

Food Insecurity in San Mateo County

End Hunger Workgroup, October 14, 2016

**Get
Healthy**
SAN MATEO COUNTY
gethealthysmc.org



Building healthy, equitable communities for all

- **Mission:** Supports policy change to prevent diseases and ensure everyone has equitable opportunities to live a long and healthy life
- **Key Priorities**
 - Stable and affordable housing
 - Complete neighborhoods
 - High-quality education
 - A strong local economy

Key Findings

- Less than half of eligible population who are eligible for federal assistance programs are participating.
- Even if all eligible people are enrolled, many households would still be food insecure.
- Food insecure residents lack access to quality and affordable foods
- Trends shows that food insecurity is likely to increase - not decrease - in the future

Today's Agenda

- Current state of food insecurity
- Factors impacting food insecurity
 - Household conditions
 - Environmental conditions
- Future Trends



Food Insecurity and Hunger

- Food Insecurity is a household-level economic and social condition of limited or uncertain access to **adequate food**
- Hunger is an individual-level physiological condition that may result from food insecurity

Food Insecurity in San Mateo County

Overall	2013	2014
Adult Food Insecurity Rate	11.1%	10.1%
# of Food Insecure Adults	80,730	74,910*
Child Food Insecurity Rate	17.6%	16.1%
# of Food Insecure Children	28,310	25,960
* CDSS adjusted denominator: 63,850		

Source: Feeding America, California Dept. of Social Services, CalFresh Data Files (Sept. 2015).

CalFresh Participation

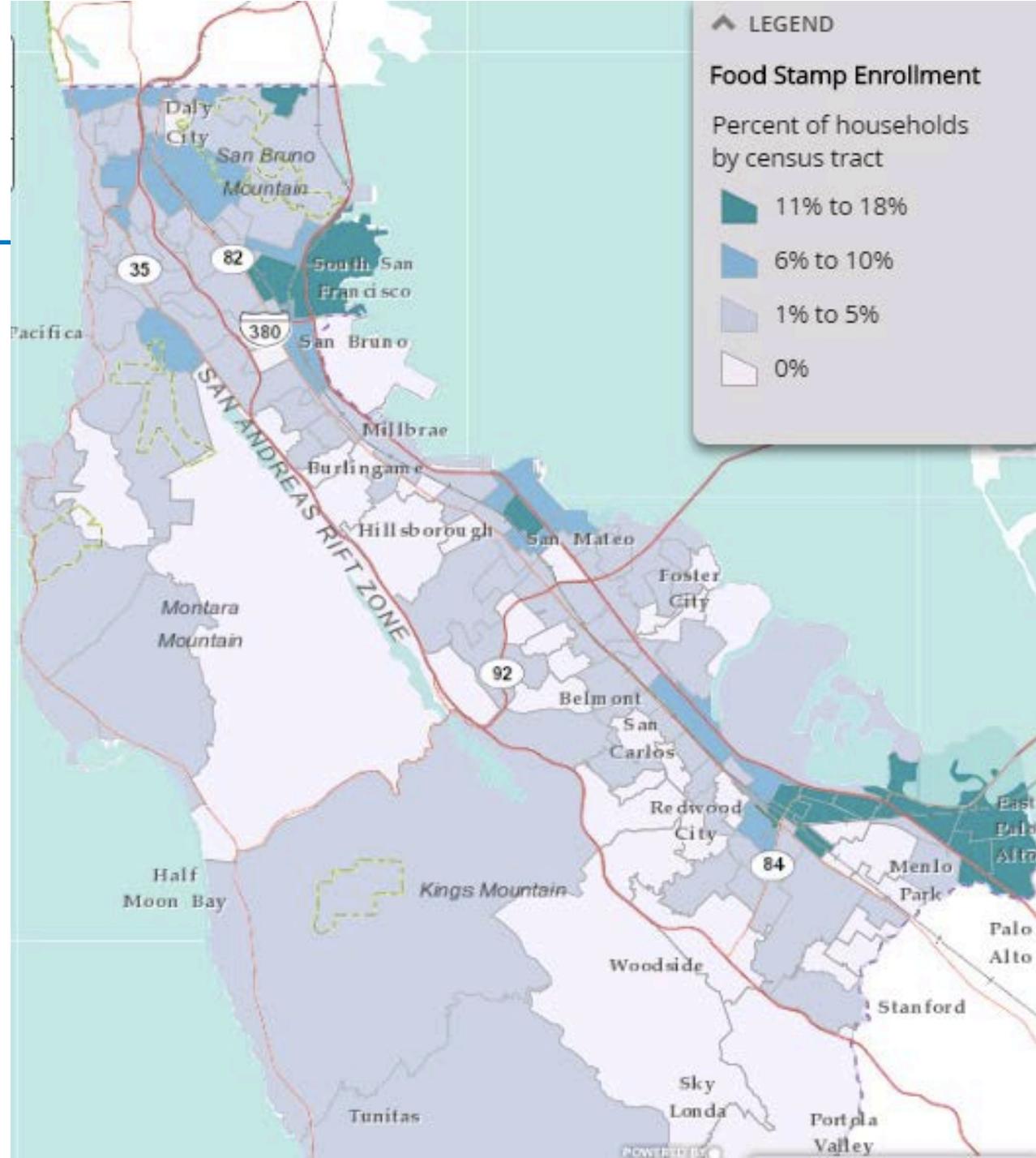
- Total CalFresh participation: **29,104** (2015-16)
- Household participation by race (July 2015)

San Mateo County	% of Households	Demographics
African American/Black	19%	2.9%
American Indian/Alaska Native	2%	0.8%
Asian/Filipino/Pacific Islander	48%	28.3%
Hispanic/Latino	27%	25.1%
White	4%	39.9%

Source: California Dept. of Social Services, CalFresh Data Files (Sept. 2015).

Calfresh

- Participation by census tracts



School Meal Participation

	Total Eligible students	Participation of Eligible Students	Non-participation of Eligible Students
School Lunch	28,829	19,892 (69%)	8,936 (31%)
School Breakfast	28,653	10,315 (36%)	18,337 (64%)

Source: California Food Policy Advocates, 2014-2015



Vulnerable Populations in San Mateo County

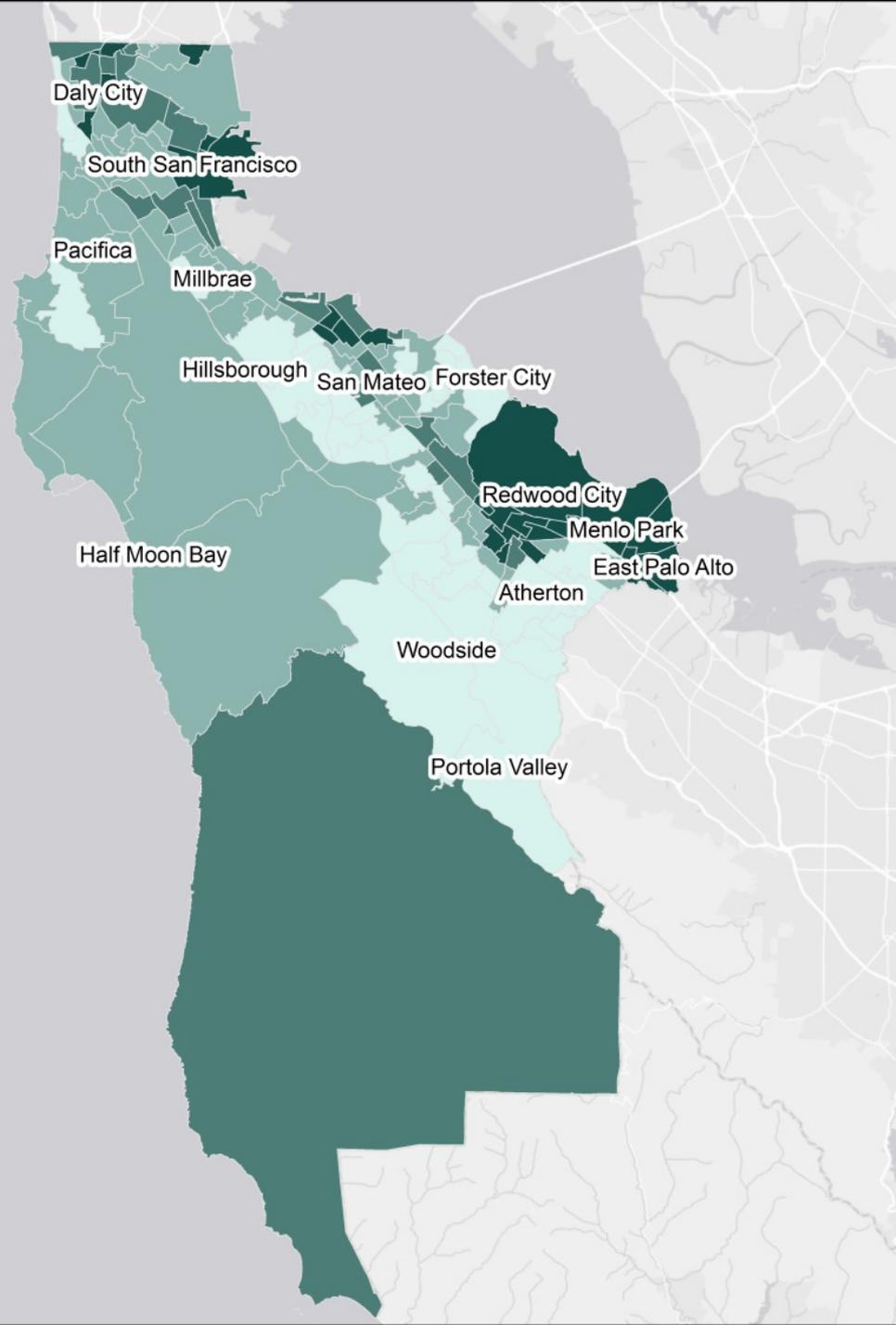
Percentage of Individuals Living Below 200% of the Federal Poverty Level

San Mateo County, 2010-2014

Percent by Census Tract



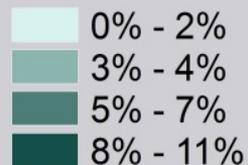
Source: U.S. Census Bureau, 2010-2014
American Community Survey 5-year Estimates



Percentage of Elderly* Living Below 200% of the Federal Poverty Level

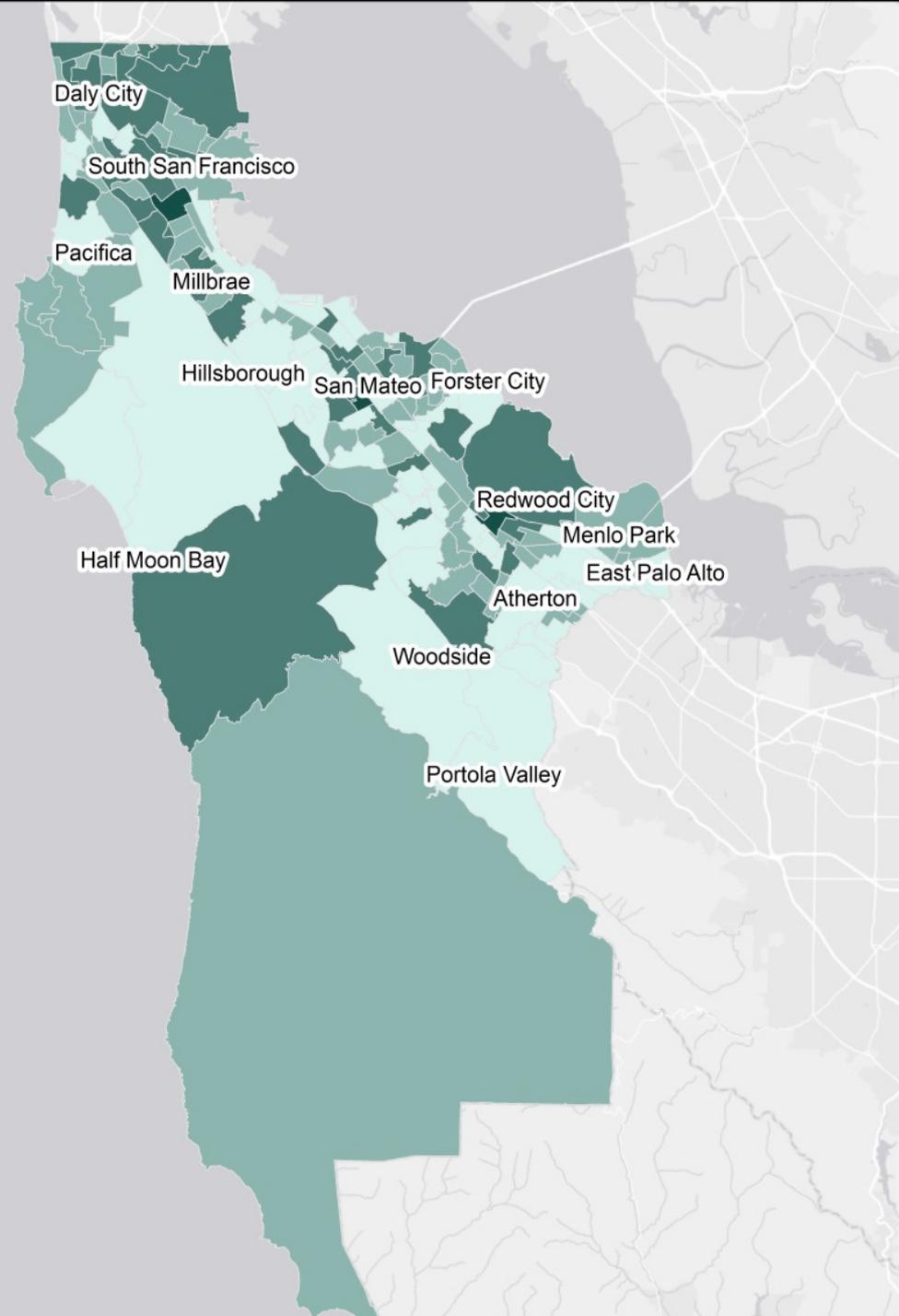
San Mateo County, 2010-2014

Percent by Census Tract



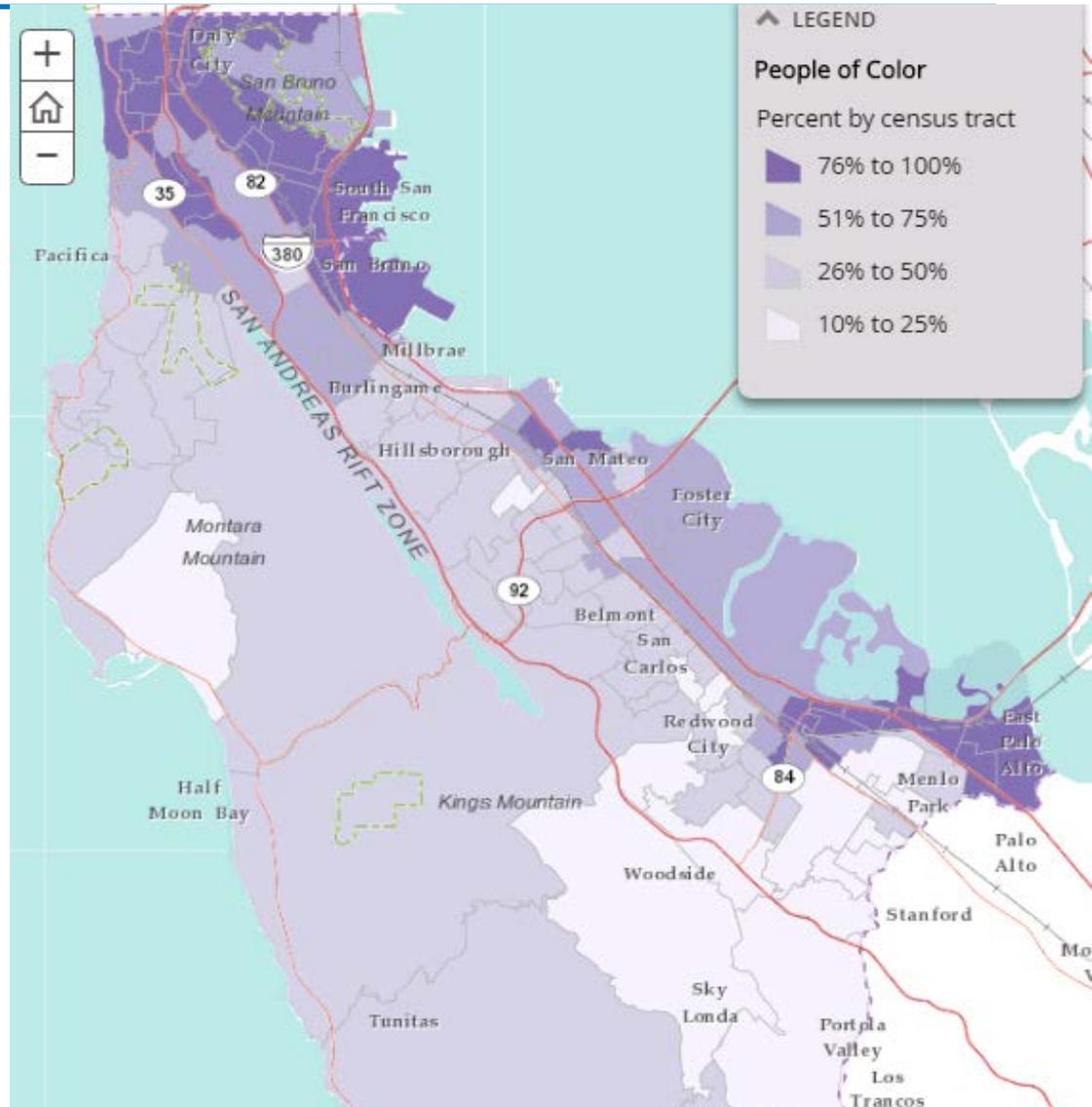
Source: U.S. Census Bureau, 2010-2014
American Community Survey 5-year Estimates

* Ages 65 years and older



Vulnerable Populations

- People of color concentrated in northern and southern parts of the County



Summary

- About half of eligible food insecure individuals participate in food assistance programs.
- Better reach through school lunch than breakfast programs.
- Significant gaps in participation in cities like Daly City, NFO, EPA, San Mateo, Redwood City.
- More exploration to be done in cities like Millbrae, Foster City, San Bruno, Brisbane, etc.



Factors Impacting Food Insecurity

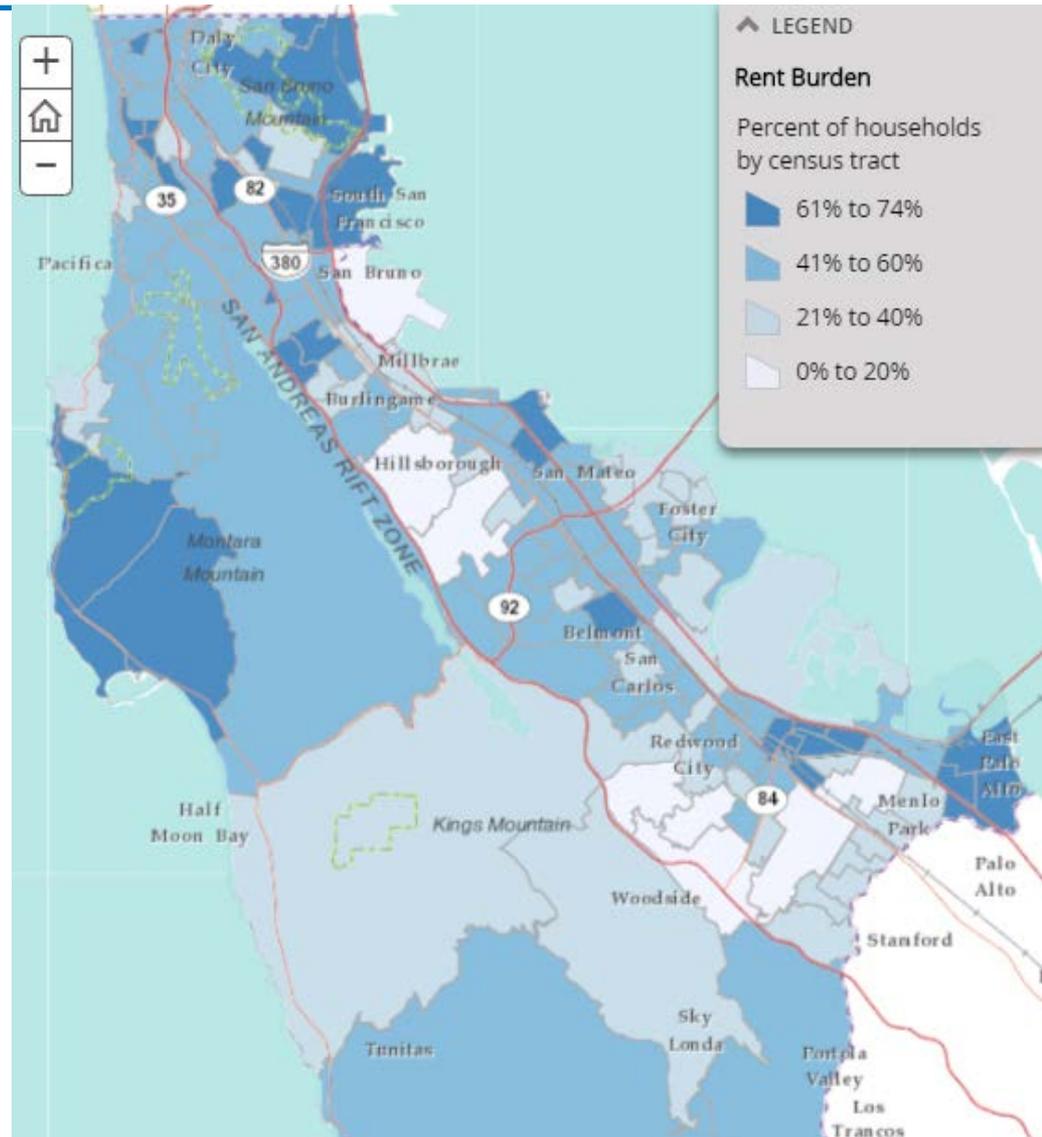
Factors Impacting Food Insecurity

- Household Conditions
 - Not having enough food
 - Not being able to afford balanced diets
- Environmental Conditions



Rising Cost of Living

- Housing Challenges
 - Housing costs increased nearly 70% in the past 5 years
 - 80% low-income households have unaffordable housing

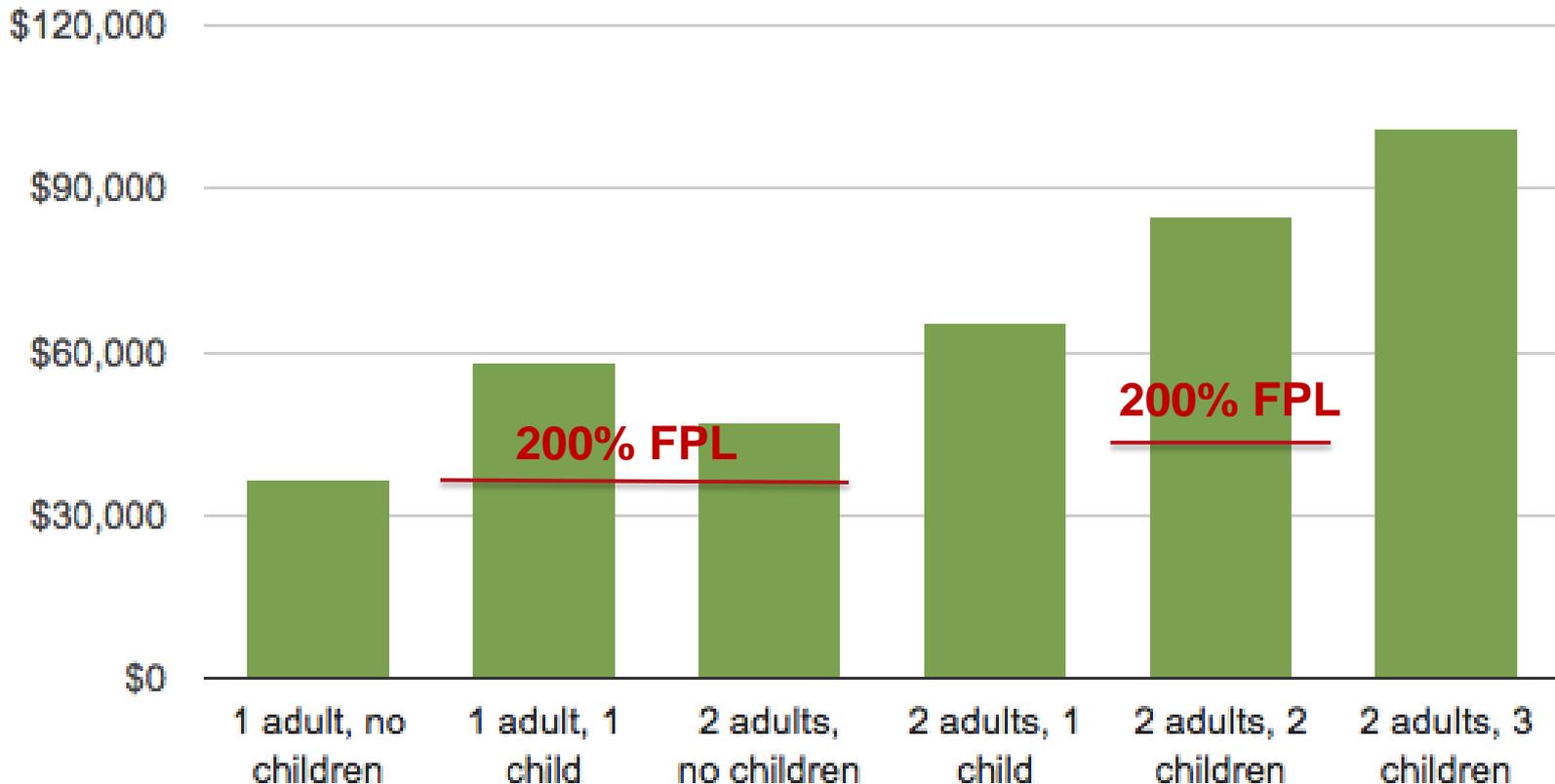


A close-up photograph of a person's hands holding a bright red apple under a running faucet in a kitchen sink. The water is splashing over the apple and the hands, which are covered in white soap suds. The background is slightly blurred, showing a kitchen setting. A semi-transparent blue banner is overlaid across the top half of the image, containing white text.

30-40% of SMC residents are food insecure but ineligible for benefits

Rising Cost of Living

Annual Income for Self-Sufficiency in San Mateo County by Household Type, 2014



Source: Insight Center for Community Economic Development

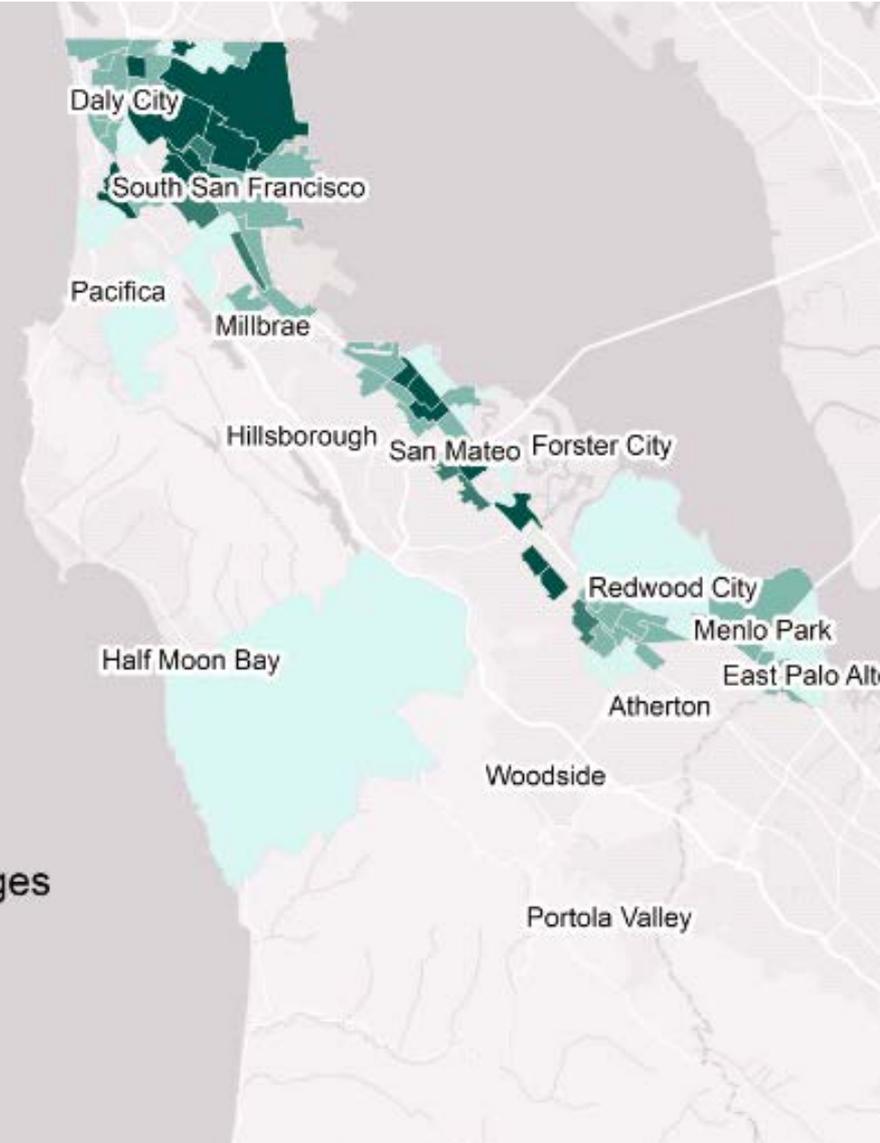
Housing Instability

Displacement and Gentrification Status

San Mateo County, 2010-2014

Status

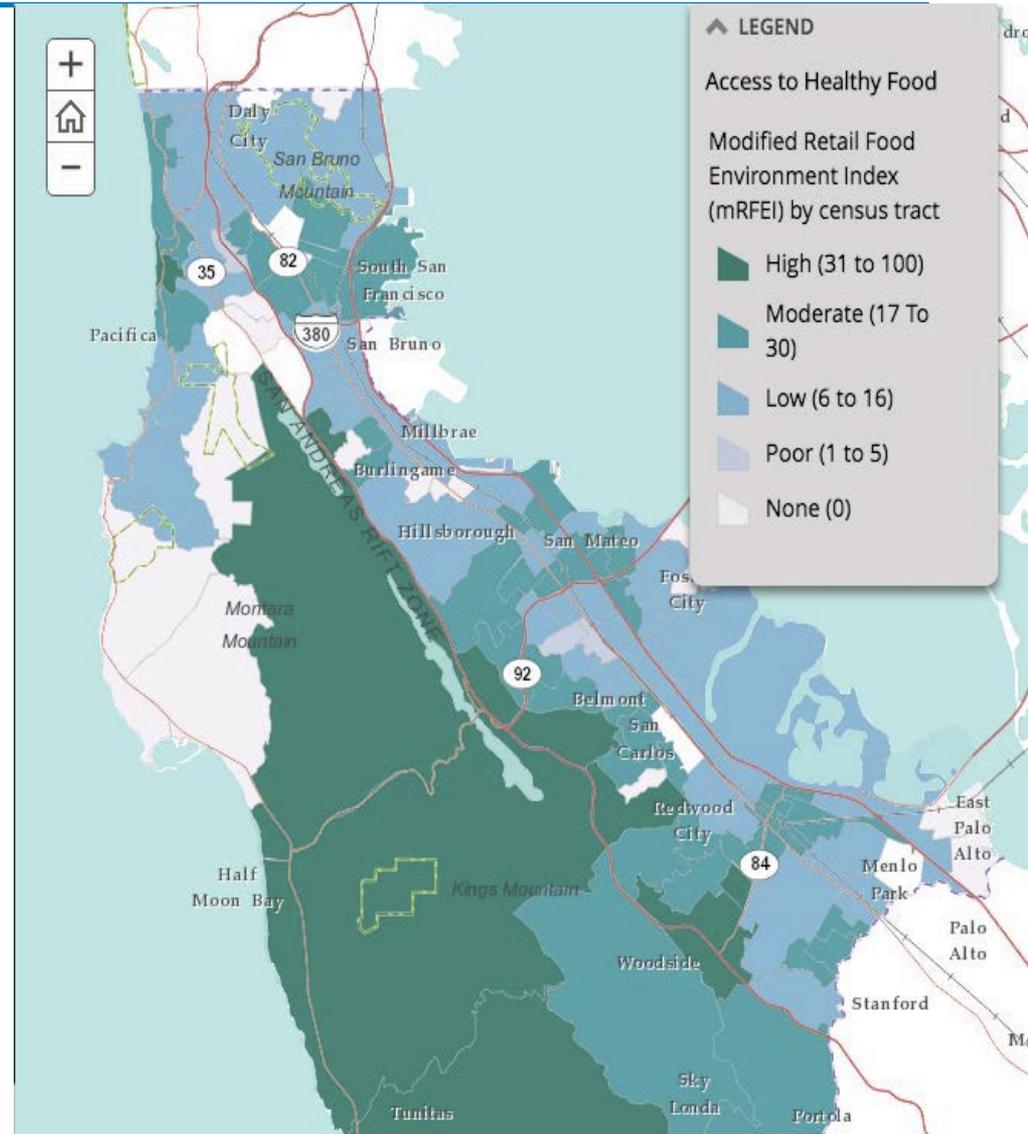
- Not losing low income households or very early stages
- At risk of gentrification or displacement
- Undergoing displacement
- Advanced gentrification



Source: UC Berkeley, Urban Displacement Project

Environmental Conditions

- Food Environment
 - San Mateo County is a food swamp
 - More unhealthy food stores vs. healthy food stores
 - On avg 20-30% of stores in low income neighborhoods meet the basic quality and affordability standards



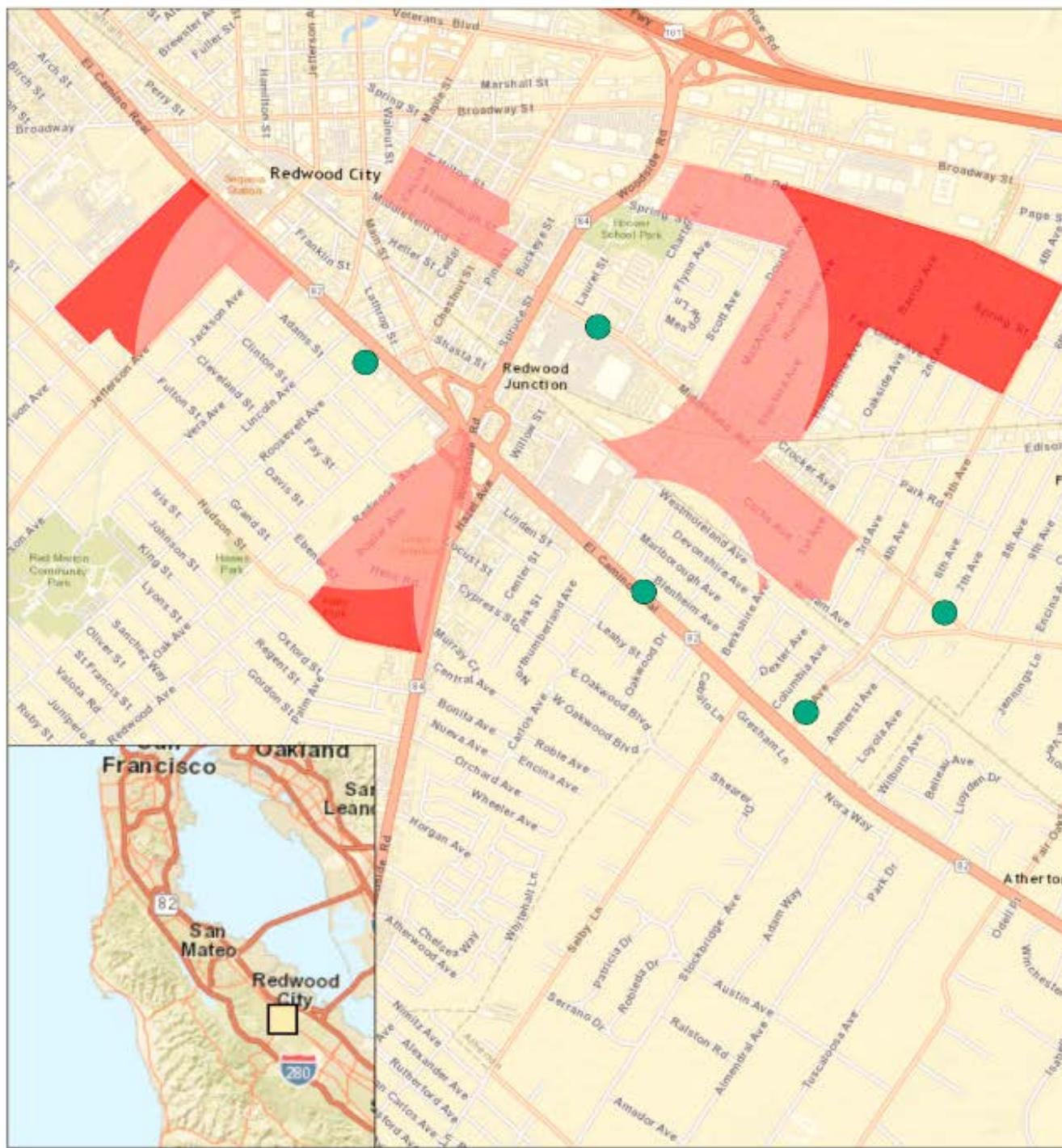
Low Income Neighborhood Access to Quality Grocery Stores

2013 San Mateo County CX3 Survey

-  Grocery stores meeting quality standards
-  Outside 1/4 mile of quality grocery stores
-  Outside 1/2 mile of quality grocery stores

0 0.5 Miles

Note: Low income neighborhoods are defined as areas where more than 50% of the population lives below 185% of the Federal Poverty Level (FPL).



Summary

- Food budget are being squeezed due to housing and cost of living challenges
- Household Instability and financial insecurity can increase likelihood of food insecurity
- Low income communities lack access to quality and affordable foods
- Need further examination of food environment, especially in corner stores

Future Trends



Future Trends and Food Insecurity

- Adults 65 years and over are expected to see the largest growth in numbers
- Latinos will become the largest race/ethnicity by 2050 and Asians the second largest by 2060
- Increase in immigrant population
- In the next 24 years – low income households will spend 67% of income on housing and transportation
- Majority of jobs will be in service sector

Summary

- Currently, we are only reaching close to half of the eligible population.
- Have physical access, but not quality and affordability.
- Even if all eligible people are enrolled, many households would still be food insecure
- Trends shows that food insecurity is likely to increase, not decrease

Thank you! Questions?

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