



Food Bank of Contra Costa and Solano

Hunger Study 2018

Presented to the Board of Supervisors
on September 11, 2018

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State of Hunger



**Hunger Study
2018**

Findings – Low Incomes and High Housing Costs



- **Incomes are too low:**
92% of households have a total income of less than \$35,000 a year
- **Housing costs are too high:**
72% of respondents reported paying more than 50% of their income on housing

Findings – Tough Choices



OR

62%

chose to pay
for utilities



61%

chose to pay for
transportation



55%

chose to pay for
rent or mortgage



33%

chose to pay for
medicine/medical care

Findings - Hunger and Health

- **52% had a household member with high blood pressure**
- **37% had a household member with diabetes**
- **41% had a household member with depression/anxiety**





Questions?