



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
 - › Policymakers
 - › NGOs
 - › Media
- › This year's report is based on a study of nearly **5,300 residents** and is statistically **representative down to the county level.**

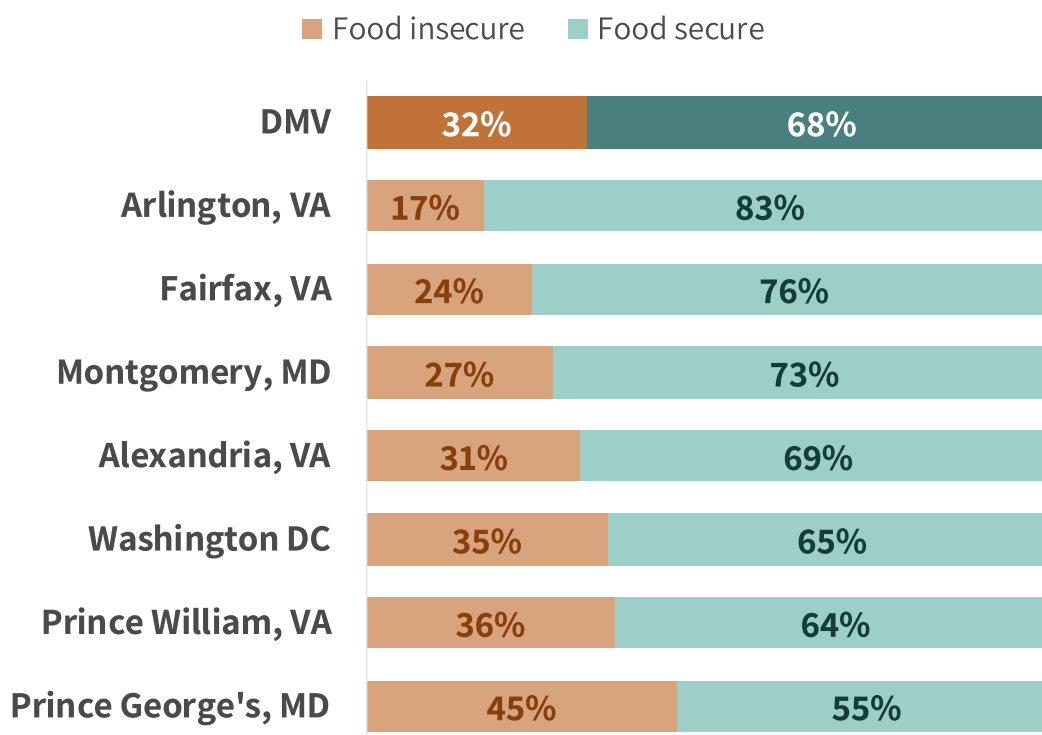


Top Headline

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**

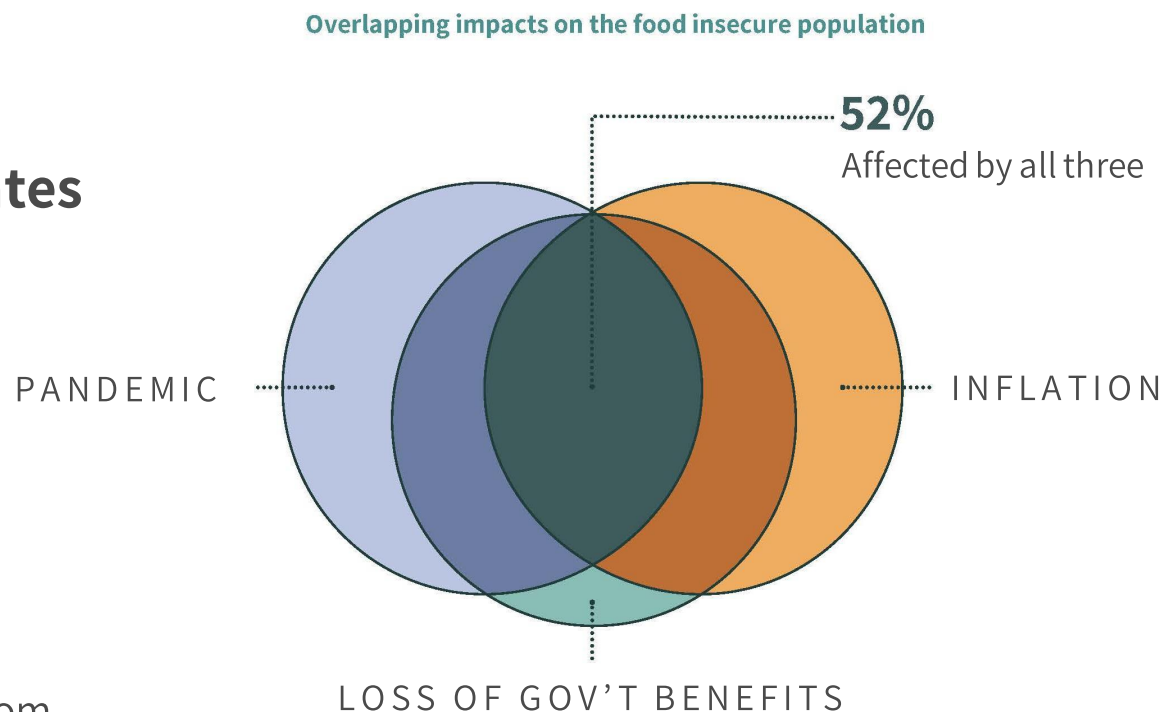
Only **12%** of financially impacted households report having recovered. Among impacted food insecure households, only **3%** have recovered.

- › **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.



Key Findings

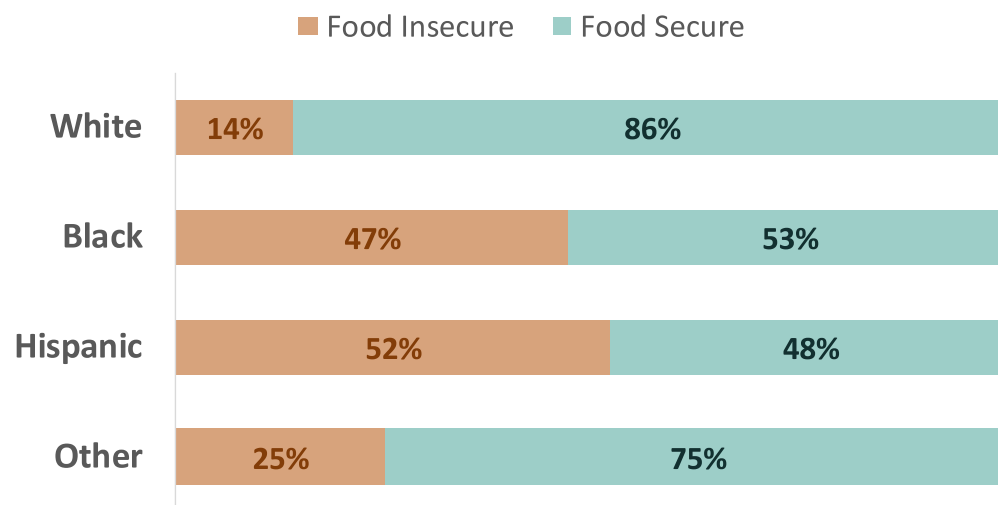
3. Food insecurity remains inequitable by race.

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

4. 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.

Prevalence of food insecurity in DMV by race



Key Findings

5. Food insecurity is correlated with negative physical and mental health outcomes

- › Food insecure respondents were **twice as likely to report chronic physical health conditions** compared to food secure respondents
- › **Most diseases show statistically significant differences** between food secure and food insecure respondents

	DMV	
	FS respondents	FI respondents
Report conditions that limit their daily activities		
Temporary physical health condition	12%	27%*
Chronic physical health condition	13%	29%*
Mental health condition	4%	20%*
Report having ever been diagnosed with the following diseases		
Mental health illness	20%	30%*
Hypertension	28%	30%
Overweight/obesity	21%	29%*
Diabetes	9%	18%*
Arthritis/inflammatory disease	12%	15%*
Respiratory disease	9%	14%*
Heart disease/heart attack	5%	9%*
Gastrointestinal disease	7%	9%

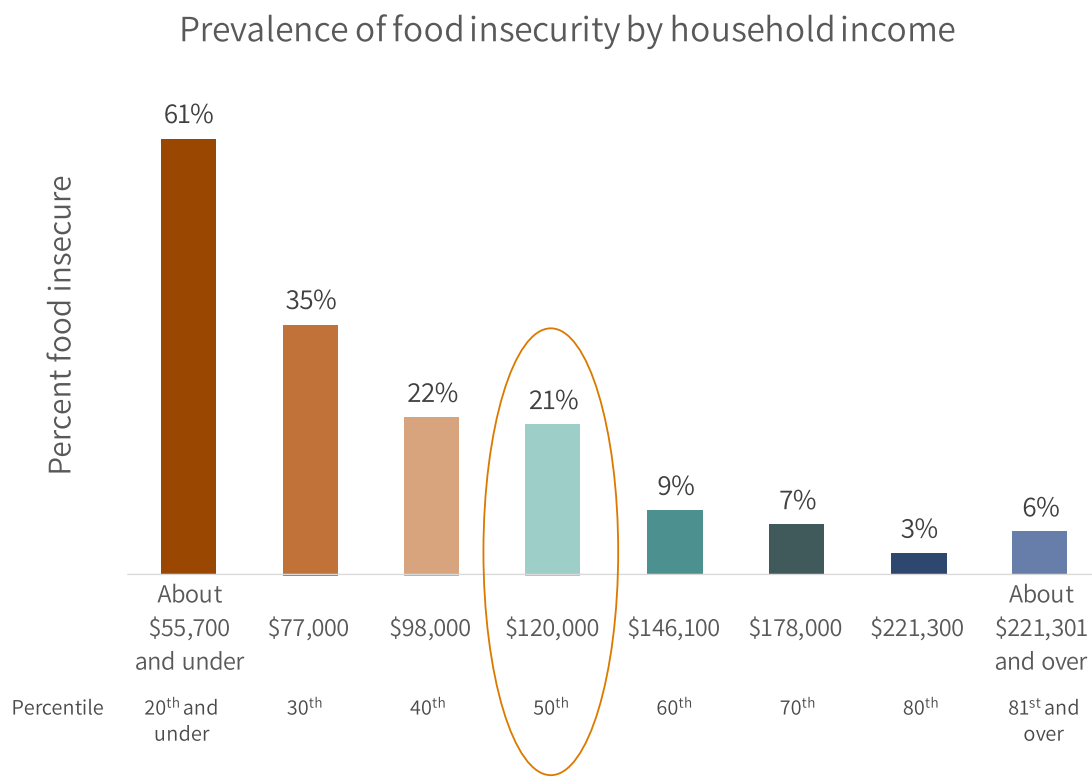
FS = Food secure | **FI** = Food insecure

*Statistically significant difference at 90% or 95% confidence level

Key Findings

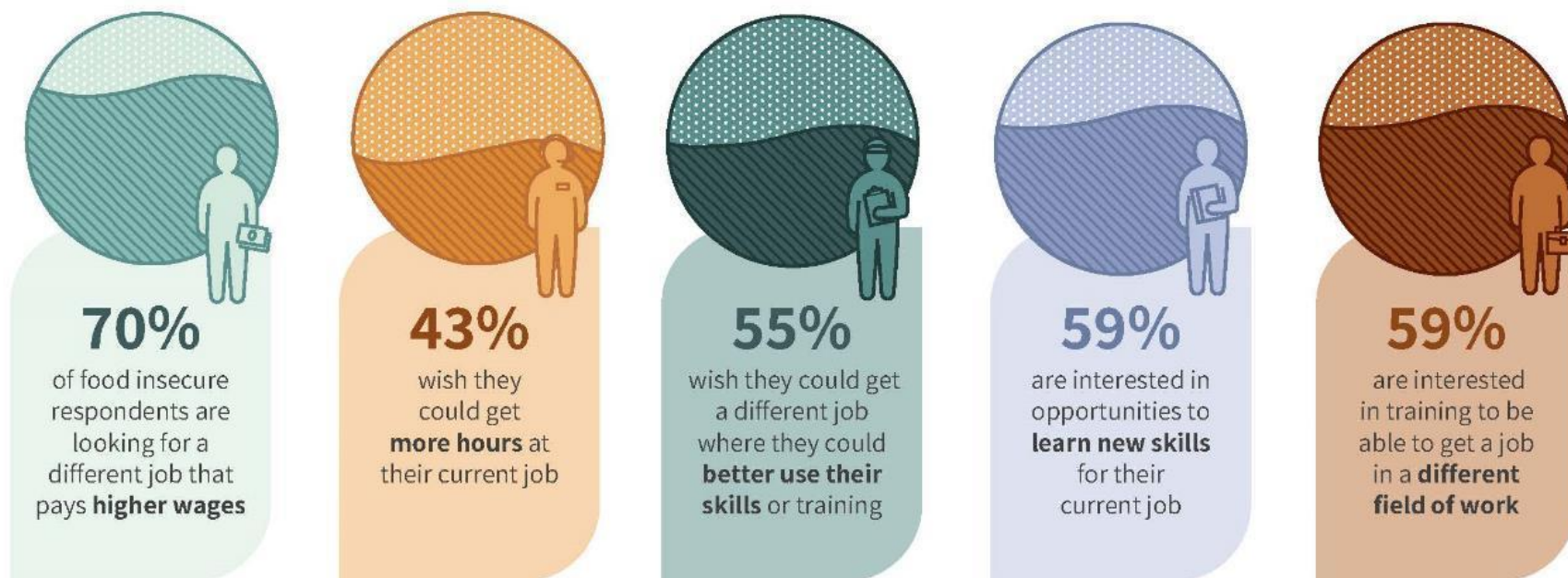
6. The food insecure population is largely employed, educated, and middle class.

- › **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

7. The majority of the food insecure population shows signs of underemployment



Key Findings for Food Relief Actors

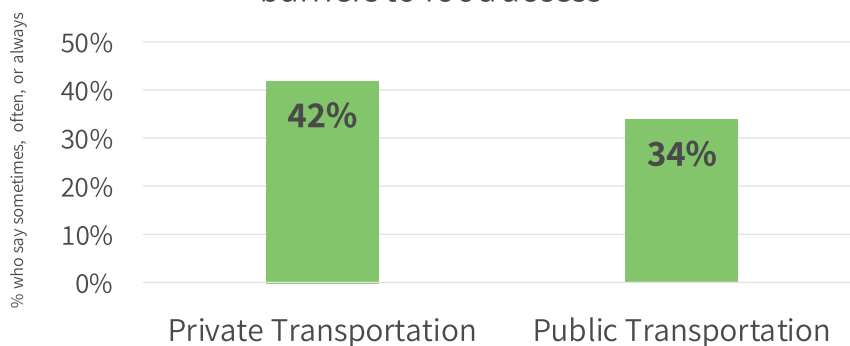
1. **Almost half (46%) of the food insecure population has not received any support from the charitable food assistance network.**

Transportation is reported as one of the key barriers for accessing food

Food insecure individuals' access of charitable food



Food insecure population's transportation barriers to food access



Implications for Regional Actors

› Private Sector

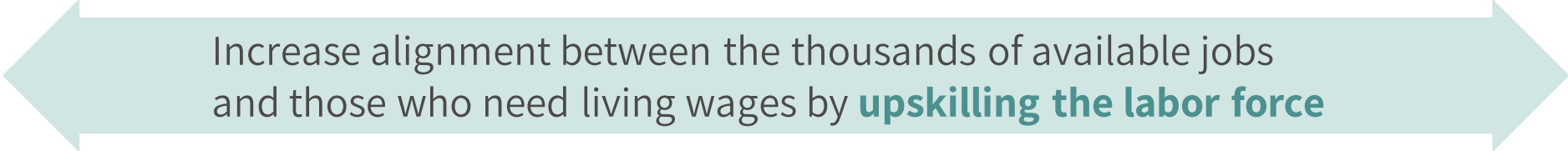
- › Use **employment and compensation** practices as a tool for creating greater equity
- › Facilitate a diverse talent pipeline through **partnerships** with community organizations and academia

› 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**