

San Diego City Council District 6 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 6 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 6	Estimated Kids Nutrition Insecure	Total Seniors in District 6	Estimated Seniors Nutrition Insecure
	184,465	40,349	34,882	9,240	36,983	7,898
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	22% compared to 24% in SD County		26% compared to 31% in SD County		21% compared to 24% in SD County	

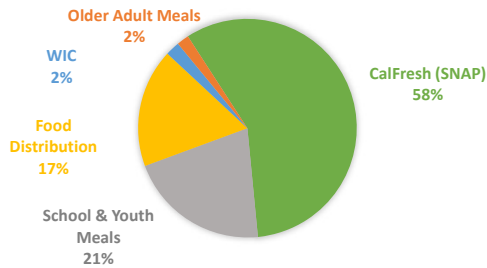
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate 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)	637,970
Summer EBT	-
School & Youth Meals	231,049
Food Distribution	194,216
WIC	23,477
Older Adult Meals	20,047
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	1,106,759

% 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
3,681,827

Step 2: Subtract Estimated Self-Purchased Meals
1,957,690

Step 3: Subtract Total Food Assistance Meals Provided
1,106,759

Missing Meals in District 6: December 2023
617,379

CalFresh Participation

District 6 Total Participation	Number of People
CalFresh Recipients in September	14,785
Est. Total Population Eligible for CalFresh	31,222
Estimated CalFresh Participation Rate in District 6	47% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	16,437
Additional monthly meals if half of eligible pop. was enrolled	356,423
\$ Issued for food from CalFresh in September	\$2,834,444
Estimated total economic impact from CalFresh spending	\$5,073,655

District 6 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	4,723
Est. Total Seniors Eligible for CalFresh	7,179
Estimated Senior CalFresh Participation Rate	66%
Potential New Senior CalFresh Enrollees	2,456

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.