

2025 Hunger Report Briefing

to the Prince George's County Council
Health, Human Services & Public Safety Committee
October 2, 2025

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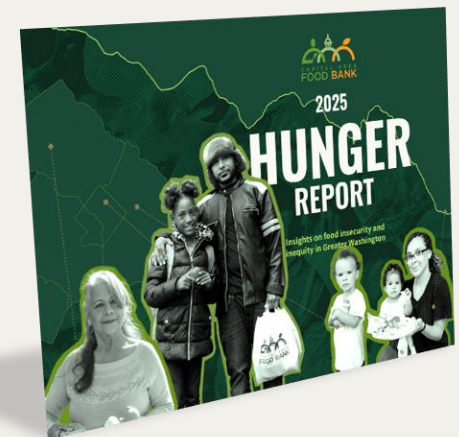
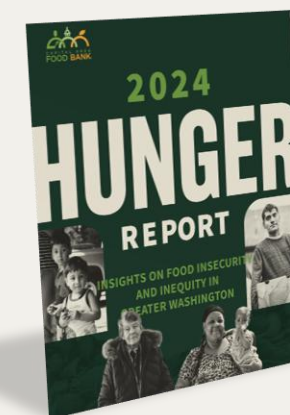
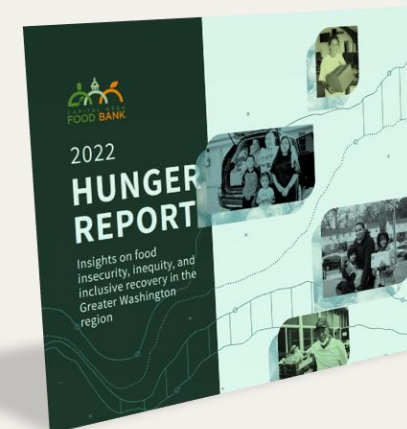
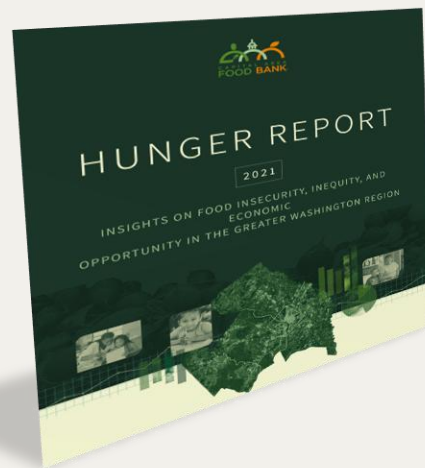
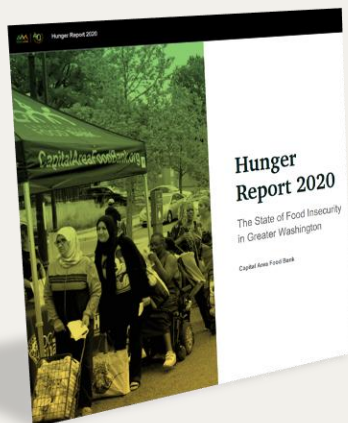
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Hunger Report Overview

- CAFB has published a Hunger Report **every year since 2020**
- These reports offer **unique insights on the landscape of food insecurity** and underlying household economics in our region
- We conduct **general population surveys** (n = 4,000 on average) with trusted research partner **NORC** at the University of Chicago
- The Hunger Report is referenced by a **range of stakeholders**, including media, policymakers, regional economic development stakeholders, academia, and other nonprofits
- We **engage directly with clients** in the research, narrative-building, and story-telling of the report

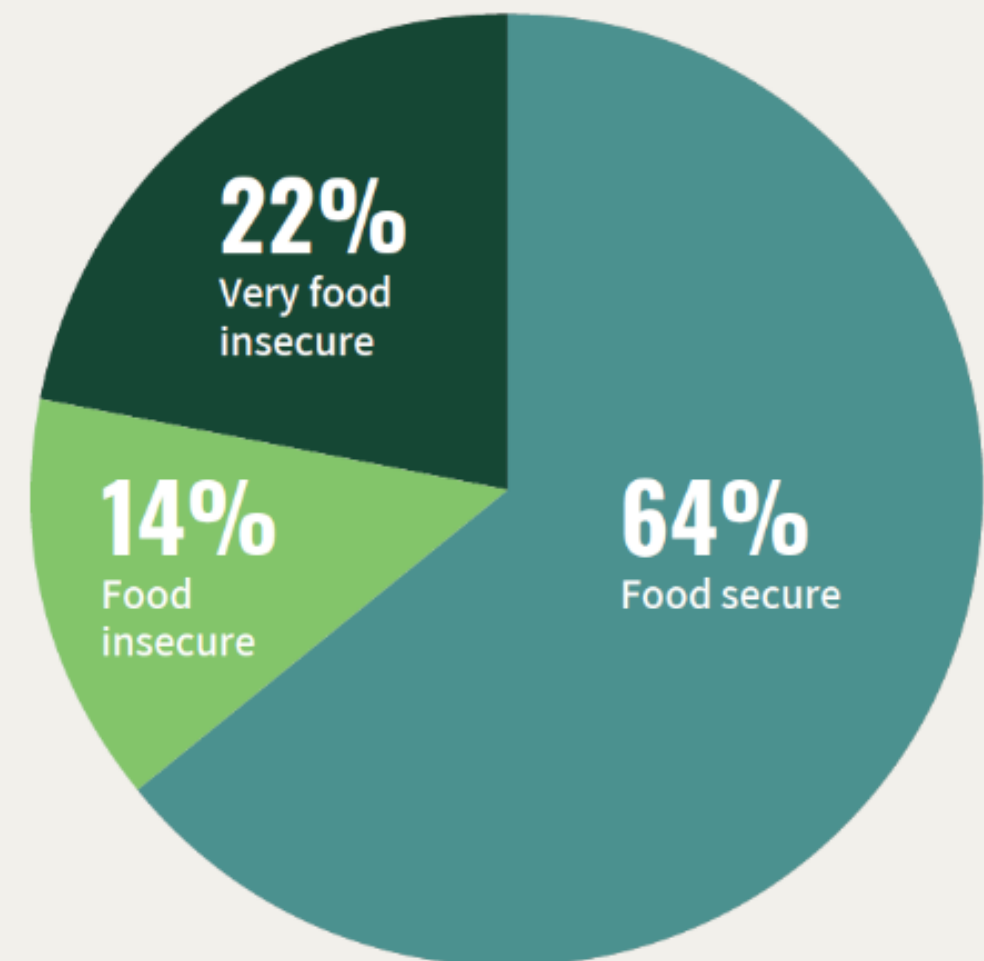


Key Finding #1:

Food insecurity remains elevated across Greater Washington

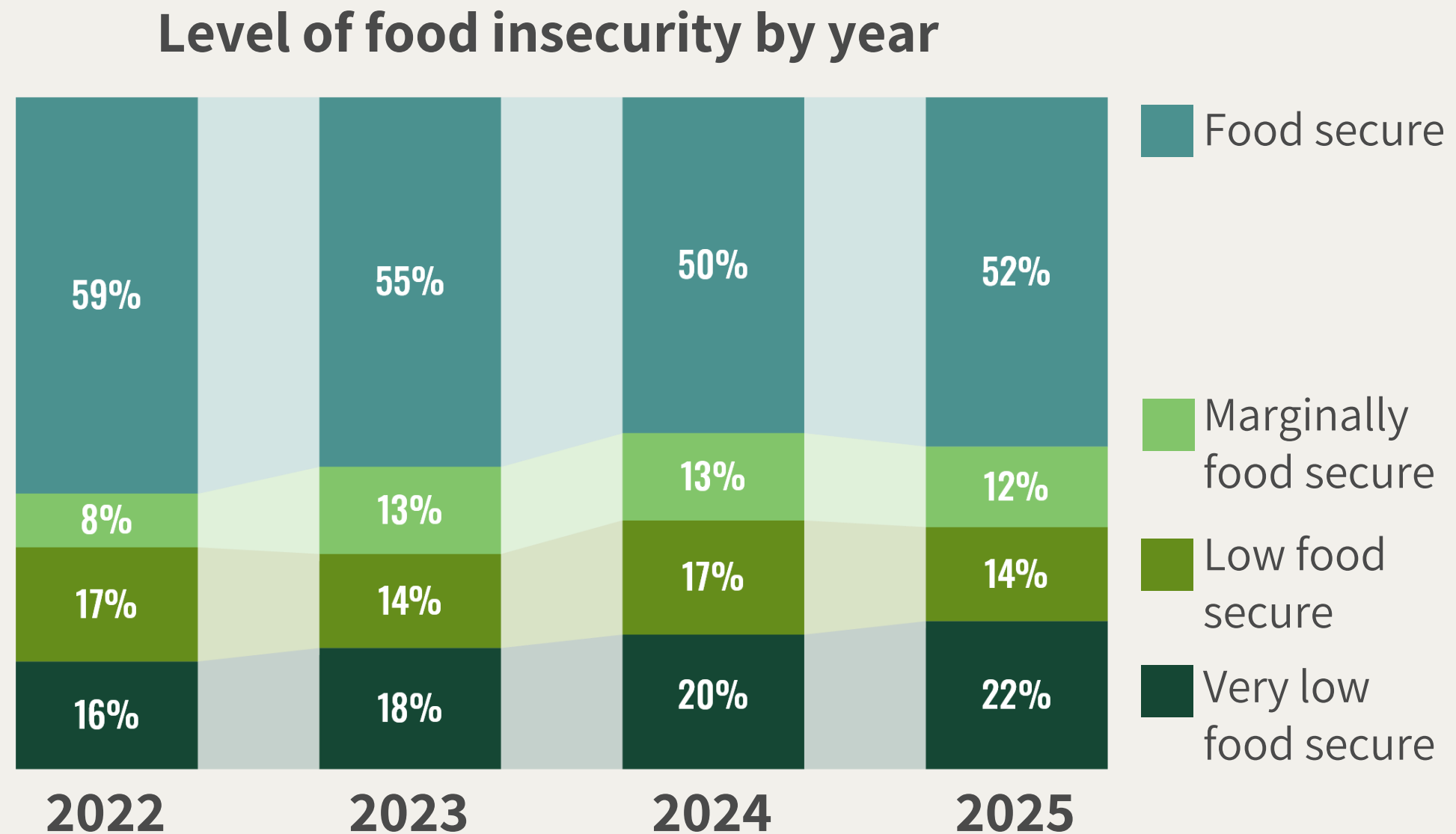
- As of June 2025, when the survey was fielded, **36% of households in the DMV experienced food insecurity** — nearly unchanged from 37% in 2024, but up from 32% in 2023
- **High rates have persisted across all geographies, races, and income groups**, following a sharp rise in 2024

Prevalence of food insecurity in the DMV

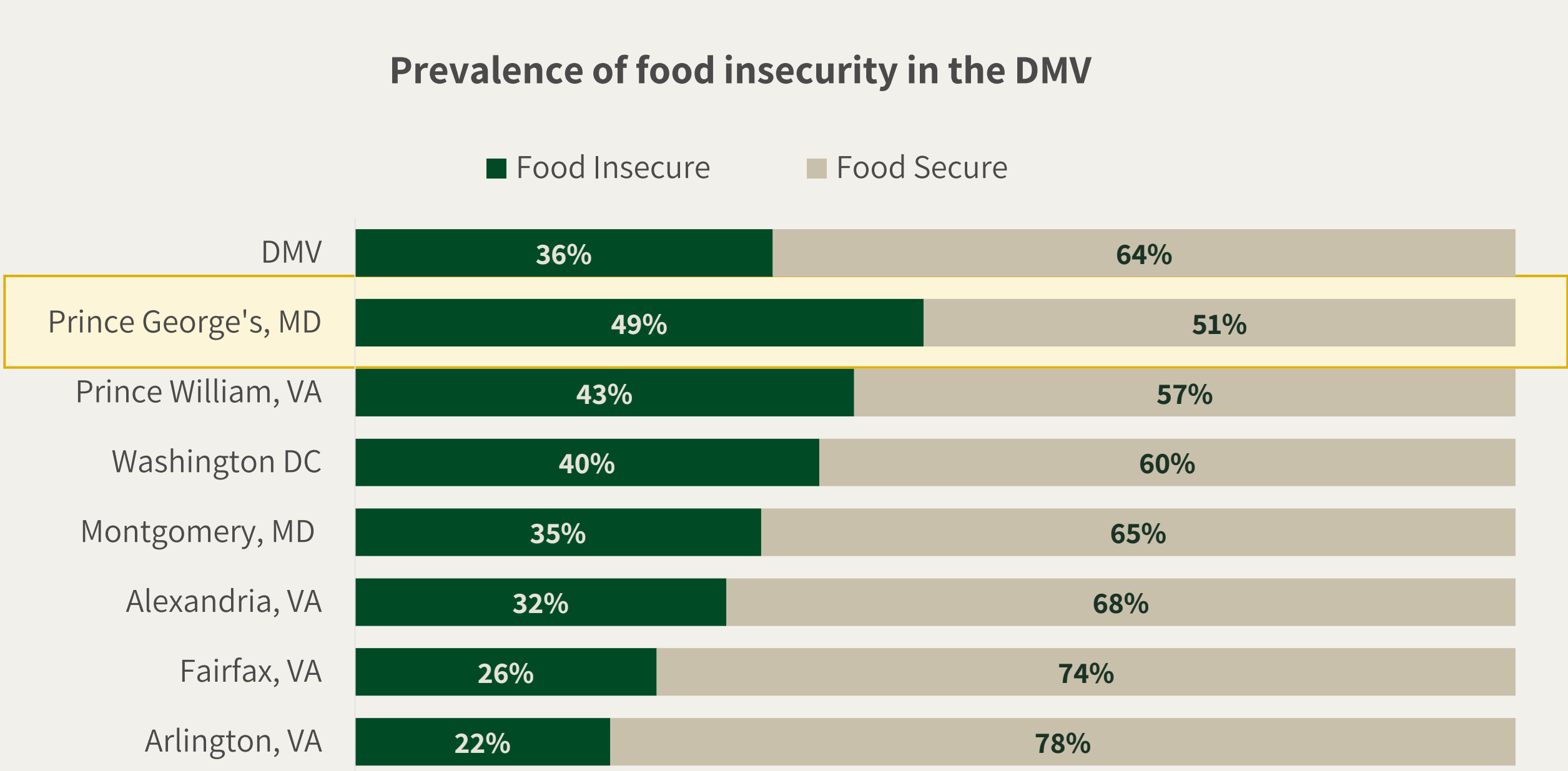


Key Finding #2: Very low food security, the most severe status, now affects over 800,000 people in the DMV

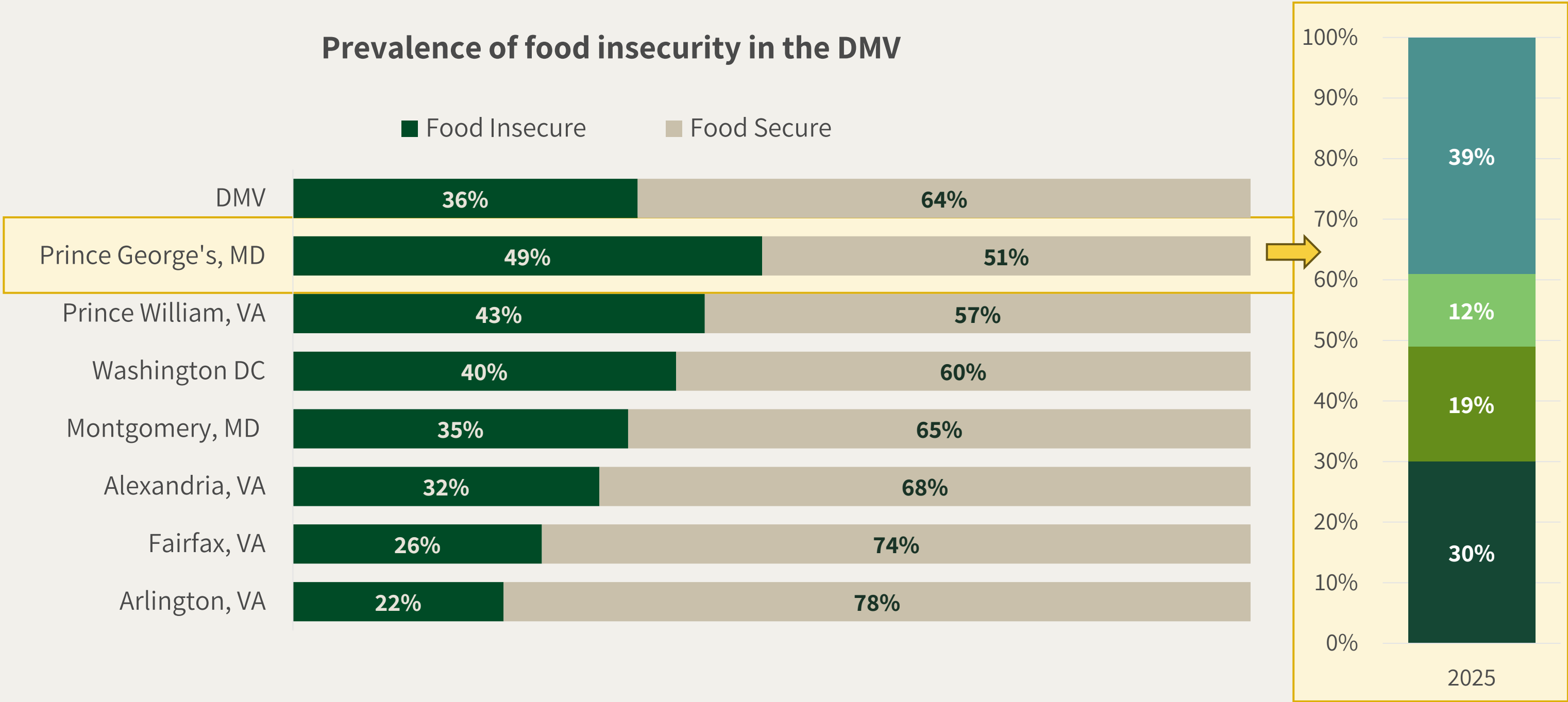
- **Very low food security** is the most severe form of food insecurity, where people face disrupted eating and reduced food intake
- This category grew from **16% to 22% in 4 years**
- **Over 800,000 people** are now in this category, up about 75,000 each year



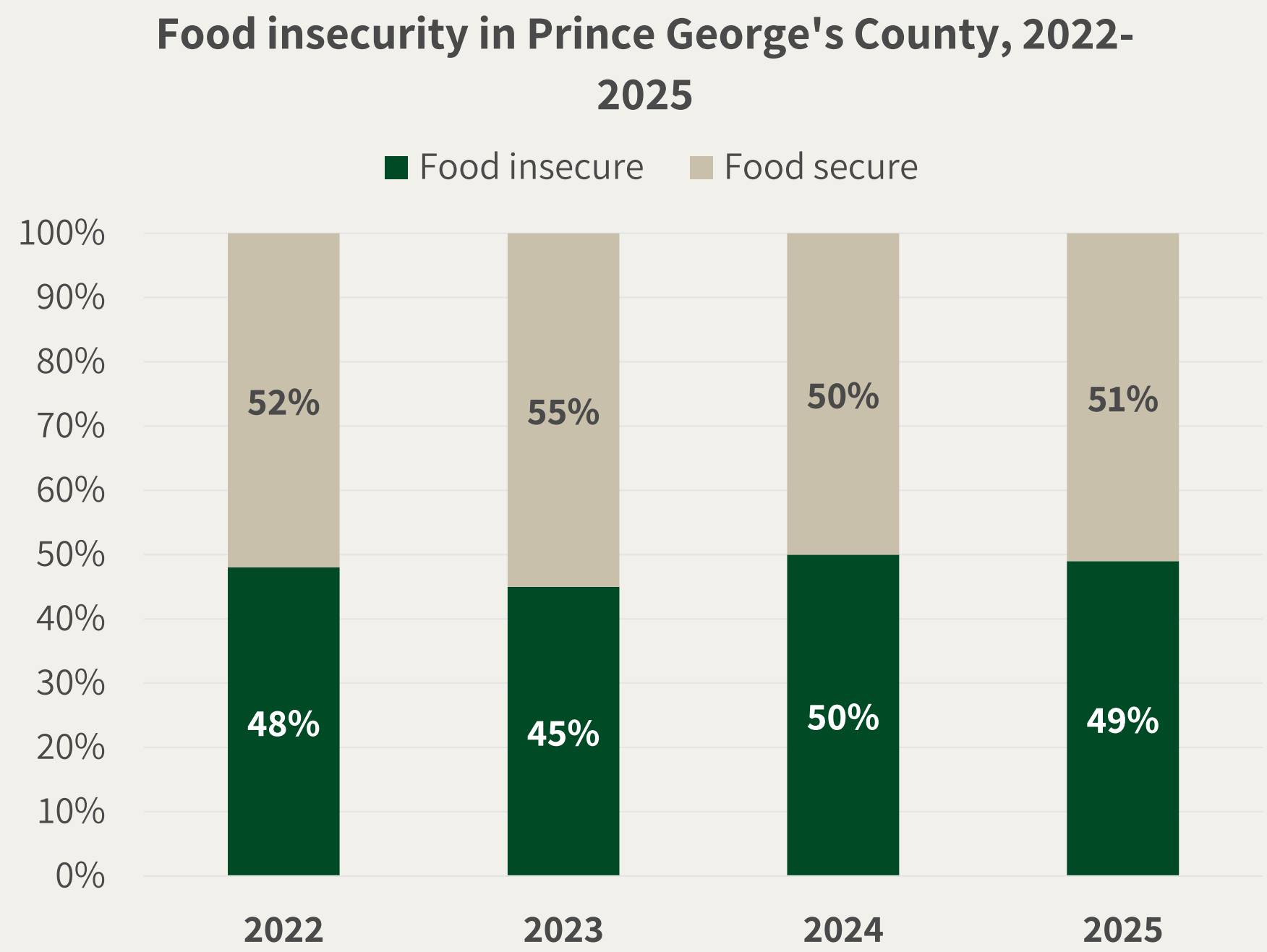
Key Finding #3:
At the county level, food insecurity varies from 22% to 49%



Key Finding #4: In Prince George’s County, 3 in 5 food insecure people are severely food insecure



Key Finding #5:
In Prince George's County, food insecurity has hovered between 45-50% since 2022



Key Finding #6: Federal downsizing is contributing to a new wave of food insecurity

Estimated employment losses in the DMV due to federal government contraction



14,500

FEDERAL RIFS¹

Sources: Office of Personnel Management;
U.C. Census; CNN Reporting.



3,240

FEDERAL CONTRACTOR
LAYOFFS²

Sources: WARN notices in CAFB's service
area; General Services Administration.



11,250

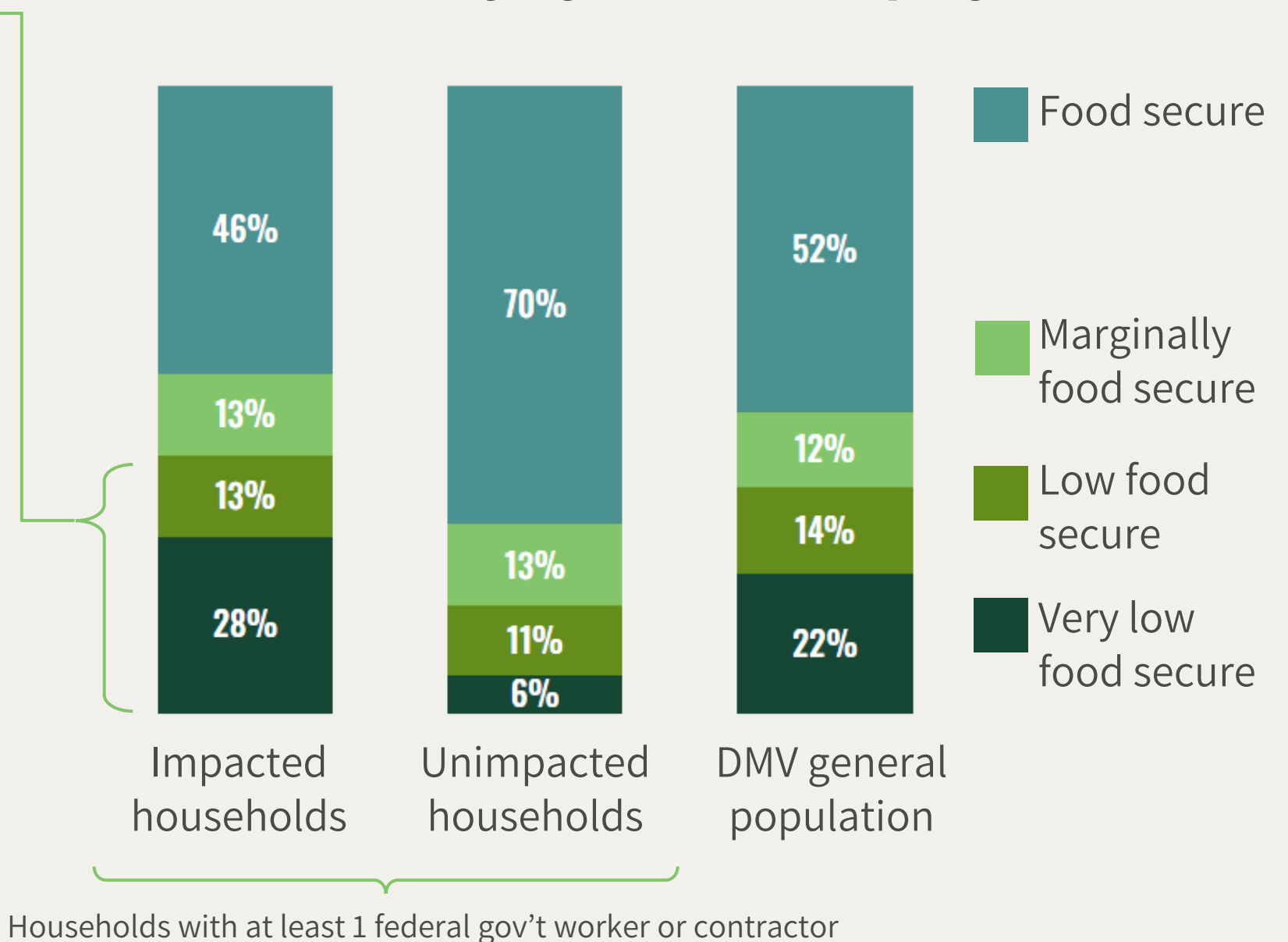
FORK-IN-THE-ROAD
SEPARATIONS³

Source: Office of Personnel Management.

Key Finding #7: 41% of households impacted by federal spending cuts are now facing food insecurity

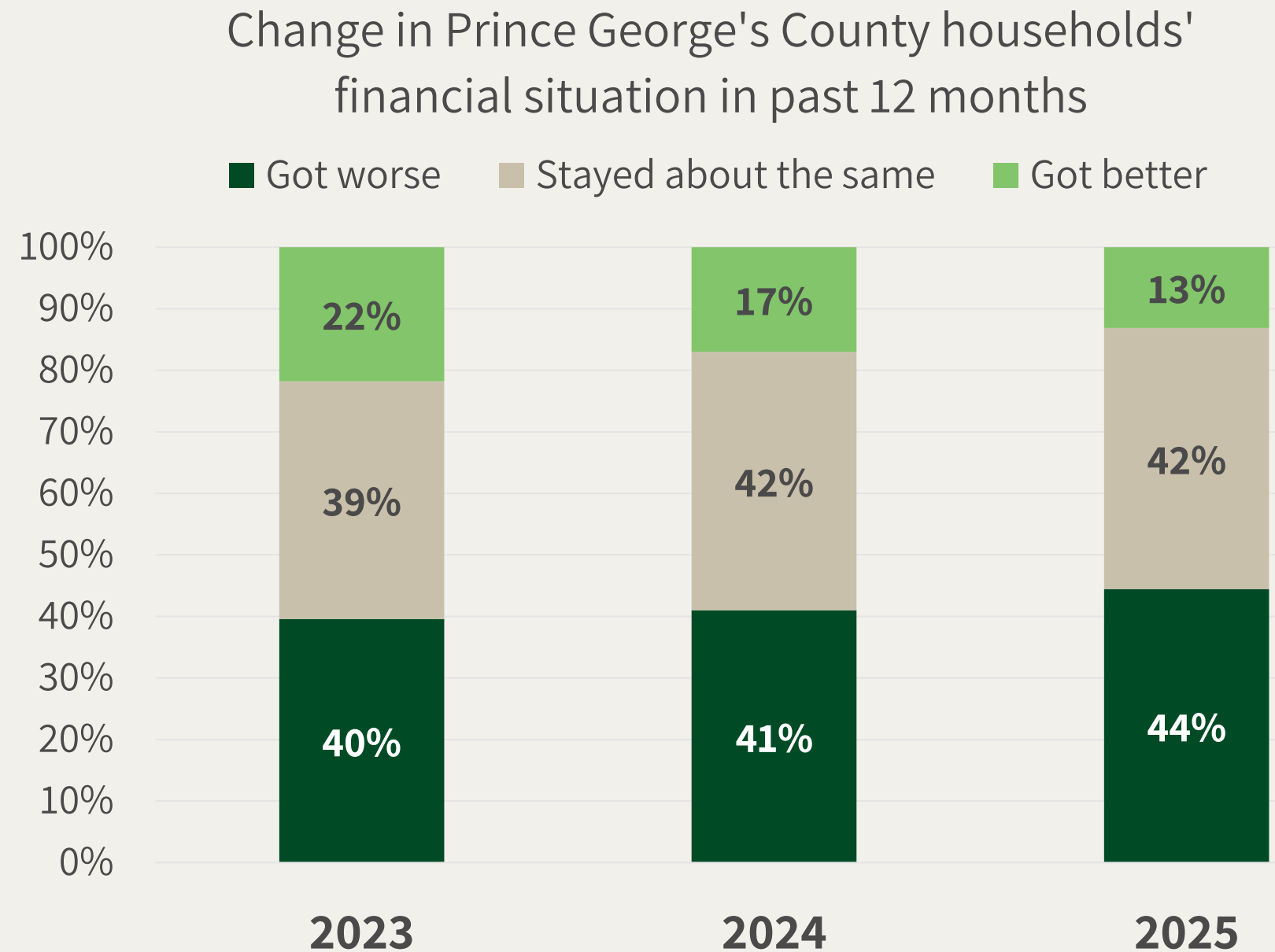
- **41%** of households affected by federal job losses are **already food insecure**
- Of these, **over two-thirds** are in the most severe category, “**very low food security**”
- Over half of impacted households have **low or no confidence in finding another job that pays similar wages.**

Food insecurity by federal employment status



Key Finding #8: In Prince George's County, an increasing share of residents are saying their finances are getting worse

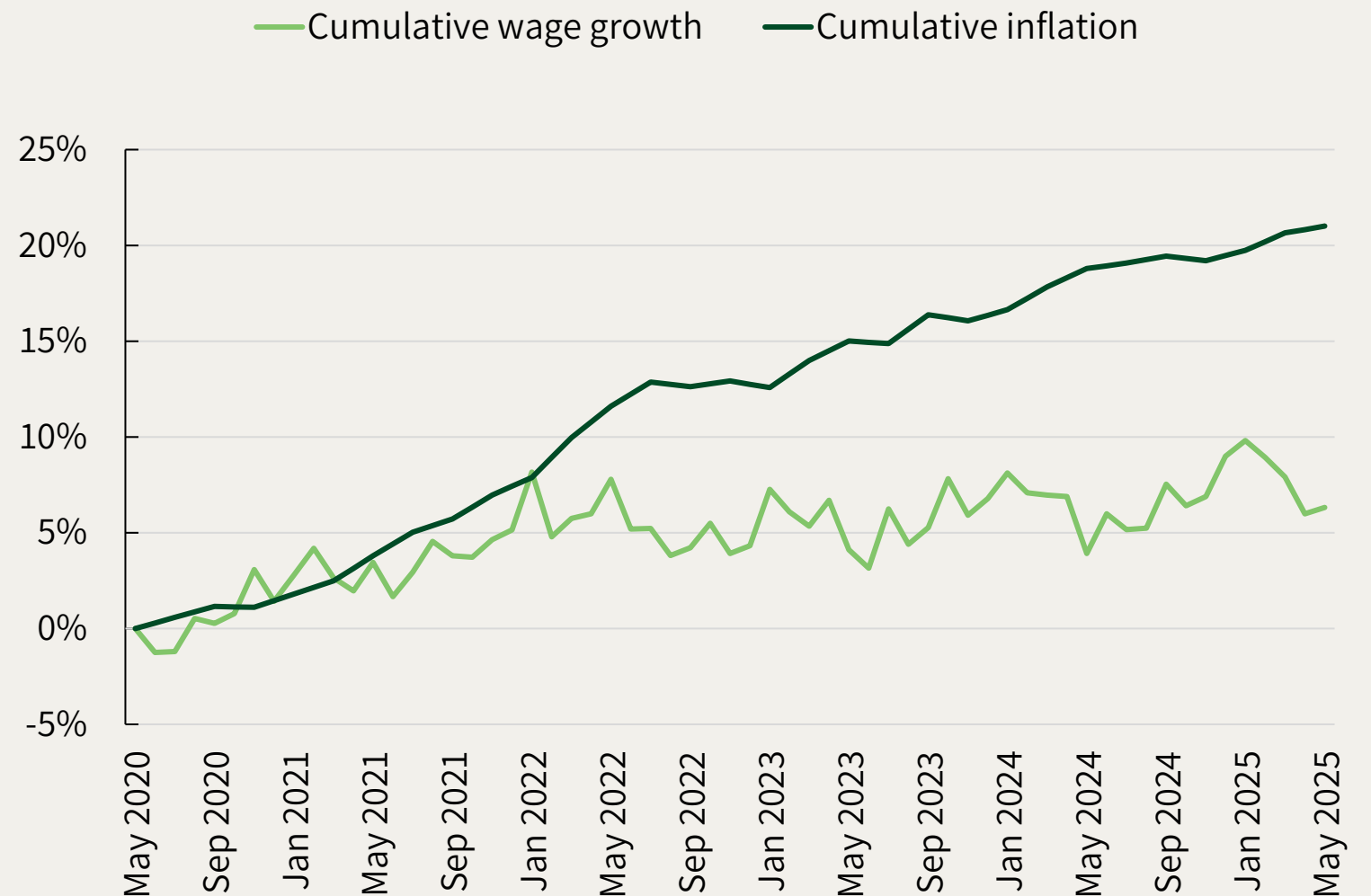
- The 2025 survey found that **44%** of adults **reported their finances are worsening** compared to last year.
- This is **up from 40%** two years ago
- **Only 13%** of adults reported improvement.



Key Finding #9: In the DMV, wage growth is lagging inflation over time

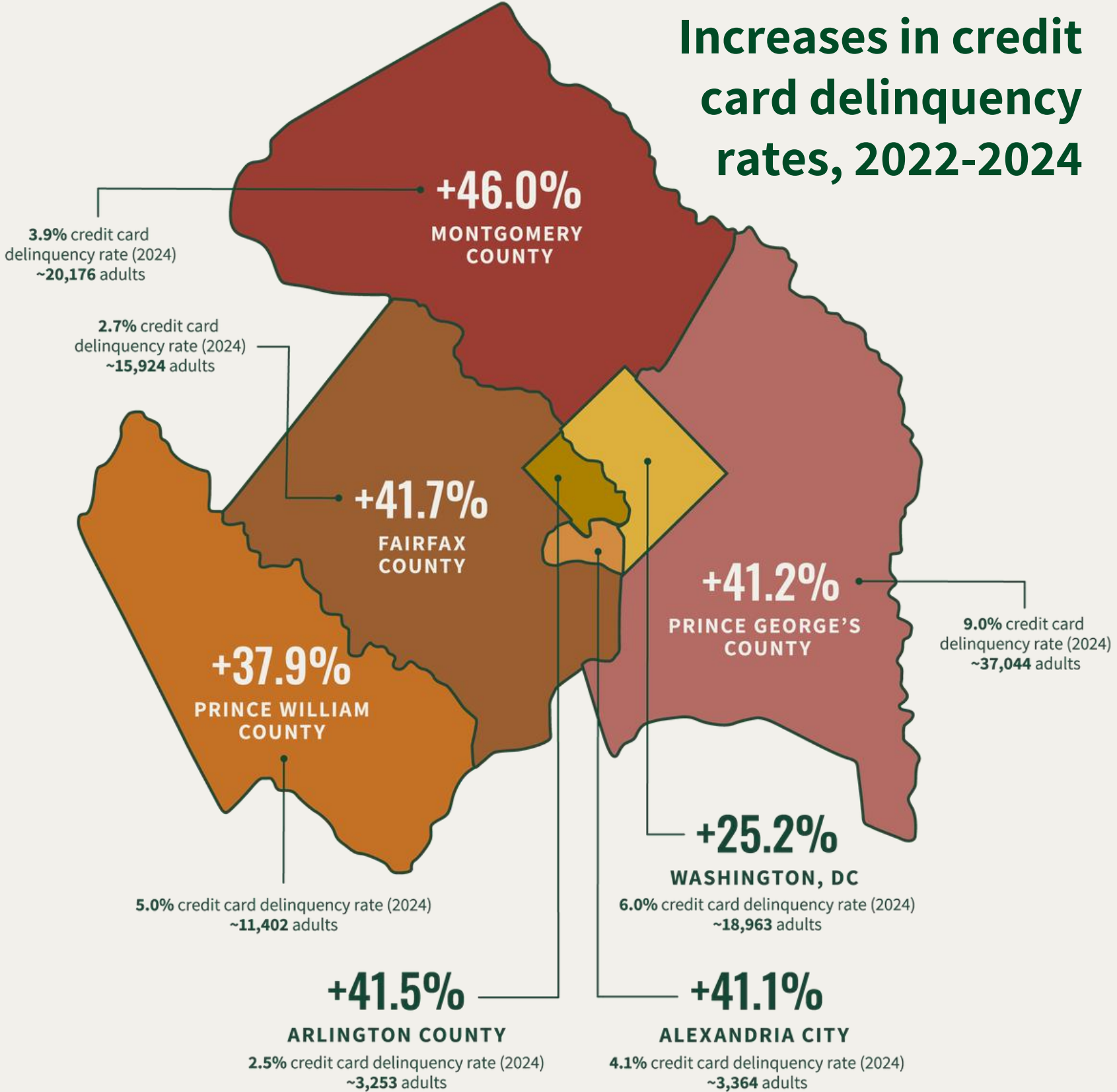
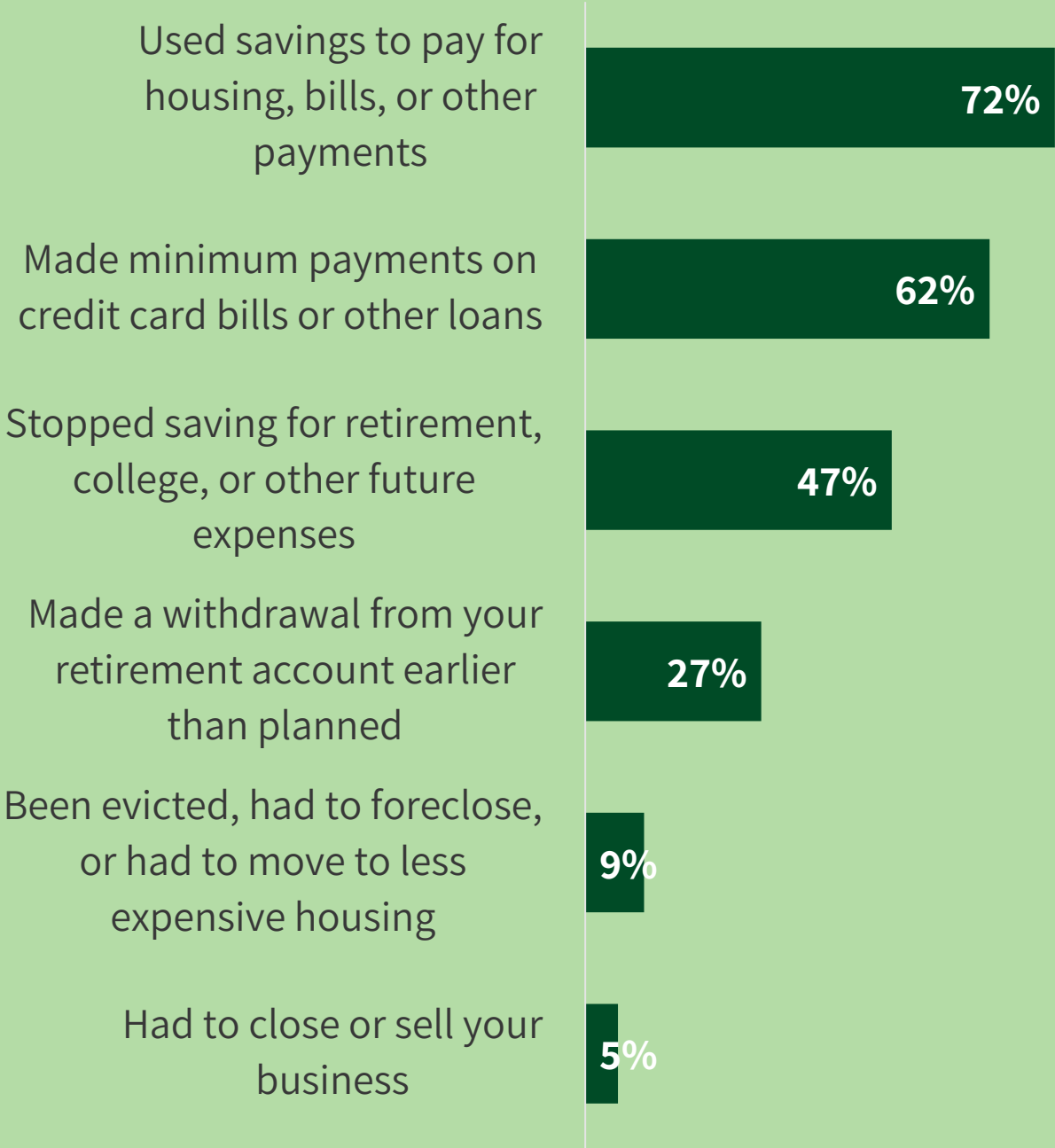
- Food insecurity has stayed high **despite strong GDP** and **low unemployment**
- Since May 2020, the cumulative growth in regional CPI is **21%**, compared to just **6%** in cumulative wage growth
- **Real wages in the DMV have fallen** faster than the national average

Cumulative inflation and wage growth in the DMV



Sources: Bureau of Labor Statistics; Federal Reserve Bank of St. Louis

Key Finding #10: County residents are using a range of financial coping mechanisms in response

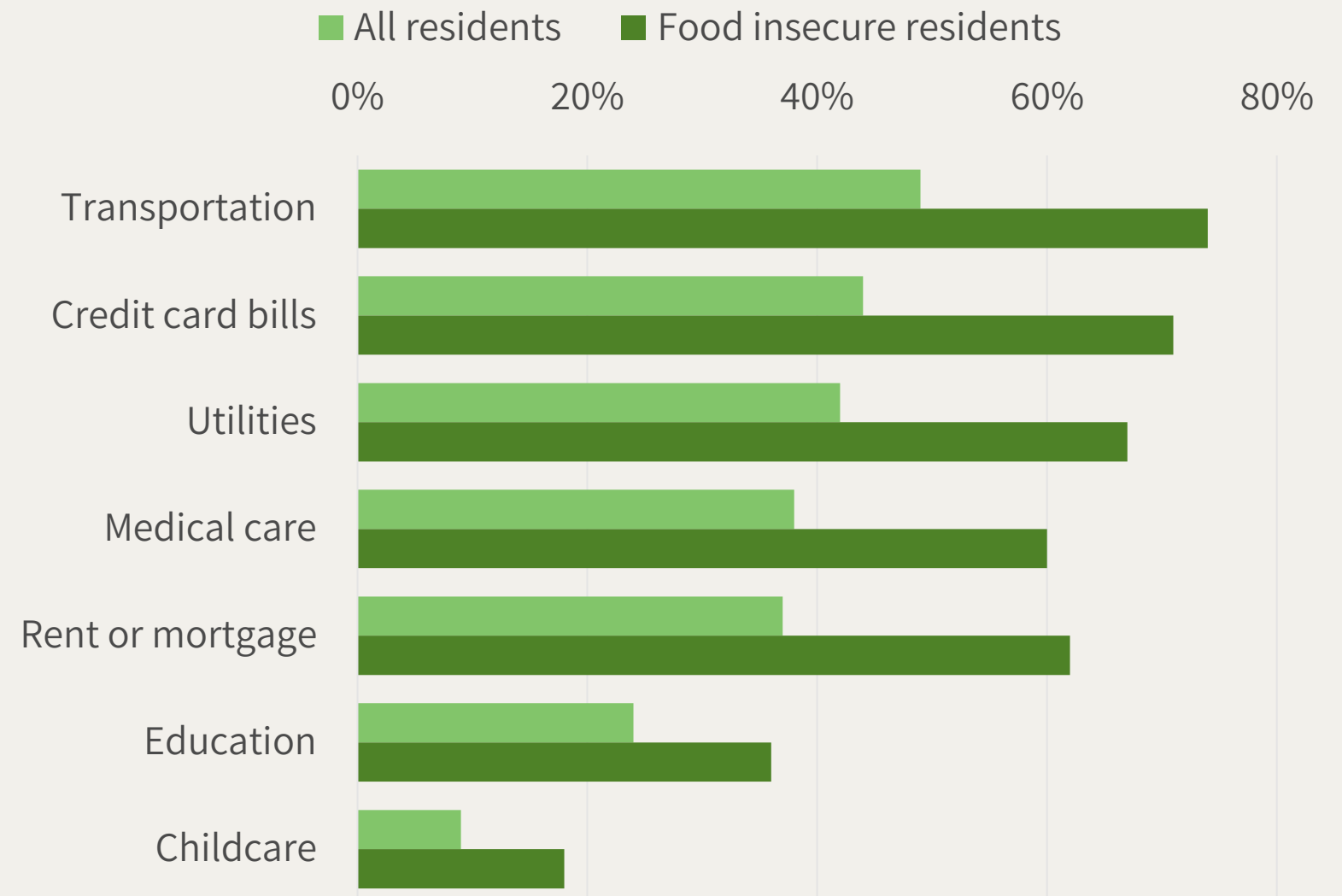


Key Finding #11:

Prince George's County residents are facing impossible tradeoffs between food and other necessities

- Households in Prince George's County are experiencing **forced tradeoffs between food and other essential expenses** like transportation and housing.
- These tradeoffs can have **harmful long-term impacts**, such as diminished ability to build wealth, poorer health, lower income potential, and loss of housing.

Forced tradeoffs between food and other expenses
by residents of Prince George's County

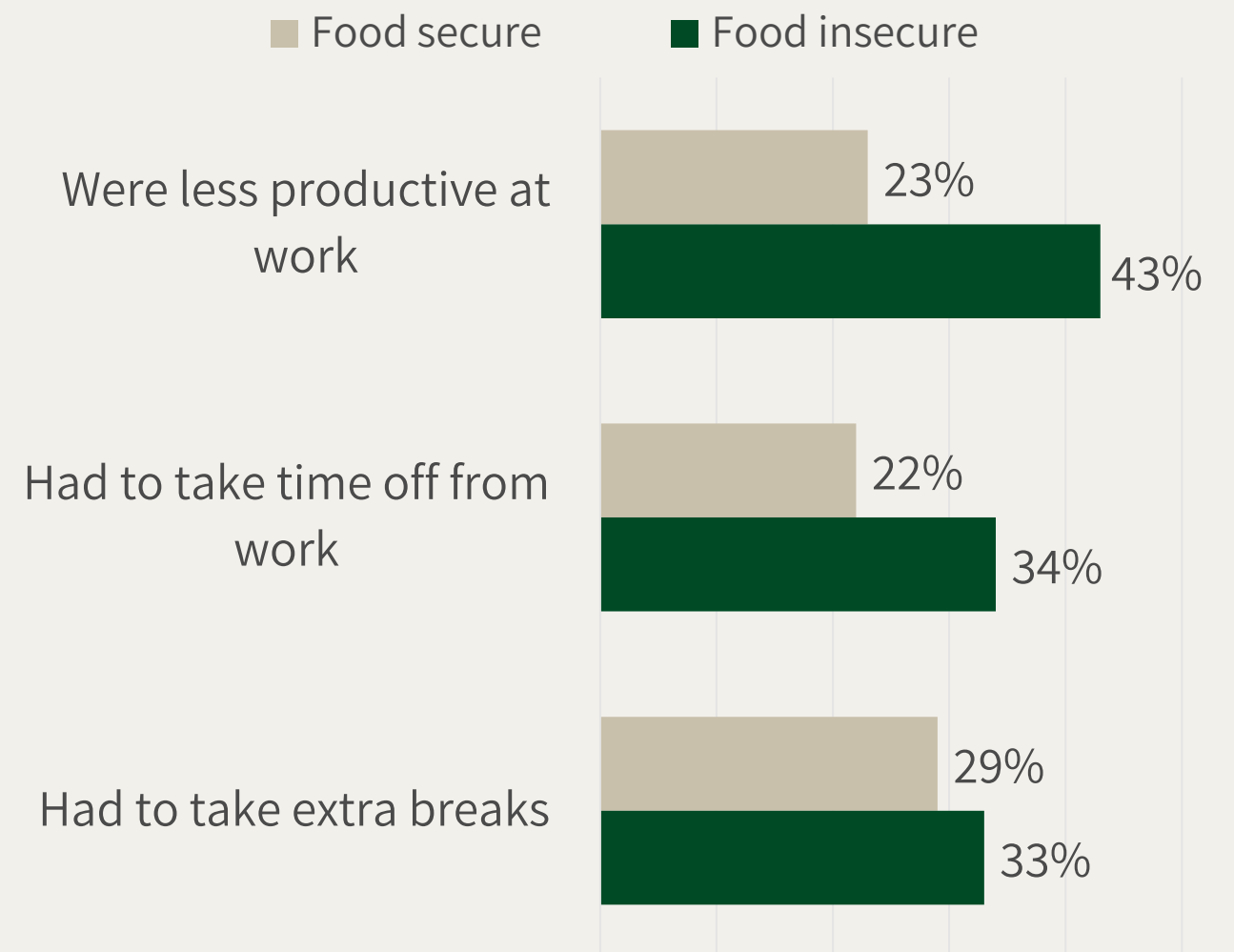


Key Finding #12:

Food insecurity coupled with chronic health conditions has measurable impacts on workforce productivity

- Food insecure adults in prince George's County report a range of chronic diseases
- Food insecure adults in the county are **more likely to experience impacts to their productivity** from a chronic disease than food secure adults
- If individuals are sidelined by illness and financial instability, **the availability and productivity of the region's potential workforce** stands to be reduced.

Impacts of food insecurity on workforce productivity



Key Finding #13: These challenges are being exacerbated by cuts to SNAP and Medicaid

- New federal legislation will **reduce SNAP benefits by an average of \$187 per month** for **50,000 families** in the DMV
Source: Urban Institute
- At the same time, **116,000 people** in the region are expected to **lose Medicaid** coverage
Source: Center on Budget & Policy Priorities
- These cuts **threaten both food access and health care**, leaving households with fewer resources to meet basic needs
- Families who **rely on both programs** (over 100,000 people) face especially severe risks

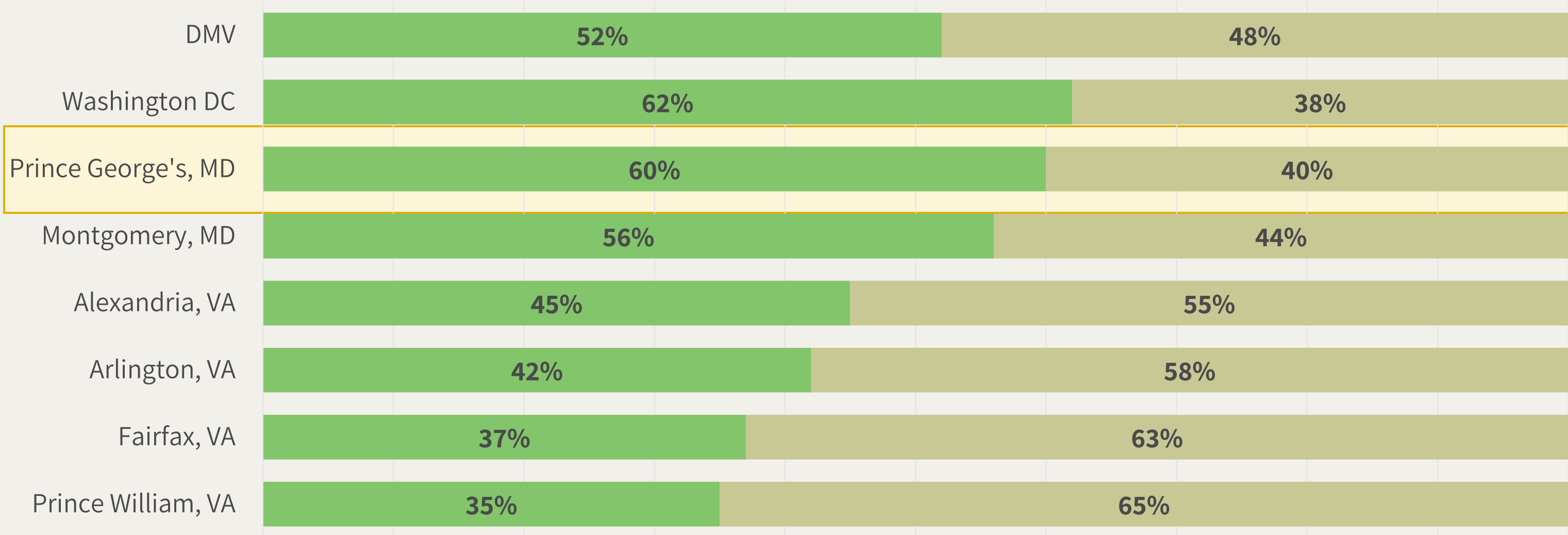


Key Finding #14:

Food insecure households are going without support from the charitable food system

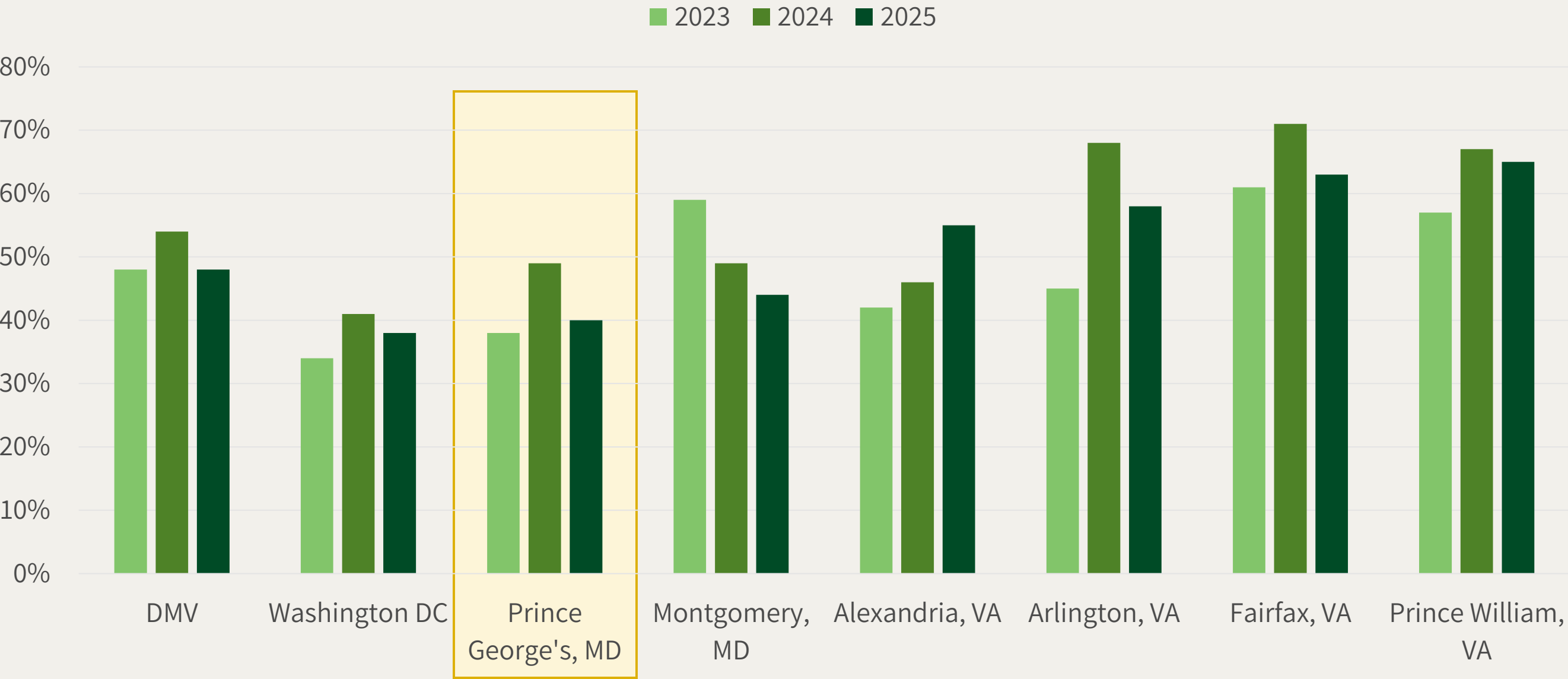
Share of food insecure people who have received charitable food in the last 12 months

Reached Unreached



Key Finding #15:
Most counties saw an increase in reach from 2024-2025

Percent of food insecure people who are unreachable, 2023-2025



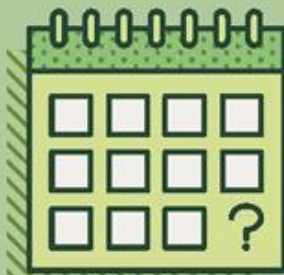
Key Finding #16: Barriers to accessing charitable food relate to awareness, convenience, and stigma

AWARENESS



48%

Not being sure if I qualify for assistance



46%

Not knowing when food will be offered



45%

Not knowing what organizations offer free groceries or meals

CONVENIENCE



39%

Not being able to attend when food is offered

STIGMA



31%

Not wanting to share my personal information



30%

Not wanting friends, family, or neighbors to know I need help



29%

Not feeling comfortable at food distributions

CAFB's Recommendations: **Coordinated action across every sector is needed**

1



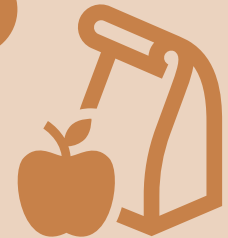
Protect families from SNAP cuts

2



Upskill food insecure individuals

3



Advance Food Is Medicine



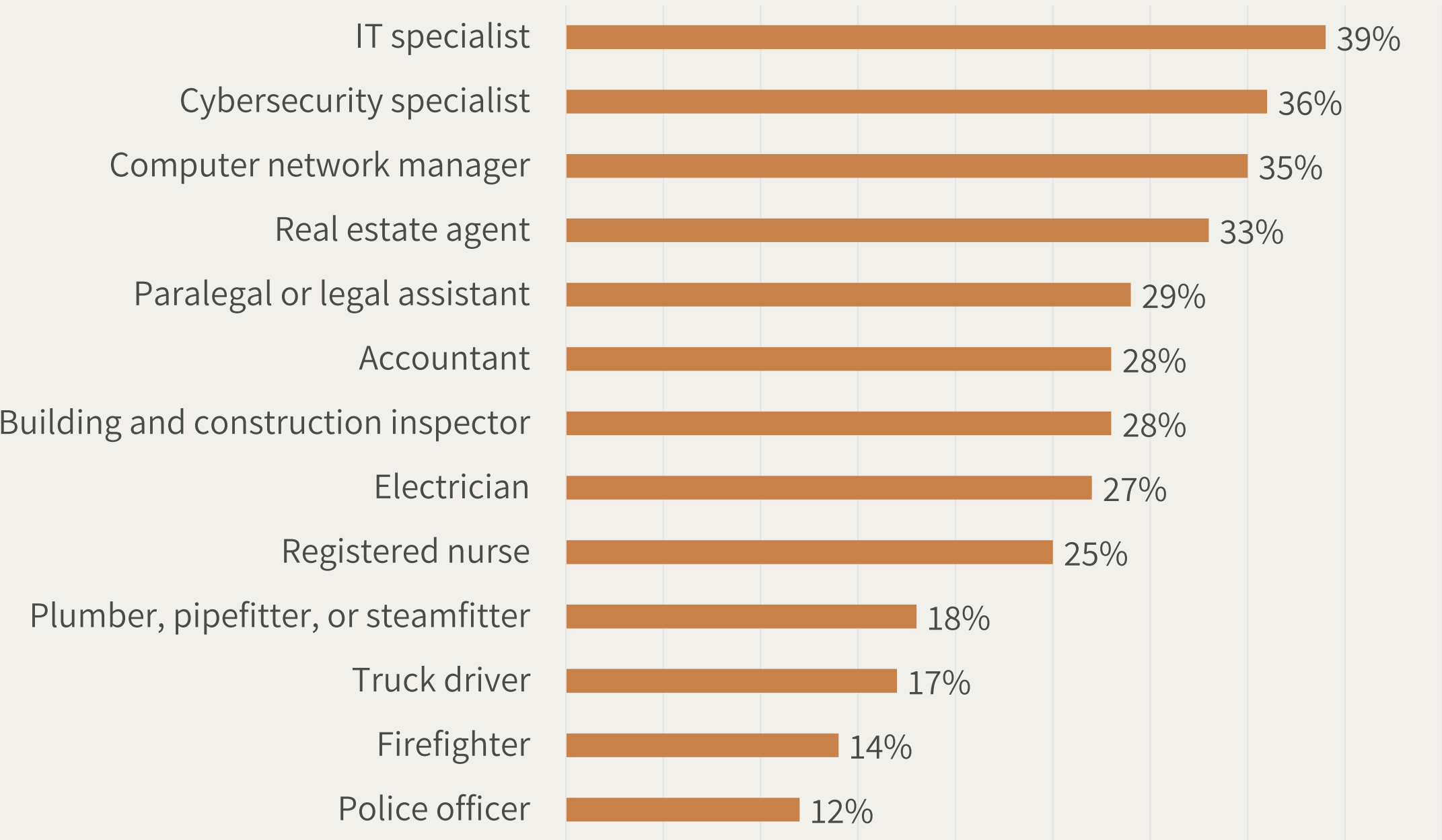
CAFB Recommendation #1: Mitigate the worst impacts of SNAP cuts

- State governments play a critical role in mitigating the worst effects of the recent federal SNAP changes.
- Maintaining and protecting **school meal programs** ensures that children in high-need areas continue receiving nutritious meals even if households lose SNAP benefits and Community Eligibility Provisions (through which many schools currently participate) are threatened.
- **Partnering with regional nonprofits** can help residents navigate SNAP eligibility, fulfill work requirements, and **maintain access to benefits** despite increased administrative complexity.

CAFB Recommendation #2: Upskill and re-skill food insecure individuals

Food insecure workers want pathways to living-wage careers that are in-demand in the DMV...

Interest in switching careers among food insecure individuals



CAFB Recommendation #2: Upskill and re-skill food insecure individuals

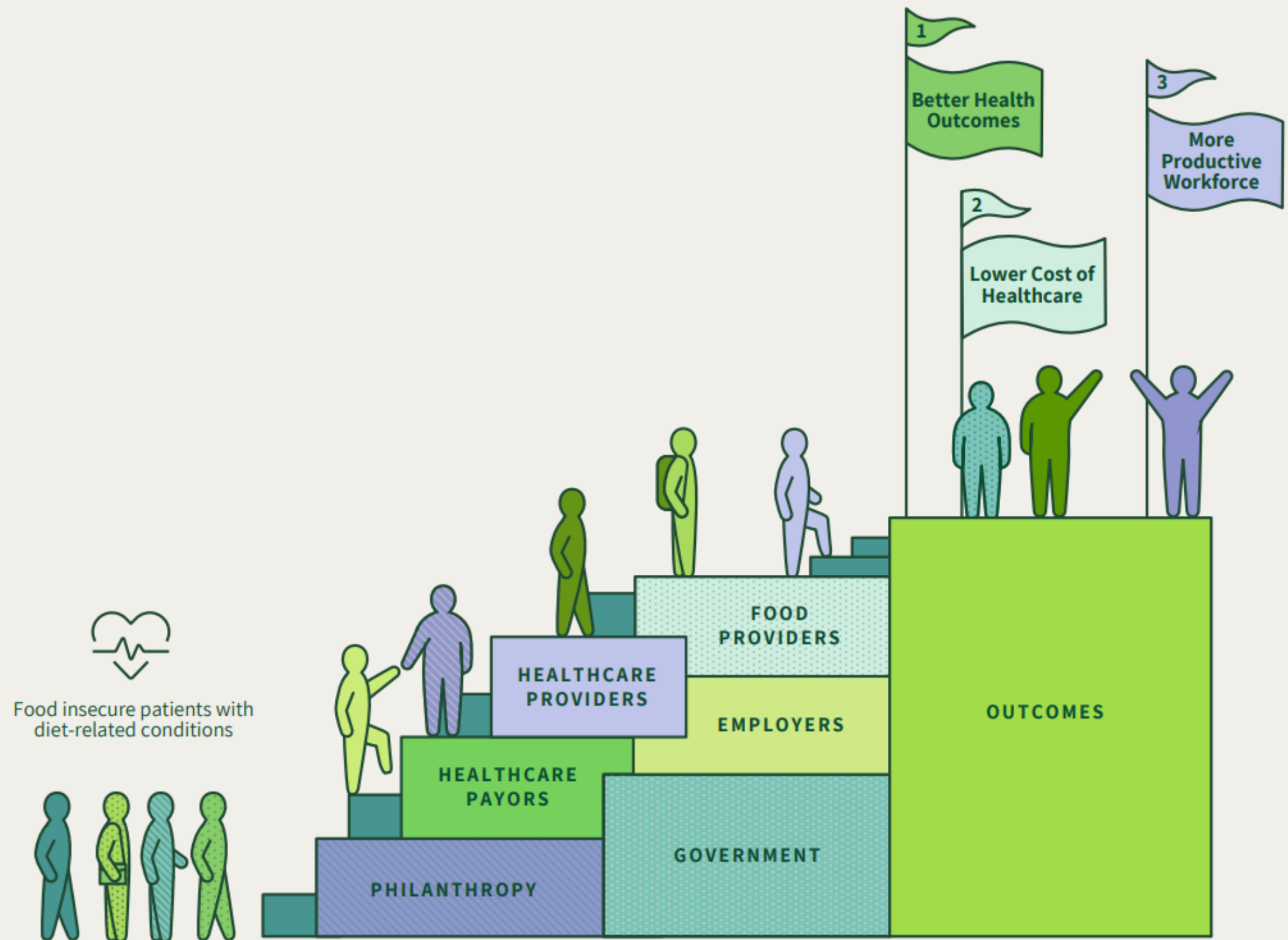
... but they face numerous barriers related to financial resilience.

Partnerships with employers and community groups can bridge barriers to skill-building

Barriers to engaging in skill development



CAFB
Recommendation #3:
Take a
system-level
approach to
“Food is
Medicine” to
ensure a
healthy,
productive
workforce.



2025 Hunger Report

Q&A



Appendix A: Demographics of food insecure population in Prince George’s County

Race	
White	4%
Black	63%
Hispanic	27%
Other	5%

U.S. vs. foreign born	
U.S. born	77%
Foreign born	23%

Household income	
<\$20k	16%
\$20k-\$40k	27%
\$40k-\$60k	23%
\$60k-\$80k	11%
\$80k-\$100k	7%
\$100k-150k	13%
\$150k-250k	1%
>\$250k	3%

Age	
18 to 29	20%
30 to 44	36%
45 to 59	23%
60 or older	21%

Country of origin (Select all that apply)	
African American	82%
Jamaican	6%
Nigerian	3%
Haitian	2%
Ghanaian	2%
Other	11%

Educational attainment	
Less than high school	10%
High school graduate	39%
Some college	29%
College graduate	13%
Post grad/professional degree	8%

Employment	
Working	57%
(Subsetting: Working more than one job)	12%
Retired	9%
Disabled	9%
Not Working	15%
Other	9%

Appendix B: Health and benefits of food insecure population in Prince George’s County

Chronic disease (self-reported)



High blood pressure or hypertension	32%
Overweight or obesity	18%
Diabetes	18%
Mental health illness	17%
Arthritis	12%
Respiratory disease	8%
Heart disease or heart attach	5%
Cancer	4%
Stroke	2%
Gastrointestinal disease	2%
Kidney/renal disease	1%

Last doctor visit



<6 months ago	41%
6-12 months ago	29%
1-2 years ago	11%
>2 years ago	14%
Never	4%

Health insurance status



Insured	81%
Uninsured	16%

Government benefits enrollment



SNAP	31%
Medicaid	12%
Free or reduced-price school meals	12%
Social Security Retirement	10%
Social Security Disability Insurance	7%
Earned Income Tax Credit	7%
Medicare	5%
Supplemental Security Income	5%
Child Tax Credit	3%
Unemployment Insurance	3%
WIC	2%
TANF	1%
Veterans Benefits	1%