Ending Hunger by 2020

Our goal:
The Food Security Task Force is an advisory body to the Board of Supervisors and is charged with the responsibility of creating a citywide plan for addressing food security. The San Francisco Board of Supervisors has committed to a food secure and hunger free San Francisco by 2020. The Task Force provides recommendations for policies, programming and funding to reach this ambitious goal.

About this dashboard:
This data dashboard represents a collection of key metrics relating to food insecurity, with the purpose of guiding the priorities and programs of organizations, as well as measuring and tracking progress.

Understanding food insecurity:
• A high cost of living in San Francisco causes difficulty in affording healthy food.
• Food security is inextricably linked to health and well-being.
• Food insecurity has serious health and economic consequences.
• Poor health is both an outcome and a risk factor for food insecurity.
• Food insecurity may lead to behaviors that undermine health such as skipping meals, binge eating, food rationing, and purchasing lower cost foods which may be higher in calories, and lower in nutrients.

Number of Additional Meals Needed to Improve Food Security

The Missing Meals Report calculates the number of meals needed by people with limited resources (defined as <185% Federal Poverty Level) in San Francisco each year, and looks at how those meals are being provided.

The study uses data from many different types of food assistance programs (from CalFresh, to School Meals, to groceries from food pantries) and is an attempt to understand the entirety of the food-scape that is accessed by people with limited resources.

Non-profit and local food assistance programs (like food pantries and home delivered meals for the elderly)
Federal food assistance programs (like CalFresh, WIC, and School Meals at current participation rates)

Household financial resources
('Missing' meals) represents the gap between meals needed and the meals being provided for people with limited resources.

In 2012, 67.8 million meals were ‘missing’ among an estimated 226,000 people with limited resources.

Data source: Missing Meals in San Francisco and Marin, 2014

Household Financial Resources

The livable wage for an adult raising two children in San Francisco is $6,273/month. But 200% of the Federal Poverty Level (a threshold that the Task Force uses given our high cost of living) for this family of 3 is only $3,298/month ($39,580/yr).

Monthly Costs for a Family of 3 in SF
(One adult, one pre-school, one school age)

- Housing $1,896
- Child Care $1,634
- Food $678
- Transportation $76
- Health Care $476
- Misc. $476
- Taxes $1,304
- Tax Credits (-) $267

This single parent would need to earn over $35/hr in order to cover basic living expenses.

Currently the minimum wage in San Francisco is $11.05/hr. Measure J was passed on the November 2014 election ballot, and will raise the minimum wage over the next four years to $15/hr.

Populations in Poverty (SF)
(Population below 200% of Federal Poverty Level, and Percentage of Total Population)

200% FPL for a family of three in 2014: $39,580/yr

Data source: Insight Center for Community Economic Development, 2014

Federal Food Programs

Meals provided through federal food assistance programs

Data source: 2013 American Community Survey 1-Year Estimates

Local Non-Profit Programs

Meals supported with local public and private funding

Data source: Assessment of Food Security in San Francisco, 2013, SF-Marin Food Bank, and Project Open Hand
**Food Insecurity**

**Food Security** means that all people at all times are able to obtain and consume enough nutritious food to support an active, healthy life. Food security rests on three pillars:

- **Food Resources** - Sufficient financial resources to purchase enough nutritious food
- **Food Access** – Physical access to affordable, nutritious and culturally appropriate foods
- **Food Consumption** - Ability to prepare healthy meals and the knowledge of basic nutrition, safety and cooking

**Vulnerable Sub-Populations**

<table>
<thead>
<tr>
<th>Number of Seniors (65+) in Poverty</th>
<th>Number of Children 0-17 in Poverty</th>
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<tbody>
<tr>
<td>2007</td>
<td>2011-2012</td>
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<td>5-17</td>
<td>75 and</td>
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<tr>
<td>2009</td>
<td>65-74</td>
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<td>2011</td>
<td>2013</td>
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**Food and Health**

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<tr>
<th>Adult ER Rate Due to Diabetes (SF) (ER visits/10,000 population 18+)</th>
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<td>11.3</td>
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**Housing Units Lacking a Complete Kitchen (SF - 2013)**

Total = 19,695

**Questions?**

www.sfdph.org/foodsecurity
Paula Jones (SF Dept. of Public Health) paula.jones@sfdph.org

**Acknowledgement**

Dashboard prepared by: Becky Gershon (SF-Marin Food Bank)
About the Food Security Task Force:

The San Francisco Food Security Task Force (Task Force) advises the San Francisco Board of Supervisors on food insecurity in San Francisco. Established in 2005 through an ordinance amending the health code, the Task Force recommends citywide strategies, including legislative policies and budget proposals, to address hunger and increase food security in San Francisco. The Task Force tracks vital data on hunger and food security, including demographic information to understand the scope of need in general and for specific vulnerable subpopulations; data on utilization of federal food assistance programs such as CalFresh and school meals; and data on participation in nonprofit food and meal programs.

The Task Force membership comprises representatives from 15 public and community-based entities in San Francisco, including six City departments (Human Services Agency: CalFresh, Public Health: Food Systems, Public Health: WIC, Aging and Adult Services, Environment, and Children, Youth and their Families), the San Francisco Unified School District, and eight nonprofit organizations that reflect the breadth and depth of the nonprofit response to San Francisco residents in need of food.

About the Dashboard:

In 2013 the Task Force published a comprehensive analysis of food security in San Francisco, “Assessment of Food Security in San Francisco.” To develop the Assessment, the Task Force analyzed demographic, local government data and nonprofit program data to understand the food needs of San Franciscans with limited resources and the current programs that address them. In addition to a citywide analysis, the findings were analyzed for each individual supervisorial district and for three vulnerable sub-populations: seniors and individuals with disabilities; homeless and underhoused; and children and their families. The Assessment pinpointed key challenges including unmet and urgent needs, and identified the best opportunities for meeting them.

The Task Force made two presentations to the Board of Supervisors based on the Assessment. The first presentation, in November 2013, prompted the Board of Supervisors to call for food security in San Francisco by 2020 (Resolution No. 447-13). The second hearing, in April 2014, focused on specific priority proposals to address the needs. Together with the Assessment, these presentations guided decision-makers to invest in the most promising strategies for increasing food security in San Francisco. To measure progress toward the goal of food security for all by 2020, the Task Force created an ongoing measurement tool.

What is the data dashboard and why did we do it?

While assembling the data used in its recent report “Assessment of Food Security in San Francisco, 2013” members of the FSTF were challenged by the lack of a central, comprehensive source of data that describes the issues of food insecurity and the resources (federal, state, local and community) that are marshalled to address these issues. In addition, where data was available, the guidelines used in the analysis are often specific to that study and inconsistent between studies (for example; the choice of 185% or 200% as the threshold for consideration of being “at risk” for food insecurity.)

The FSTF determined that one of the positive changes that it could bring to the discussion of food security was to assemble relevant data in a format that both frames the issues and provides tracking data on progress on meeting the challenges of addressing food security with the ultimate goal set by the Board of Supervisors in their 2013 resolution to end hunger in San Francisco by 2020. In choosing the most relevant data for this dashboard we acknowledge that inconsistencies still exist. However, we are committed to updating these data annually (where appropriate) and/or updating the data with new and more relevant and consistent measures as they become available. We will also track
the progress of programs funded through the Mayor’s and Board of Supervisors’ 2014/15 budget initiatives.

In the attached dashboard we have first chosen a description of food security that encompasses analysis of public and private data on how food is acquired by people with limited resources (incomes <185% federal poverty level - FPL) and expresses these data in terms of the funding of meals (Figure 1.) This analysis uses an average cost-per-meal based on the US Department of Agriculture guidelines for its “Low Cost Food Plan” adjusted for the higher than average food costs that exist in San Francisco (estimated at ≥ 14%). The data is separated into 4 components:

1. Meals funded through household resources
2. Meals funded through federal assistance programs
3. Meals funded through local and community-based assistance programs
4. “Missing” meals - unmet food needs or meals not being underwritten except through sacrifice of other household needs (medication, childcare, shelter)

To further illustrate the growing need, we have provided tracking data on the San Francisco population in poverty (Figure 2 - expressed as <200% FPL) and further break out the federal (Figure 3) and local/community program contributions (Figure 4).

In the second half of the dashboard, we delve deeper into some of the implications of food insecurity and opportunities to reverse the troubling trends. In the 2013 FSTF report referenced above, we framed these challenges in terms of three basic pillars of food security (adapted from the World Health organization):

- Food Resources – the ability to purchase sufficient nutritious food on a regular basis
- Food Access – the ability to obtain affordable, nutritious and culturally sensitive food
- Food Consumption – the ability to prepare healthy meals and knowledge of basic, safe cooking.

We have taken the same approach on this dashboard. First we illustrate the rate of food insecurity in San Francisco (Figure 5) and then expand that into the most vulnerable populations within our City (homeless, children and adults with disabilities, children and seniors – Figures 6-9) These latter data include some information on supervisorial district differences to identify critical needs within the City.

Figures 10 & 11 illustrate the impacts and opportunities on the health of City residents. The increase in ER visits due to diabetes, a diet sensitive illness, illustrates the financial burden that food insecurity places on city services. Medical care through ER visits represents one of the most expensive routes of healthcare, with an overnight visit costing upwards of $1,900. Figure 11 illustrates to one of the successes of city initiatives, to promote the breastfeeding amongst women with limited resources receiving WIC benefits.

The final three graphs address the issues around food access and consumption, highlighting the increase in fruit and vegetable consumption in children (benefiting from meals in child care and schools during the school year and the summer months), the continual need for expanding the places (supermarkets and local grocery stores) where SNAP and WIC benefits may be redeemed and the unique challenge in San Francisco where a large number of housing units lack appropriate food preparation, storage and cooking facilities.

Questions? www.sfdph.org/foodsecurity or Paula Jones (SF Dept. of Public Health) paula.jones@sfdph.org
<table>
<thead>
<tr>
<th>Chart #</th>
<th>Title</th>
<th>Year</th>
<th>Source</th>
<th>Definition and Notes</th>
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<tbody>
<tr>
<td>1</td>
<td>Number of Additional meals Needed to Improve Food Security</td>
<td>2014</td>
<td>Missing Meals in San Francisco and Marin, Christopher Wimer and Lucas Manfield: <a href="http://www.sfmfoodbank.org/missing-meals-report">http://www.sfmfoodbank.org/missing-meals-report</a></td>
<td>The Missing Meals measure compares the number of meals needed by people with limited resources in San Francisco, and subtracts from that the number of meals people can afford themselves, and the number of meals accessed through various food programs. The resulting ‘missing’ meals count is a representation of meals that have no identified funding source. Data in this report is from 2007 – 2012.</td>
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<td>2</td>
<td>Monthly Costs for a Family of 3</td>
<td>2014</td>
<td>Insight Center for Community Economic Development: <a href="http://www.insightcced.org/calculator.html">http://www.insightcced.org/calculator.html</a></td>
<td>Calculated for a family with one adult, one pre-school age child (3-5) and one school-age child (6-12).</td>
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<td>3</td>
<td>Federal Food Programs</td>
<td>2007 to 2011</td>
<td>Missing Meals in San Francisco and Marin: See #1</td>
<td>For federal programs where participants receive financial resources to purchase food themselves, dollars are converted into meals based on the USDA low-cost meal plan. For ‘Senior Meals (DAAS Congregate and Home Delivered),’ a significant proportion of the funding comes from local and non-profit sources. See Definition and Notes for Chart # 4, below, for a breakdown of 2013 funding sources.</td>
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<td>Assessment of Food Security in San Francisco: <a href="https://www.sfdph.org/dph/files/mtgsGrps/FoodSecTaskFrc/docs/FSTF-AssessmentOfFoodSecurityInSF-2013.pdf">https://www.sfdph.org/dph/files/mtgsGrps/FoodSecTaskFrc/docs/FSTF-AssessmentOfFoodSecurityInSF-2013.pdf</a> For ‘ Free Dining Rooms,’ ‘HSA Shelter Meals,’ ‘DAAS Home Delivered Meals (Seniors and Adults with Disabilities),’ ‘DAAS Congregate Meals (Seniors and Adults with Disabilities)’</td>
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<td>SF-Marin Food Bank Contact: Becky Gershon <a href="mailto:bgershon@sfmfoodbank.org">bgershon@sfmfoodbank.org</a> For ‘Food Pantries’ – An estimate of the number of meals that are generated from the food that is distributed through the Food Bank’s pantries (one meal = 1.2 lb of food). It does not include food that goes directly to other food programs like congregate meal sites or school snack programs.</td>
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<td>Project Open Hand Contact: Simon Pitchford <a href="mailto:spitchford@openhand.org">spitchford@openhand.org</a> For ‘Medically Tailored Meals for People with Critical Chronic Illness’ – Includes meals served to people who are clients of Project Open Hand with critical chronic illnesses.</td>
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<td>Meals on Wheels Contact: Anne Quaintance <a href="mailto:anquaintance@mowsf.org">anquaintance@mowsf.org</a> For ‘Medically Tailored Meals for People with Critical Chronic Illness’ – Includes meals served in transitional care programs for people being discharged from hospitals and care facilities.</td>
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<td>Department of Aging and Adult Services Contact: Linda Lau <a href="mailto:Linda.lau@sfgov.org">Linda.lau@sfgov.org</a> For ‘DAAS Home Delivered Meals’ – This is the breakdown of funding sources: Local General Funds (22.6%), State Funds (2.7%), Local non-profit funds (57.9%), Young Adults with Disabilities General Funds (5.2%), and Federal Funds (11.7%)</td>
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<td>Homeless/Unsheltered Population</td>
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<td>Children (0-17) and Poverty</td>
<td>2012</td>
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<td>Seniors (65+) and Poverty</td>
<td>2012</td>
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<td>10</td>
<td>Adult ER Rate Due to Diabetes</td>
<td>2005 to 2012</td>
<td>San Francisco Health Improvement Partnership, Community Dashboard: <a href="http://www.sfhip.org/modules.php?op=modload&amp;name=NS-Indicator&amp;file=index">http://www.sfhip.org/modules.php?op=modload&amp;name=NS-Indicator&amp;file=index</a></td>
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<td>Housing Units Lacking a Complete Kitchen</td>
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<td>Food Vendors Accepting EBT/WIC</td>
<td>2014</td>
<td>For ‘Supermarkets and Grocery Stores,’ ‘Supermarkets and Grocery Stores Accepting EBT,’ ‘Supermarkets and Grocery Stores Accepting WIC’</td>
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For ‘DAAS Congregate Meals’ – This is the breakdown of funding sources: Local General Funds (33.1%), State Funds (3.8%), Local non-profit funds (41.8%), Young Adults with Disabilities General Funds (1.5%), and Federal Funds (19.9%)

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