

# CA Assembly District 74 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 74 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 74	Estimated Kids Nutrition Insecure	Total Seniors in District 74	Estimated Seniors Nutrition Insecure
	<b>326,617</b>	<b>82,141</b>	<b>73,091</b>	<b>27,465</b>	<b>61,422</b>	<b>13,854</b>
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	<b>25%</b> compared to 24% in SD County		<b>38%</b> compared to 31% in SD County		<b>23%</b> 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.

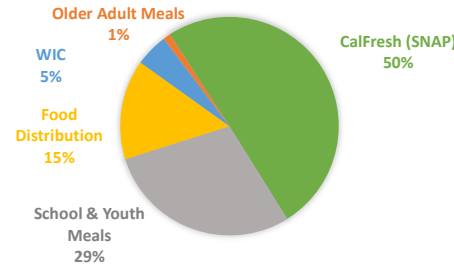
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For maps, data tables and additional dashboards by electoral district, please visit [www.sdhunger.org/research](http://www.sdhunger.org/research).

## Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	999,581
Summer EBT	-
School & Youth Meals	575,287
Food Distribution	293,543
WIC	97,067
Older Adult Meals	21,474
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>1,986,953</b>

## % 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  
**7,495,403**

Step 2: Subtract Estimated Self-Purchased Meals  
**3,950,632**

Step 3: Subtract Total Food Assistance Meals Provided  
**1,986,953**

**Missing Meals in District 74: December 2023**  
**1,557,818**

## CalFresh Participation

District 74 Total Participation	Number of People
CalFresh Recipients in September	25,187
Est. Total Population Eligible for CalFresh	54,209
<b>Estimated CalFresh Participation Rate in District 74</b>	<b>46%</b> <b>63%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>29,022</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>629,306</b>
\$ Issued for food from CalFresh in September	\$4,584,011
Estimated total economic impact from CalFresh spending	\$8,205,380

District 74 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	6,216
Est. Total Seniors Eligible for CalFresh	12,603
<b>Estimated Senior CalFresh Participation Rate</b>	<b>49%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>6,387</b>

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](http://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.