

San Diego City Council District 8 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 8 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 8	Estimated Kids Nutrition Insecure	Total Seniors in District 8	Estimated Seniors Nutrition Insecure
	163,345	60,576	41,847	20,962	27,383	9,650
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	37% compared to 24% in SD County		50% compared to 31% in SD County		35% compared to 24% in SD County	

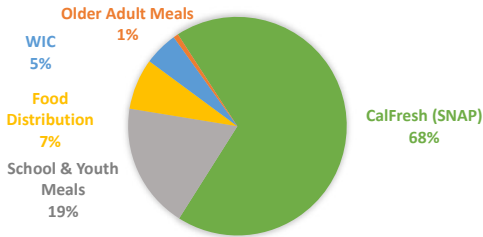
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate 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)	1,514,015
Summer EBT	-
School & Youth Meals	412,798
Food Distribution	167,894
WIC	110,881
Older Adult Meals	16,701
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	2,222,288

% 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
5,527,547

Step 2: Subtract Estimated Self-Purchased Meals
2,998,923

Step 3: Subtract Total Food Assistance Meals Provided
2,222,288

Missing Meals in District 8: December 2023

306,336

CalFresh Participation

District 8 Total Participation	Number of People	
CalFresh Recipients in September	36,602	
Est. Total Population Eligible for CalFresh	43,819	
Estimated CalFresh Participation Rate in District 8	84%	63% Countywide Participation Rate
Potential New CalFresh Enrollees	7,217	
Additional monthly meals if half of eligible pop. was enrolled	156,501	
\$ Issued for food from CalFresh in September	\$6,726,633	
Estimated total economic impact from CalFresh spending	\$12,040,673	

District 8 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	8,353
Est. Total Seniors Eligible for CalFresh	9,211
Estimated Senior CalFresh Participation Rate	91%
Potential New Senior CalFresh Enrollees	858

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.