

San Diego City Council District 7 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 7 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 7	Estimated Kids Nutrition Insecure	Total Seniors in District 7	Estimated Seniors Nutrition Insecure
	145,739	28,035	27,861	6,886	26,952	4,472
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	19% compared to 24% in SD County		25% compared to 31% in SD County		17% compared to 24% in SD County	

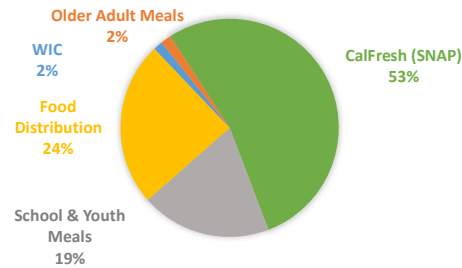
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate 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)	456,834
Summer EBT	-
School & Youth Meals	165,422
Food Distribution	208,576
WIC	11,965
Older Adult Meals	13,225
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	856,022

% 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
2,558,206

Step 2: Subtract Estimated Self-Purchased Meals
1,365,189

Step 3: Subtract Total Food Assistance Meals Provided
856,022

Missing Meals in District 7: December 2023
336,996

CalFresh Participation

District 7 Total Participation	Number of People
CalFresh Recipients in September	10,602
Est. Total Population Eligible for CalFresh	22,390
Estimated CalFresh Participation Rate in District 7	47% 63% Countywide Participation Rate
Potential New CalFresh Enrollees	11,788
Additional monthly meals if half of eligible pop. was enrolled	255,616
\$ Issued for food from CalFresh in September	\$2,029,670
Estimated total economic impact from CalFresh spending	\$3,633,110

District 7 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	2,435
Est. Total Seniors Eligible for CalFresh	4,183
Estimated Senior CalFresh Participation Rate	58%
Potential New Senior CalFresh Enrollees	1,748

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.