

HUNGER REPORT

2023



Executive Summary

Capital Area Food Bank's *Hunger Report 2023* contains surprising new data about food insecurity and inequity across our region. To gather the research that informs the report, the fourth such study issued by the CAFB, the food bank once again partnered with highly trusted independent social research organization NORC at the University of Chicago to conduct a general population survey about food insecurity and inequity with nearly 5,300 Greater Washington area residents.

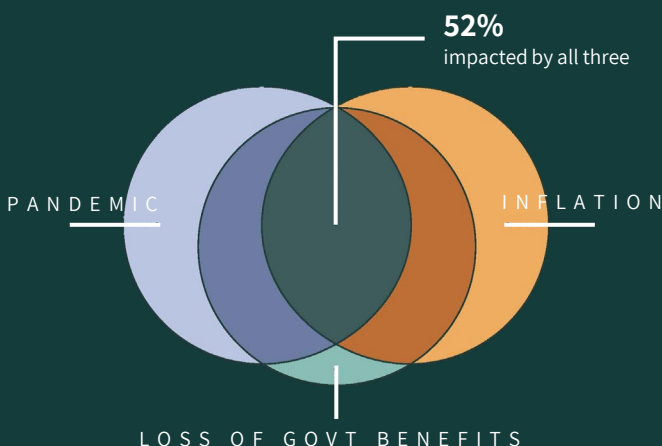
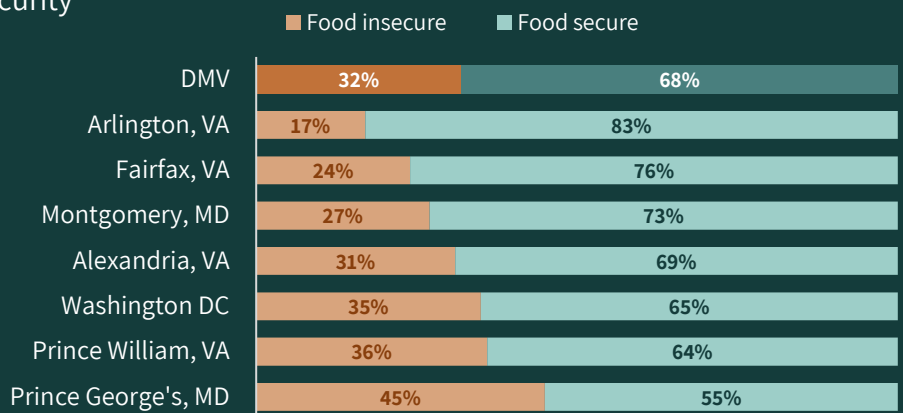
The only study of its kind, *Hunger Report 2023* illuminates the multiple forces that continue to make putting food on the table a profound difficulty for neighbors across the region. This year's report makes unavoidably clear that while the economic picture has improved for some in our area over the last year, those improvements have not been felt equally.



Key Headlines

- 1. Food insecurity rates remain flat from 2022.**
A third of the region still experienced food insecurity at some point in the last year.
- 2. County-level rates range from 17% to 45%,** with Prince George's County, MD, Prince William County, VA, and Washington DC experiencing the highest prevalence of food insecurity.

Prevalence of food insecurity in DMV



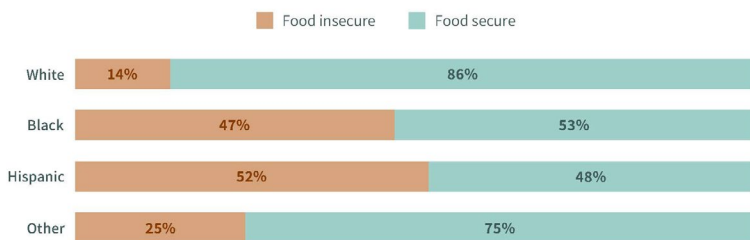
- 3. The key drivers keeping food insecurity rates high** are slow, inequitable recovery from the pandemic, inflation, and the end of pandemic response programs by the government.
- 4. These three impacts are largely overlapped** for food insecure people. Over half of the food insecure population reports that all three of these things have had a major impact on their household finances.

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Key Headlines continued

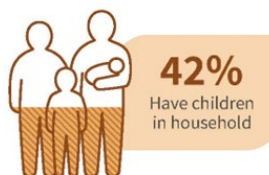
Prevalence of food insecurity in DMV by race



5. Food insecurity remains **inequitable by race**. About half of Black and Hispanic households experienced food insecurity at some point in the last year.

6. Households with kids are **60% more likely to be affected by food insecurity** than households without kids

FOOD INSECURE



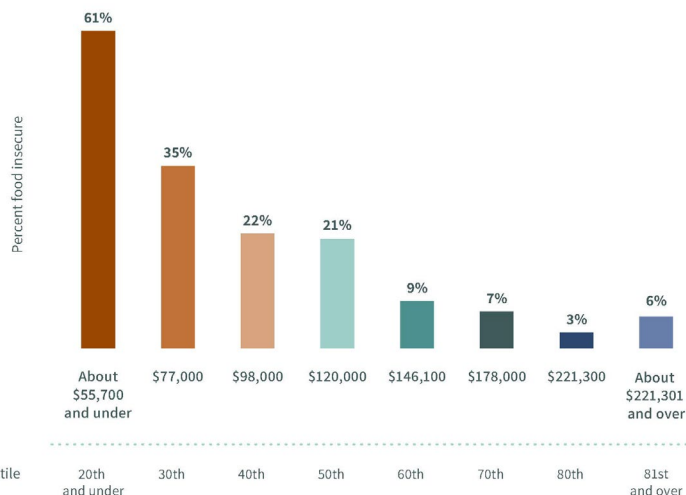
FOOD SECURE



7. The food insecure population is largely **employed, educated, and middle class**. Three-quarters are working, half have more than a high school diploma, and 67% earn over the poverty wage.

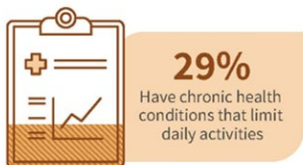
8. **Even among households earning \$120,000** – the median for the region – food insecurity is affecting 1 in 5 households.

Prevalence of food insecurity by household income



9. Food insecure people are **twice as likely to have chronic health conditions** that limit their daily activities compared to food secure people.

FOOD INSECURE



FOOD SECURE



10. **Collective action is needed** to address the sustained rates of food insecurity and persistent inequities in our region. CAFB’s recommended strategies include:

- Increase the accessibility of the food assistance network
- Accelerate “Food Is Medicine” interventions
- Maintain and enhance government support
- Enable integrated approaches to addressing poverty