

FOR IMMEDIATE RELEASE

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Links:

- [San Diego Hunger Coalition Research Reports](#)

Fourth Annual State of Hunger Married Data & Community to Drive Solutions to San Diego Food Insecurity

- *San Diego Hunger Coalition provided the latest data on nutrition insecurity in San Diego County*
- *Panelists discussed solutions from a successful Hunger Free Mountain Empire pilot program*
- *Keynote speaker Mayra E. Alvarez, President of the Children's Partnership, outlined three steps toward nutrition equity*

WHAT:

On Friday, Nov. 18, community leaders, elected official representatives and others came to hear the latest data on nutrition insecurity in San Diego and learn about the newest solutions for solving hunger in our region.

As of June 2022, the San Diego Hunger Coalition estimates that 23% of those in San Diego County are nutrition insecure – defined as being unable to rely on three nutritious meals a day. That's nearly one in four San Diegan County residents, for a total of about 755,000 people. The data also shows that 29% of children and 35% of people with disabilities were nutrition insecure during the same time period.

Access to nutritious food is also a racial equity issue. San Diego Hunger Coalition estimates that 36.7% of those facing nutrition insecurity were Black, 38.8% were Hispanic or Latinx and 29% were Asian.

Keynote speaker Mayra E. Alvarez, President of The Children's Partnership, said that solving nutrition insecurity in our region will require disrupting inequity, deferring to community members on the most effective and appropriate solutions, and demanding better.

In June 2022, food assistance programs – such as CalFresh, school and youth meals and food banks and pantries – provided more than 29 million meals. Together, these programs met 75% of the estimated need for food assistance in San Diego County, though another 9.9 million meals would have been needed to close the meal gap.

In addition, the State of Hunger event highlighted the deep collaboration of agencies working toward fighting hunger in San Diego County. Attendees heard from Hunger Coalition partners who are working together to increase access to healthy food in the rural Mountain Empire region, an area underserved by grocery stores and food pantry programs. Data from that initiative is currently being used to coordinate and mobilize efforts in other parts of San Diego.

To learn more about the San Diego Hunger Coalition's work or to get involved, visit sdhunger.org.

WHY:

No San Diegan should go hungry. San Diego Hunger Coalition is a nonprofit organization that leads coordinated action to address hunger and nutrition insecurity in San Diego County. The Coalition facilitates a number of collaborative tables, provides research and data analysis for the sector, and coordinates advocacy to improve policies and systems at the local, state and federal level.

The annual State of Hunger event is a key part of the San Diego Hunger Coalition's work, bringing together partners, community leaders and others to discuss data and collaborative solutions to nutrition insecurity. By connecting key stakeholders, the State of Hunger allows the community to consider key issues and increase equitable access to food in our region.

QUOTES:

"The Annual State of Hunger event brings together hunger relief providers, residents, business and government to hear about the latest data and trends impacting nutrition insecurity in San Diego County," said **Anahid Brakke, President & CEO at the San Diego Hunger Coalition**. "We could end hunger in San Diego if we listen to the community, use data to guide our efforts, and have the courage to look at and address where improvements are needed."

"A path toward equity must provide a path toward health," said **Mayra E. Alvarez, M.H.A, President of The Children's Partnership**. "Since access to food is one of the key social determinants of health, we must address nutrition insecurity in San Diego to ensure that all adults, children and families in our region can thrive."

Additional details and contact:

- **Organization:** San Diego Hunger Coalition
- **Interviews:** Contact Mike Peterson at mike@gomixte.com or (619) 732-0789 x 645 to coordinate interviews with San Diego Hunger Coalition's staff or event attendance.
- **Link to use in your story:**
 - [State of Hunger](#)
 - [Hunger in San Diego Data Release](#)

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ABOUT SAN DIEGO HUNGER COALITION:

San Diego Hunger Coalition brings organizations across San Diego County together to create a Hunger Free San Diego. For 45 years, the Coalition has led coordinated action supported by research, education and advocacy. For more information, visit www.sdhunger.org.

Hunger Free San Diego is a multi-year initiative to apply a data-informed and community-driven approach to ending hunger in the region. The initiative is guided by the Hunger Free San Diego Advisory Board, a collaborative table comprised of leaders representing all aspects of hunger relief in San Diego County. Hunger Free San Diego is led by San Diego Hunger Coalition and is part of the national Hunger Free Communities Network.