



2017

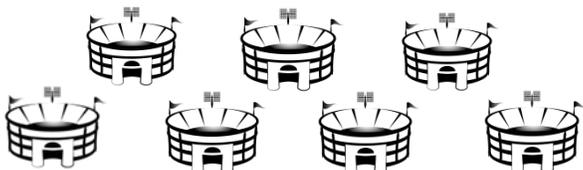
Policy Agenda

**Food Insecurity & Access to
Healthy Food**

Food Insecurity & Access to Healthy Food

Food Insecurity is the inability to afford enough food for an active, healthy life.

1 in 6 San Diegans are Food Insecure. That is more than **480,000 people**, enough to fill Qualcomm Stadium nearly **7 times**.



CalFresh/Food Assistance:



The CalFresh Program, federally known as the Supplemental Nutrition

Assistance Program (SNAP), issues monthly electronic funds that can be used to buy foods at participating markets and stores.

More than 290,000 San Diegans receive CalFresh Benefits
Average benefit = \$29.86/week or \$4.27/day per person.

The maximum gross income allowed for CalFresh Eligibility is **200% of the FPL** or approximately **\$48,000 per year** for a four person household.

Stigma

The 2016 CHNA identified stigma as a key challenge in addressing hunger. This is also reflected in recent research which found that **60% of CalFresh Benefits households** felt stigma/embarrassment for receiving benefits. Stigma is an even bigger challenge for seniors. **76% of CalFresh Benefits households with seniors** felt stigma/ embarrassment for receiving benefits.

Hunger & Health

Studies demonstrate that hunger significantly impacts health. Lack of access to healthy food, often due to availability and cost -are stressors that contribute to diabetes, heart disease, obesity, and other behavioral health issues in a myriad of ways:

- ✓ Food Insecure adults with diabetes **have higher average blood sugars.**
- ✓ Food Insecure adults are more likely to be **obese.**
- ✓ Food Insecurity is significantly more prevalent in adults with **mood disorders.**
- ✓ Food Insecurity is associated with increased **risk of suicidal thoughts** and **substance abuse** in adolescents.
- ✓ Food Insecure seniors have a significantly higher likelihood of **heart disease, depression** and **limited activities** of daily living.
- ✓ Food Insecure adults **delay buying food** in order to purchase medications.

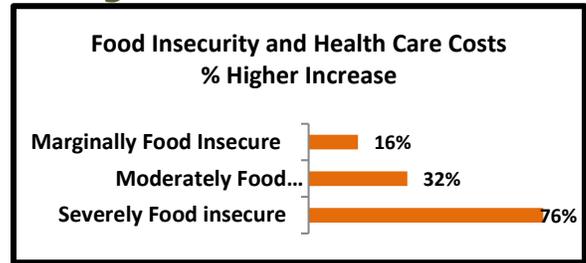
Chronic Disease Management

Food insecure individuals are often caught in a cycle that prevents them from having the ability to sustain their income and maintain their health.



U.S. citizen is projected to amount to roughly **\$42,000 per citizen** over a lifetime.

Hunger and Health Care Costs



- ✓ Babies born to food insecure mothers are more likely to be lower birth weight and at higher risk of complications and early hospitalization.
- ✓ **There are lasting effects of even *marginal* food insecurity on children:**
 - Asthma
 - Poorer oral health
 - Behavioral problems
 - Hospitalization
 - Delayed physical and cognitive development
 - Overall poor health status
- ✓ Food insecure seniors are at higher risk for and experience more severe outcomes when compared to food-secure seniors. Consuming fewer nutrients and calories reduces their iron and protein intake which is crucial to the health of the senior population.
- ✓ **30%** of households with seniors served by Feeding America’s hunger relief programs indicated they have had to **choose between food and medical care** and **35%** have had to **choose between food and paying utilities**.

Support of Food Insecurity Policy



- ✓ In order to address Food Insecurity and associated negative health outcomes, we will *support policies for 2017* in the following areas:

SB 138: School meal programs: free and reduced-price meals: universal free meal service- McGuire (D- North Coast/North Bay)

Would expand access to school meals by requiring the state and school districts to utilize Medi-Cal Direct Certification to enroll students in the federal school meal program.

AB 1219: Good Samaritan Food Donation Act- Eggman (D-Stockton)

Would explicitly provide that donated food that does not satisfy all quality and labeling standards is subject to liability protection.

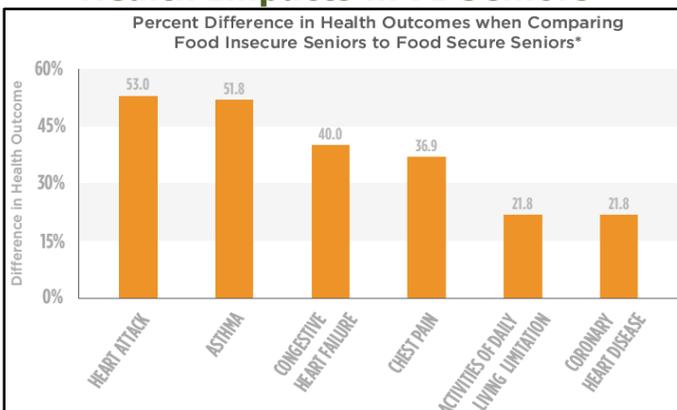
AB 214: College Hunger- Weber (D San Diego)

Would address college student hunger by defining terms used in the CalFresh program to determine eligibility and clarifying law concerning CalFresh Restaurant Meal Program on College Campuses.

AB 607: Community Resiliency & Disaster Preparedness Act of 2017- Gloria (D- San Diego)

Would codify federal Disaster Supplemental Nutrition Assistance Program (D-SNAP) for the regions affected by the major disaster.

Health Impacts in FI Seniors



Economic Impacts of Hunger

The healthcare costs alone related to hunger nationwide are **\$130.5 billion** a year. Annual cost of hunger to every

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