



HUNGER REPORT

2023

INSIGHTS ON FOOD INSECURITY
AND INEQUITY IN THE
GREATER WASHINGTON REGION



Hunger Report Overview

- › CAFB has published a Hunger Report every year since 2020.
- › These reports seek to offer **insights on the landscape of food insecurity** and underlying inequities in Greater Washington.
- › We conduct **original research** with our clients and the general population, and we publish our findings for all stakeholders.
 - › Corporations
 - › NGOs
 - › Policymakers
 - › Media
- › This year's report is based on a study of nearly **5,300 residents** and is statistically **representative down to the county level.**



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INSIGHTS ON FOOD INSECURITY
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WASHINGTON REGION



Contents

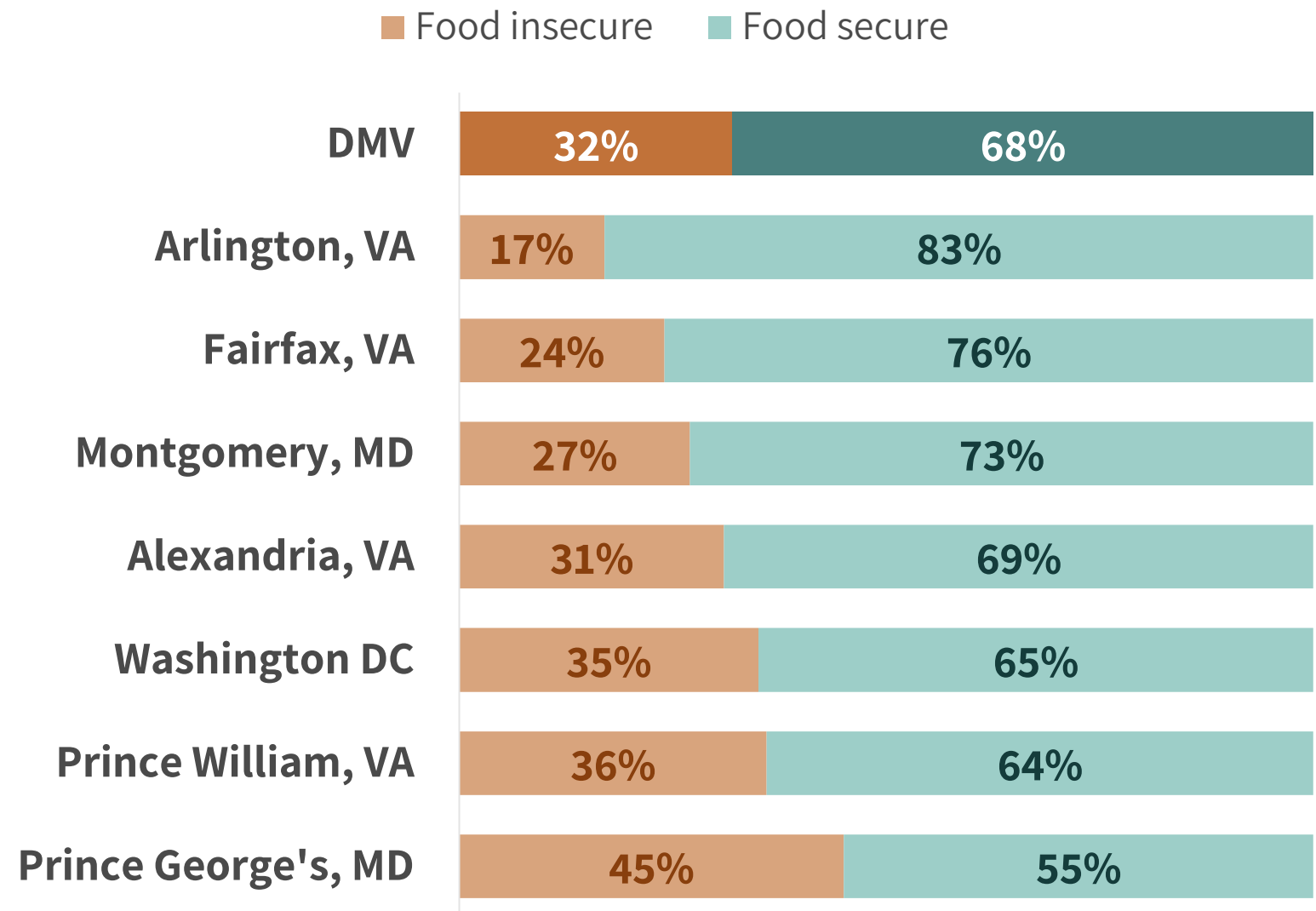
- 1 **Foreword**
- 2 **A Current Look at Food Insecurity**
A snapshot of regional levels of food insecurity in 2021, insights about those experiencing it, and signs of widening financial inequities.
- 3 **Perceptions of Recovery and Inequity**
Contrasting perspectives from people across our region on economic recovery from the pandemic, inequity in our region, and the problem of food insecurity
- 4 **Recommendations for Inclusive Recovery**
Strategies for the private, public, and social sectors to drive more inclusive economic recovery from the pandemic
- 5 **Conclusion**

Top Headline

1. Food insecurity rates remain flat from 2022.

- › **A third of the region** still experienced food insecurity at some point in the last year.
- › County-level rates range from a low of 17% in Arlington to **nearly half the population in Prince George's County, MD.**

Prevalence of food insecurity in DMV



Key Findings

2. The key drivers keeping FI rates high are:

- › **Slow, inequitable recovery from the pandemic**

Only **12%** of financially impacted households report having recovered. Among impacted food insecure households, only **3%** have recovered.

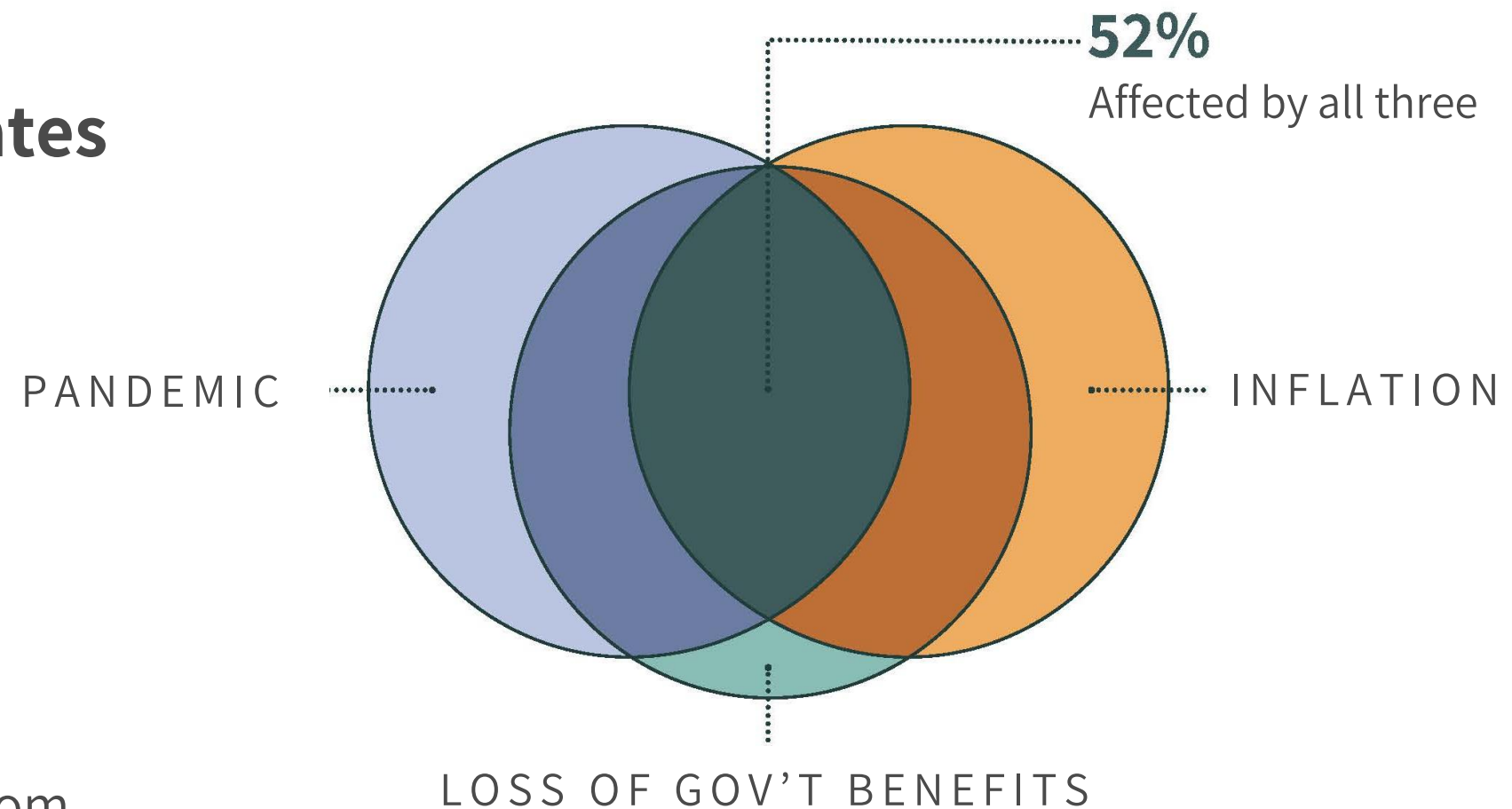
- › **Inflation**

The cost of food has increased **20%** from May 2020 to May 2023. **4 in 5** food insecure people say this is causing a major impact on their household finances.

- › **Retraction of government benefits**

By May 2023, virtually all pandemic response programs from the government had ended, and levels of support returned to pre-pandemic levels. **75%** of SNAP recipients reported that the rollbacks had a major impact on their household finances.

Overlapping impacts on the food insecure population



Key Findings

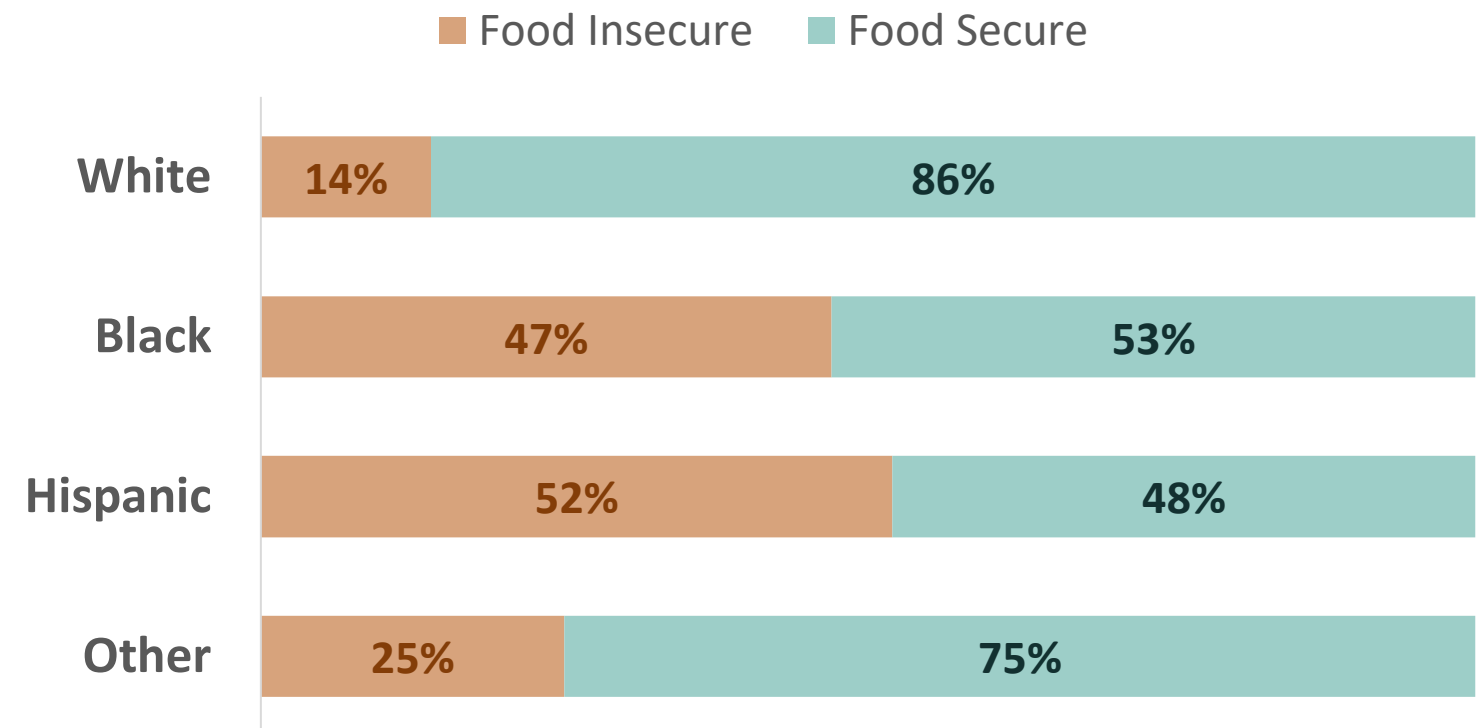
3. Food insecurity remains inequitable by race.

About half of the Hispanic and Black populations screened as food insecure, compared to just **14%** of the White population.

4. Food insecure people are twice as likely to have chronic health conditions that limit their daily activities compared to food secure people (29% vs. 13%).

The most common chronic diseases among food insecure respondents were high blood pressure, overweight/obesity, and diabetes – **all diet related diseases.**

Prevalence of food insecurity in DMV by race

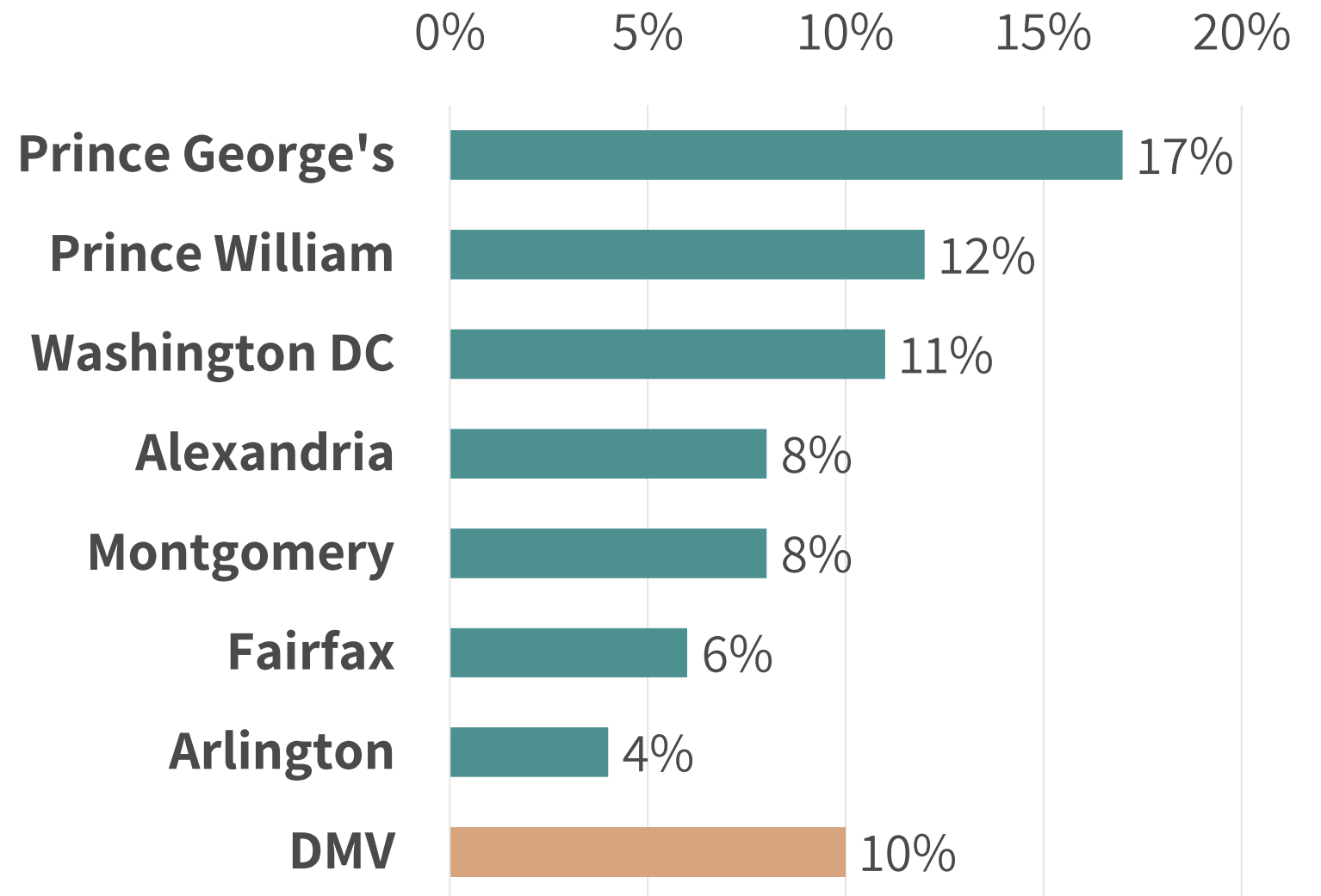


Key Findings

4. 1 in 10 children in the region is food insecure

- › This disparity with the general population rate is because adults are frequently sacrificing their own food to keep children fed.
- › Households with children are still 60% more likely to be food insecure than households without children.

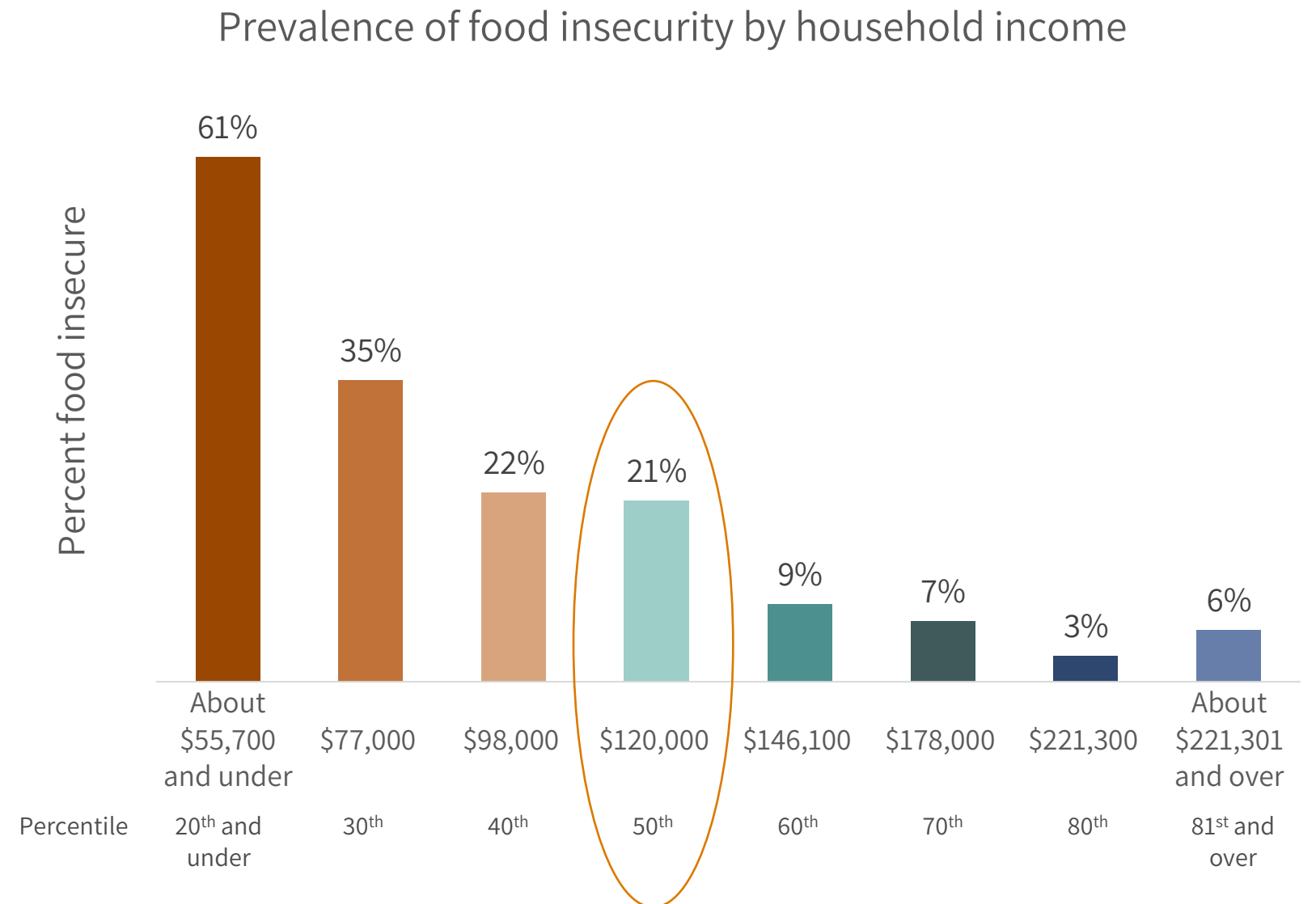
Child Food Insecurity Rate



Key Findings

5. The food insecure population is largely employed, educated, and middle class.

- › **76%** of food insecure people are working, compared to 73% of food secure people
- › **Over half** have more than a high school diploma: some college (26%) or a college degree (25%)
- › **67%** earn more than the poverty wage for their household size
- › **1 in 5** families that make the median income (\$120k) are food insecure



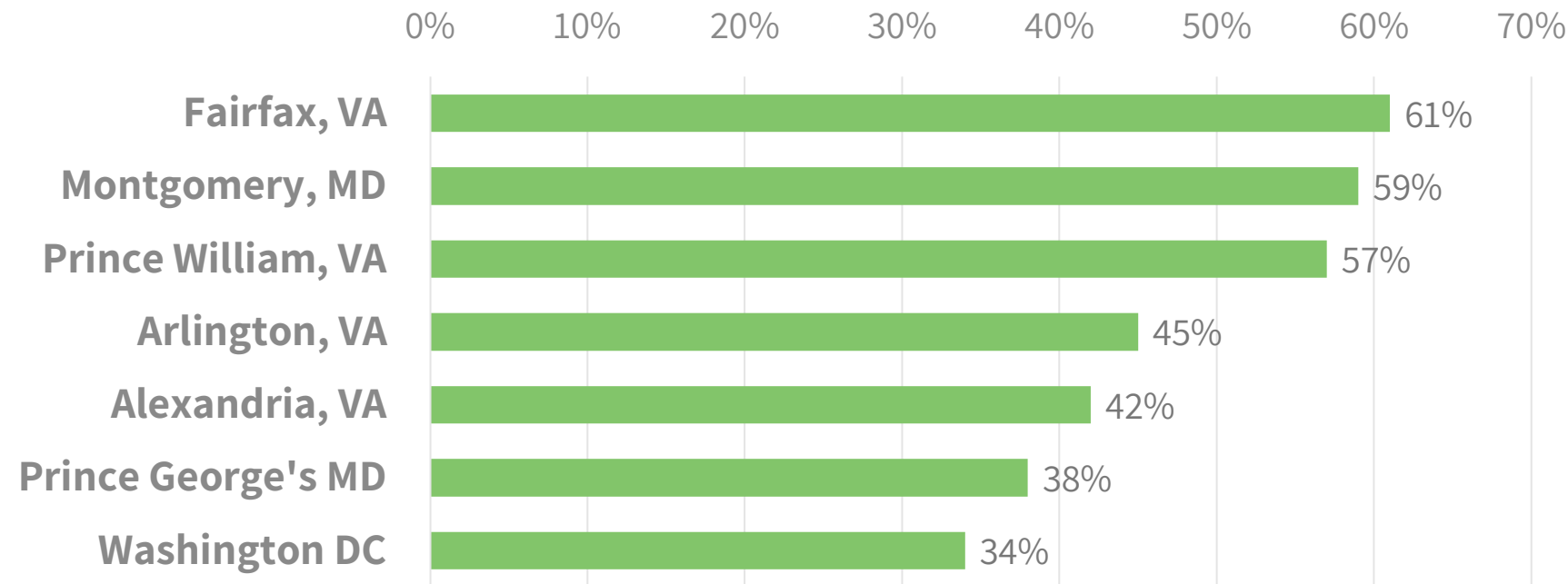
Key Findings for Food Relief Actors

1. Almost half (46%) of the food insecure population has not received any support from the charitable food assistance network.

Food insecure individuals' access of charitable food



% of FI Population Not Receiving Charitable Food



Key Findings for Food Relief Actors

2. We now have data on the habits and preferences of food insecure individuals that can help shape our offerings

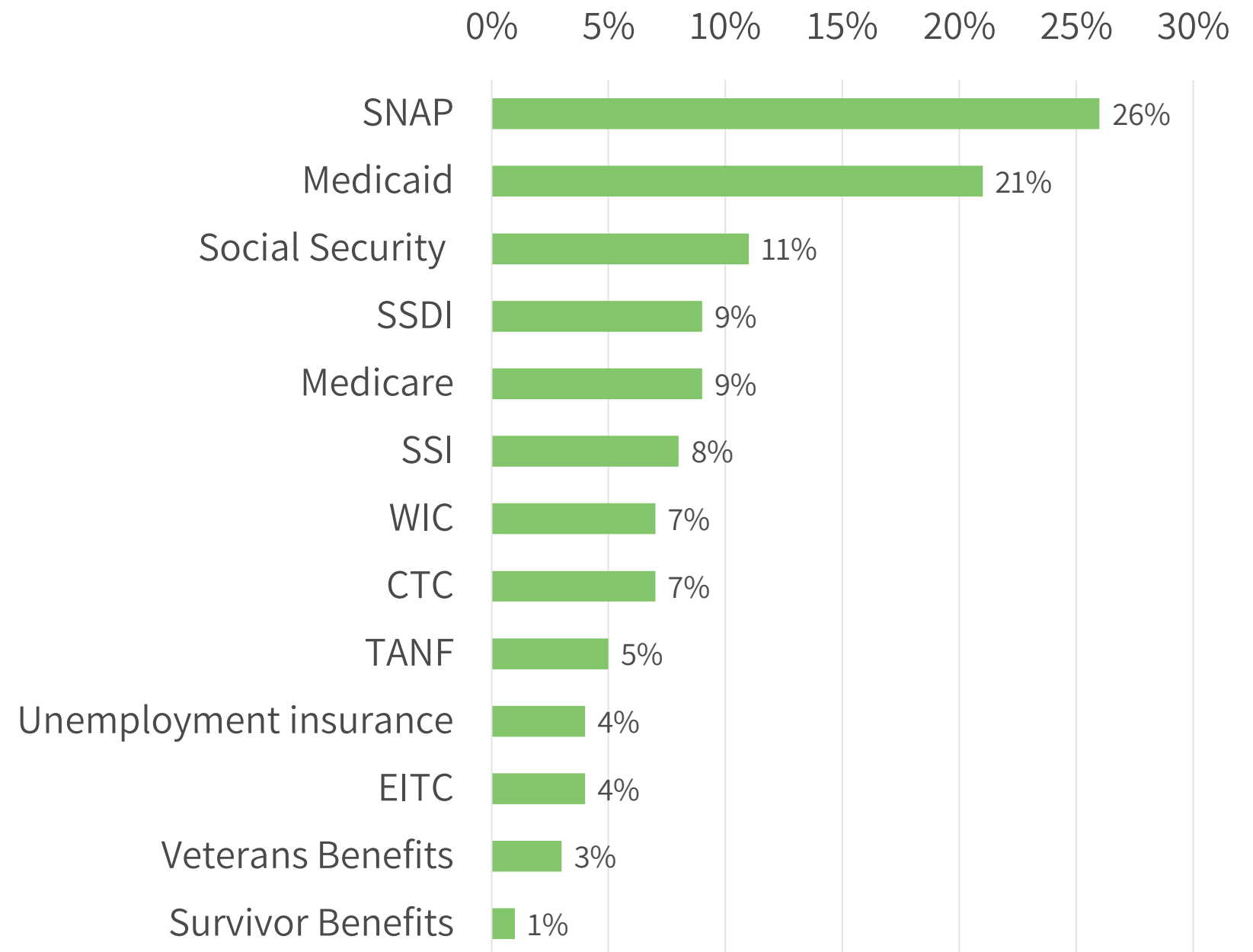
- The client archetype(s) they fall into
- The types of institutions they frequent
- The services and distribution models they are most interested in
- Their food budget composition (% from earned income, gov't benefits, food pantries, etc.)

Key Findings for Food Relief Actors

3. Food insecure households are not highly enrolled in public assistance programs.

- The highest enrollment rate is in SNAP, but only **1 in 4** food insecure households is receiving SNAP.
- Low income cut-off thresholds keep many families in need from qualifying for these programs, but enrollment assistance can still boost these numbers.

Food Insecure Households' Receipt of Public Assistance



Implications for Regional Actors

› Private Sector

- › Use **employment and compensation** practices as a tool for creating greater equity
- › Facilitate a diverse talent pipeline through **partnerships** with community organizations and academia

› Public Sector

- › Strengthen existing **safety net programs** like SNAP
- › Make expansions to **income-based tax credits** permanent
- › Allocate funding for **food relief**

Social Sector

- › Accelerate efforts to integrate around clients through **systems of coordinated care**
- › Support **Food Is Medicine** interventions to enable a healthier workforce

Increase alignment between the thousands of available jobs and those who need living wages by **upskilling the labor force**