids Nutrition Insecure	Total Seniors in District CA-51	Estimated Seniors Nutrition Insecure
	683,294	167,177	135,762	41,452	127,264	29,096
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	24% compared to 24% in SD County		31% compared to 31% in SD County		23% compared to 24% in SD County	

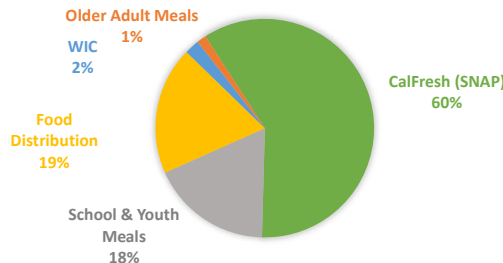
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate 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)	3,280,178
Summer EBT	-
School & Youth Meals	985,652
Food Distribution	1,042,354
WIC	121,552
Older Adult Meals	75,684
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	5,505,421

% 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
15,254,871

Step 2: Subtract Estimated Self-Purchased Meals
8,061,998

Step 3: Subtract Total Food Assistance Meals Provided
5,505,421

Missing Meals in CA-51: December 2023

1,687,453

CalFresh Participation

District CA-51 Total Participation	Number of People
CalFresh Recipients in September	77,360
Est. Total Population Eligible for CalFresh	134,530
Estimated CalFresh Participation Rate in District CA-51	58% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	57,170
Additional monthly meals if half of eligible pop. was enrolled	1,239,669
\$ Issued for food from CalFresh in September	\$14,573,537
Estimated total economic impact from CalFresh spending	\$26,086,631

District CA-51 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	18,736
Est. Total Seniors Eligible for CalFresh	27,043
Estimated Senior CalFresh Participation Rate	69%
Potential New Senior CalFresh Enrollees	8,307

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.