

CA Assembly District 78 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 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
	473,959	105,890	80,120	21,264	89,399	19,267
	% of Total Population Nutrition Insecure	% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure		
	22% compared to 25% in SD County	27% compared to 32% in SD County		22% compared to 25% in SD County		

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For maps, data tables and additional dashboards by electoral district, please visit 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:	
Food Source	Total Meals			1 nutritious meal = 1.85 pounds of food = \$4.46 on an EBT card (metro)** = \$5.43 on an EBT card (rural)**	
CalFresh (SNAP)	1,472,582				
Pandemic-EBT	248,362				
School & Youth Meals	755,325				
Food Distribution	482,739				
WIC	46,221				
Older Adult Meals	41,522				
Food Distribution Program on Indian Reservations (FDPIR)	-				
Total Meals Provided in Month	3,046,751				

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

Calculating Missing Meals			Missing Meals in District 78: September 2023	
Step 1: Total Meals Needed by Nutrition Insecure Population	Step 2: Subtract Estimated Self-Purchased Meals	Step 3: Subtract Total Food Assistance Meals Provided		
9,662,480	- 5,068,460	- 3,046,751	= 1,547,269	

CalFresh Participation		District 78 Senior Participation		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.
District 78 Total Participation	Number of People	District 78 Senior Participation	Number of Seniors	
CalFresh Recipients in September	36,911	Senior CalFresh Recipients in September	10,506	
Est. Total Population Eligible for CalFresh	78,731	Est. Total Seniors Eligible for CalFresh	18,119	
Estimated CalFresh Participation Rate in District 78	47%	Estimated Senior CalFresh Participation Rate	58%	
Potential New CalFresh Enrollees	41,820	Potential New Senior CalFresh Enrollees	7,613	
Additional monthly meals if half of eligible pop. was enrolled	906,814	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 .		
\$ Issued for food from CalFresh in September	\$6,574,826			
Estimated total economic impact from CalFresh spending	\$11,768,939			