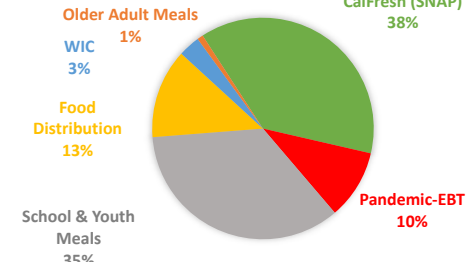


# US Congressional District CA-49 Nutrition Insecurity Dashboard: September 2023



<b>What is "nutrition insecurity"?</b> "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.	Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
	District CA-49 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District CA-49	Estimated Kids Nutrition Insecure	Total Seniors in District CA-49	Estimated Seniors Nutrition Insecure
	<b>515,589</b>	<b>116,746</b>	<b>114,829</b>	<b>35,079</b>	<b>108,585</b>	<b>20,954</b>
	% of Total Population Nutrition Insecure <b>23%</b> compared to 25% in SD County		% of Children & Youth Nutrition Insecure <b>31%</b> compared to 32% in SD County		% of Older Adults Nutrition Insecure <b>19%</b> compared to 25% in SD County	

Please cite this report as: San Diego Hunger Coalition. September 2023 Nutrition Insecurity Dashboards. San Diego, CA; March 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		% of Food Assistance Meals by Source		Comparing types of food assistance based on USDA Moderate Cost Food Plan:	
<b>Food Source</b>	<b>Total Meals</b>			<b>1 nutritious meal</b>	
CalFresh (SNAP)	1,154,028			=	
Pandemic-EBT	309,614			<b>1.85 pounds of food</b>	
School & Youth Meals	1,068,902			=	
Food Distribution	399,205			<b>\$4.46 on an EBT card (metro)**</b>	
WIC	96,440			=	
Older Adult Meals	26,454			<b>\$5.43 on an EBT card (rural)**</b>	
Food Distribution Program on Indian Reservations (FDPIR)	-				
<b>Total Meals Provided in Month</b>	<b>3,054,642</b>				

\*\* Cost of nutritious meal adapted for San Diego prices and population.

Calculating Missing Meals					
Step 1: Total Meals Needed by Nutrition Insecure Population		Step 2: Subtract Estimated Self-Purchased Meals		Step 3: Subtract Total Food Assistance Meals Provided	
<b>10,653,112</b>	-	<b>5,536,986</b>	-	<b>3,054,642</b>	=
					<b>Missing Meals in District CA-49: September 2023</b>
					<b>2,061,484</b>

CalFresh Participation		Senior Participation		<b>Methodology:</b> 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.
District CA-49 Total Participation	Number of People	District CA-49 Senior Participation	Number of Seniors	
CalFresh Recipients in September	30,624	Senior CalFresh Recipients in September	7,650	
Est. Total Population Eligible for CalFresh	78,629	Est. Total Seniors Eligible for CalFresh	19,045	
<b>Estimated CalFresh Participation Rate in District CA-49</b>	<b>39%</b> <small>Countywide Participation Rate</small>	<b>Estimated Senior CalFresh Participation Rate</b>	<b>40%</b>	
<b>Potential New CalFresh Enrollees</b>	<b>48,005</b>	<b>Potential New Senior CalFresh Enrollees</b>	<b>11,395</b>	
<b>Additional monthly meals if half of eligible pop. was enrolled</b>	<b>1,040,931</b>	For full methodology and maps of CalFresh participation and potential enrollees, as well as all of this data by electoral district, visit: <a href="http://www.sdhunger.org/research">www.sdhunger.org/research</a> .		
\$ Issued for food from CalFresh in September	\$5,280,930			
Estimated total economic impact from CalFresh spending	\$9,452,866			