

# CA State Senate District 39 Nutrition Insecurity Dashboard: September 2023



**What is "nutrition insecurity"?**  
 "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.

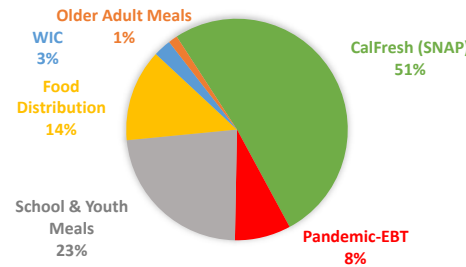
| Nutrition Insecurity: Total Population   |                                     | Nutrition Insecurity: Children & Youth (0-18) |                                   | Nutrition Insecurity: Older Adults (60+) |                                      |
|--|-------------------------------------|---|-----------------------------------|--|--------------------------------------|
| District 39 Total Population             | Estimated People Nutrition Insecure | Total Children & Youth in District 39         | Estimated Kids Nutrition Insecure | Total Seniors in District 39             | Estimated Seniors Nutrition Insecure |
| <b>938,715</b>                           | <b>263,840</b>                      | <b>176,356</b>                                | <b>64,135</b>                     | <b>178,059</b>                           | <b>45,848</b>                        |
| % of Total Population Nutrition Insecure |                                     | % of Children & Youth Nutrition Insecure      |                                   | % of Older Adults Nutrition Insecure     |                                      |
| <b>28%</b> compared to 25% in SD County  |                                     | <b>36%</b> compared to 32% in SD County       |                                   | <b>26%</b> compared to 25% in SD County  |                                      |

Please cite this report as: San Diego Hunger Coalition. September 2023 Nutrition Insecurity Dashboards. San Diego, CA; February 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)  | 4,763,146        |
| Pandemic-EBT   | 760,618          |
| School & Youth Meals                                     | 2,150,354        |
| Food Distribution  | 1,252,807        |
| WIC  | 237,993          |
| Older Adult Meals  | 123,683          |
| Food Distribution Program on Indian Reservations (FDPIR) | -                |
| <b>Total Meals Provided in Month</b>                     | <b>9,288,601</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  
 =  
 \$4.46 on an EBT card (metro)\*\*  
 =  
 \$5.43 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  
**24,075,421**

Step 2: Subtract Estimated Self-Purchased Meals  
**12,605,423**

Step 3: Subtract Total Food Assistance Meals Provided  
**9,288,601**

**Missing Meals in District 39: September 2023**  
**2,181,397**

## CalFresh Participation

| District 39 Total Participation                                       | Number of People |
|---|------------------|
| CalFresh Recipients in September                                      | 120,557          |
| Est. Total Population Eligible for CalFresh                           | 199,688          |
| <b>Estimated CalFresh Participation Rate in District 39</b>           | <b>60%</b>       |
| <b>Potential New CalFresh Enrollees</b>                               | <b>79,131</b>    |
| <b>Additional monthly meals if half of eligible pop. was enrolled</b> | <b>1,715,856</b> |
| \$ Issued for food from CalFresh in September                         | \$21,266,627     |
| Estimated total economic impact from CalFresh spending                | \$38,067,262     |

| District 39 Senior Participation                    | Number of Seniors |
|---|-------------------|
| Senior CalFresh Recipients in September             | 29,357            |
| Est. Total Seniors Eligible for CalFresh            | 43,543            |
| <b>Estimated Senior CalFresh Participation Rate</b> | <b>67%</b>        |
| <b>Potential New Senior CalFresh Enrollees</b>      | <b>14,186</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.