

# CA Assembly District 78 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 78 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 78	Estimated Kids Nutrition Insecure	Total Seniors in District 78	Estimated Seniors Nutrition Insecure
	<b>473,959</b>	<b>100,999</b>	<b>80,120</b>	<b>21,264</b>	<b>89,399</b>	<b>19,267</b>
	% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
	<b>21%</b> compared to 24% in SD County		<b>27%</b> compared to 31% in SD County		<b>22%</b> compared to 24% in SD County	

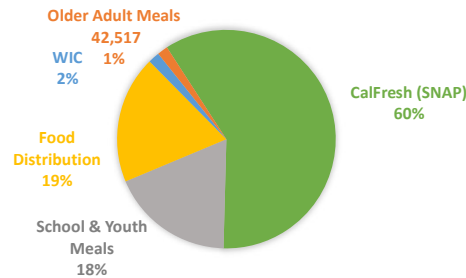
"Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate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

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](http://www.sdhunger.org/research).

## Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	1,610,847
Summer EBT	-
School & Youth Meals	492,447
Food Distribution	511,277
WIC	45,473
Older Adult Meals	42,517
Food Distribution Program on Indian Reservations (FDPIR)	-
<b>Total Meals Provided in Month</b>	<b>2,702,561</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  
**9,216,159**

Step 2: Subtract Estimated Self-Purchased Meals  
**4,897,536**

Step 3: Subtract Total Food Assistance Meals Provided  
**2,702,561**

**Missing Meals in District 78: December 2023**  
**1,616,063**

## CalFresh Participation

District 78 Total Participation	Number of People
CalFresh Recipients in September	37,168
Est. Total Population Eligible for CalFresh	78,731
<b>Estimated CalFresh Participation Rate in District 78</b>	<b>47%</b> <b>63%</b> Countywide Participation Rate
<b>Potential New CalFresh Enrollees</b>	<b>41,563</b>
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>901,242</b>
\$ Issued for food from CalFresh in September	\$7,156,847
Estimated total economic impact from CalFresh spending	\$12,810,756

District 78 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	10,878
Est. Total Seniors Eligible for CalFresh	18,119
<b>Estimated Senior CalFresh Participation Rate</b>	<b>60%</b>
<b>Potential New Senior CalFresh Enrollees</b>	<b>7,241</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.