

San Diego City Council District 4 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 4 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 4	Estimated Kids Nutrition Insecure	Total Seniors in District 4	Estimated Seniors Nutrition Insecure
	101,414	28,559	23,046	9,109	20,724	5,283
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	28% compared to 24% in SD County		40% compared to 31% in SD County		25% compared to 24% in SD County	

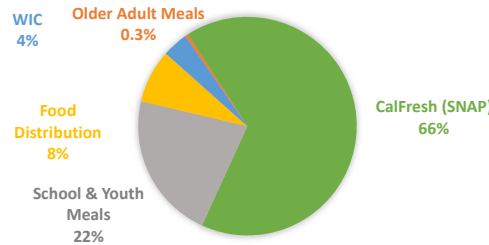
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate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

Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	696,455
Summer EBT	-
School & Youth Meals	229,653
Food Distribution	83,309
WIC	40,772
Older Adult Meals	4,592
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	1,054,781

% 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
2,606,028

Step 2: Subtract Estimated Self-Purchased Meals
1,411,569

Step 3: Subtract Total Food Assistance Meals Provided
1,054,781

Missing Meals in District 4: December 2023
139,678

CalFresh Participation

District 4 Total Participation	Number of People	
CalFresh Recipients in September	16,710	
Est. Total Population Eligible for CalFresh	21,915	
Estimated CalFresh Participation Rate in District 4	76%	63% Countywide Participation Rate
Potential New CalFresh Enrollees	5,206	
Additional monthly meals if half of eligible pop. was enrolled	112,880	
\$ Issued for food from CalFresh in September	\$3,094,289	
Estimated total economic impact from CalFresh spending	\$5,538,777	

District 4 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	3,952
Est. Total Seniors Eligible for CalFresh	5,306
Estimated Senior CalFresh Participation Rate	74%
Potential New Senior CalFresh Enrollees	1,354

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.