IHE TELEBRIEFING



October 28, 2026

Welcome!

Today's Speakers



Anae Evangelista
Community Impact Manager
San Diego Hunger Coalition



Ashley Gain
Program Manager of
Community Engagement
Office of Emergency Services



Olufemi Aina
Associate Meteorologist
Department of Public Works
Flood Control



Jenna Wick, MD
Assistant Medical Director
Epidemiology and Immunization
Services Branch

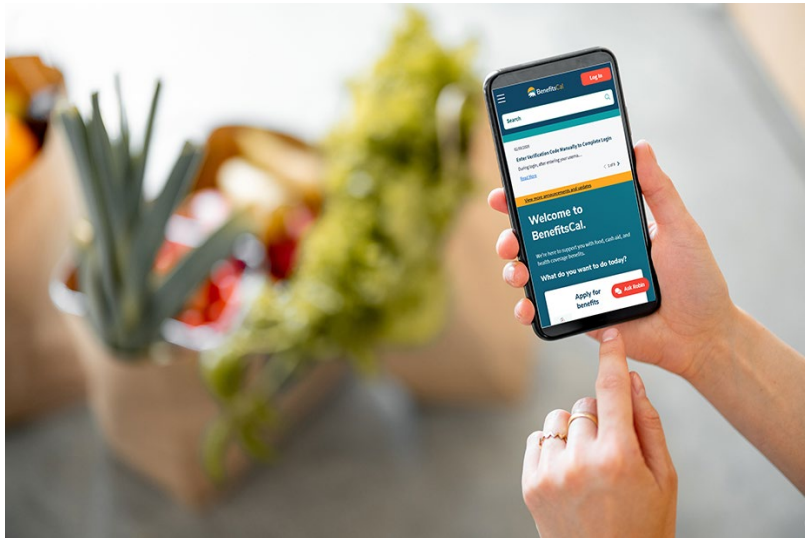
AGENDA

Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Cardoza
CalFresh Basics for College Students	Anae Evangelista
A Very Strong El Niño Likely 2026-2027	Olufemi Aina
Flood Preparedness	Ashley Gain
Public Health Updates	Dr. Wick
Q&A Session	All Panelists

Announcements

CalFresh & Medi-Cal Changes Toolkit

Visit the CalFresh and Medi-Cal Changes Toolkit for resources and materials, to request a presentation, and more.



County of San Diego Food Distributions



In partnership with The Jacobs & Cushman San Diego Food Bank and Feeding San Diego, the County of San Diego is expanding free food distributions at six community locations.

There are no income or residence requirements to receive food.

Food Distribution Schedule

Live Well on Wheels



Request the Live Well on Wheels bus for your school's events!

CalFresh for College Students

San Diego Hunger Coalition

Nutrition Insecurity in San Diego County

Nutrition Insecurity = an individual's inability to purchase 3 healthy, nutritious meals a day

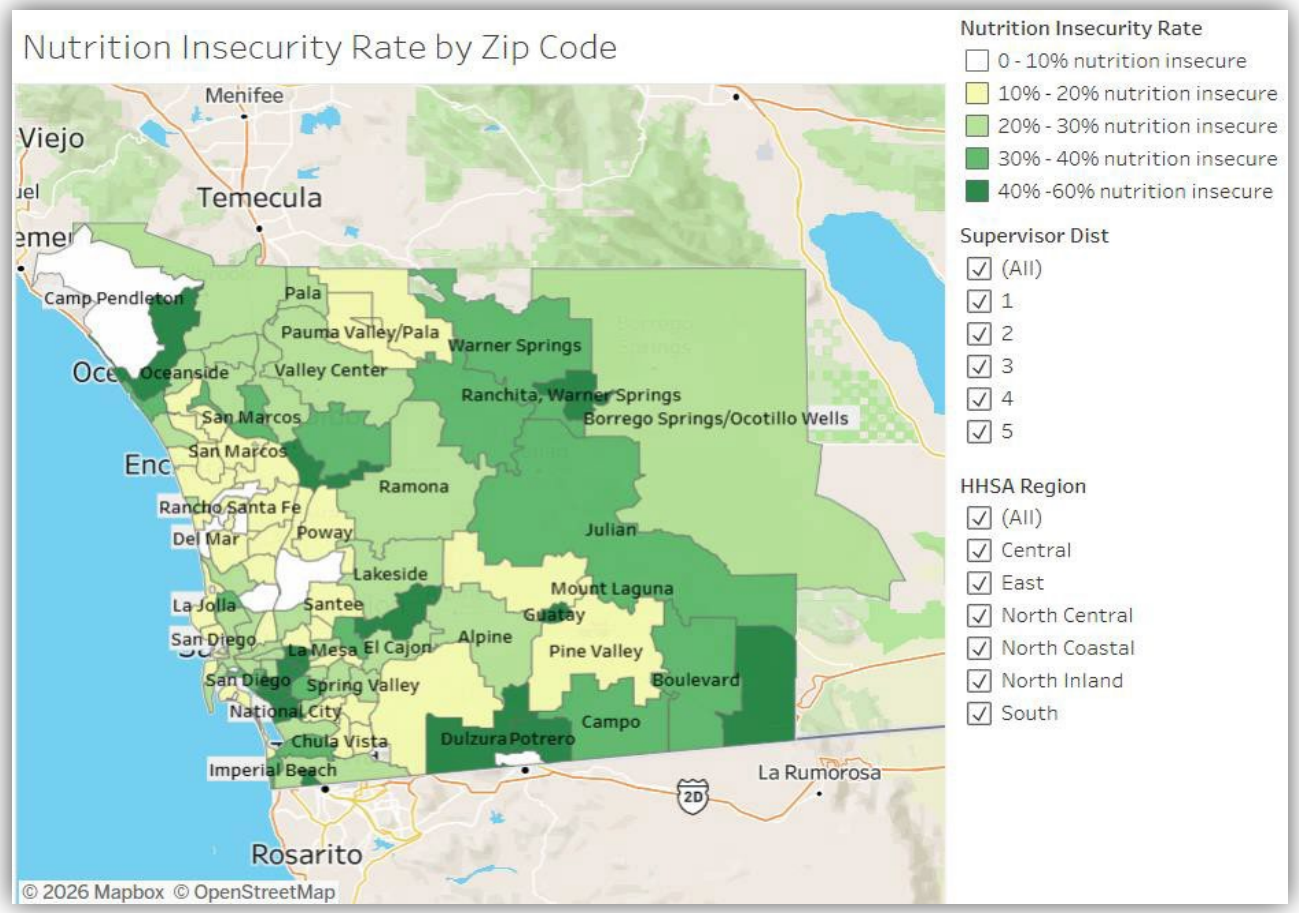
Nutrition insecure population = families with income **below 225%** of the Federal Poverty Level (FPL)

- **Family of 4 < $74,250**

2025 Federal Poverty Guidelines			
Household Size	**FPL 185%**	**FPL 200%**	**FPL 225%**
1	$28,952.50	$31,300	$35,910
2	$39,127.50	$42,300	$48,690
3	$49,302.50	$53,300	$61,470
4	**$59,477.50**	**$64,300**	**$74,250**
5	$69,652.50	$75,300	$87,030

Source: aspe.hhs.gov

Nutrition Insecurity in San Diego County (March 2026)



- **Zip codes near college campuses tend to have higher nutrition insecurity rates.**
  - University Area (92122): 14,168 nutrition insecure; 32% NIR
  - San Marcos (92069): 14,947 nutrition insecure; 31% NIR
  - College Grove (92115): 27,462 nutrition insecure; 45.3% NIR

Nutrition Insecurity for College Students

- **According to a report published by the University of California, 51.7% of undergraduate students reported facing food insecurity in 2024.**
  - 40% of students of color are nutrition insecure
  - 56% of first-generation students are nutrition insecure
  - 51% of LGBTQ+ students are nutrition insecure.
  - The average 4-year graduation rate is 11% lower for students facing food insecurity.

CalFresh

CalFresh is a **federal food assistance program** that provides recipients with money to **purchase food** each month

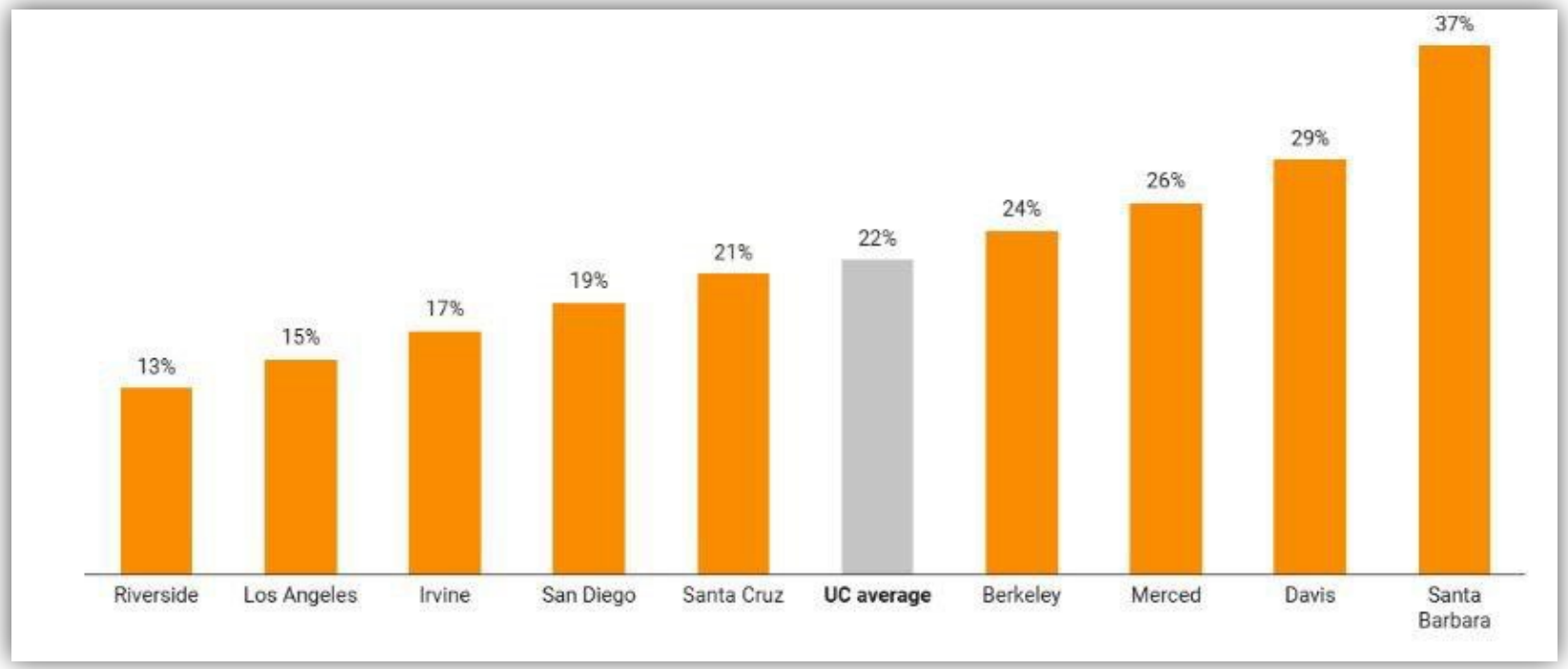
- Also known as SNAP *(Formerly known as "Food Stamps")*
- May be accepted at grocery stores, farmer's markets, and select markets on college campuses



Health and Human Services Agency administers the CalFresh Program *(determines eligibility and benefit amounts)*.

Local CBOs can help residents with the application process.

CalFresh Participation Rate



- **According to a 2024 report from the CA Policy lab, only 22 percent of eligible UC undergraduates and 29 percent of eligible UC graduate students were enrolled in CalFresh.**

College Student Eligibility

College Student Definition:

- Between the age of 18-49
- Enrolled at least half-time in an institution of higher education
- Physically and mentally able to attend school and work

College Students are required to meet several requirements in order to qualify for CalFresh.

- Being of eligible immigration status
- Meeting income limits (however college students are NOT subject to ABAWD work requirements as long as they are enrolled at least half-time)
- Providing college student documentation*
- Meeting a student exemption (at least one)*

CalFresh Income Eligibility and Benefits

CalFresh monthly income limits have increased as of October 1st.

Household size	Gross Monthly Income *200% FPL*	Monthly CalFresh Benefit Range
1	$2,660	$25-306
2	$3,608	$25-562
3	$4,554	$25-808
4	$5,500	$25-1,023
5	$6,448	$25-1,183
+ Family Member	+ $948	+ $225

Income guidelines are effective from October 1st 2026-September 30th 2027

College Student Eligibility

In order to qualify for CalFresh benefits, college students will need to meet at least one eligibility exemption.

- CalFresh Exemptions Include:
  - Federal/State Work Study Accepted
  - CalGrant A or B
    - TANF funded & CSAC letter (see next 2 slides)
  - Enrolled in an approved LPIE*
    - Being enrolled in a certain major
    - Campus Employment – no minimum hour requirement!
    - New LPIE Update (see next slide)
  - Others (can be seen on the toolkit)

College Student Eligibility

As of June 1, 2026, all associate and bachelor's degree programs offered at any California Community College (CCC), California State University (CSU), or University of California (UC) campus are LPIEs (Local Programs That Increase Employability).

- ACL 26-25

- **Verification:** No additional verification is needed, unless questionable.
- Students must be enrolled at least half-time.
- Students **do not have to have declared a major** as long as they're taking general education classes.
- This only applies to associate and bachelor degree programs at **community colleges, CSUs, and UCs**. It does not apply to any other programs.
- This **does not apply to private colleges and universities.**

College Student Eligibility

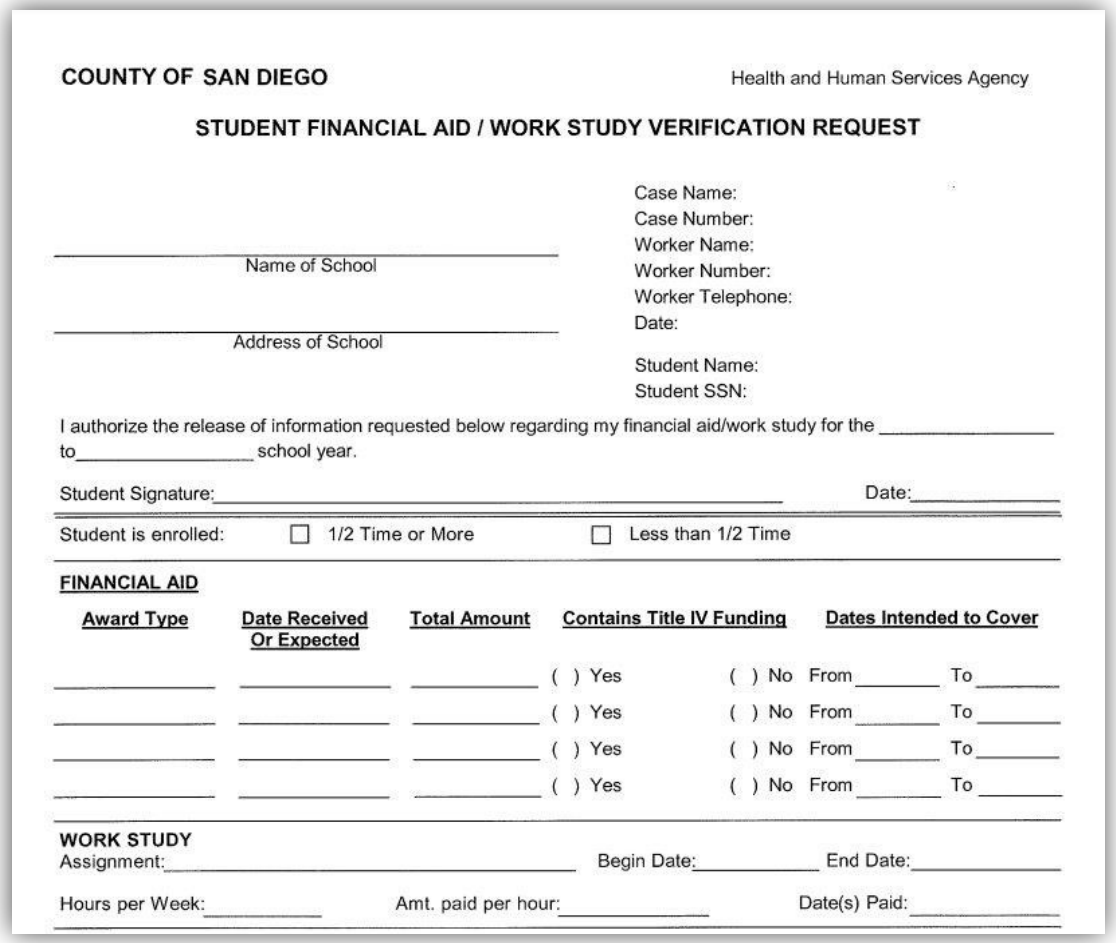
General Mandatory Documents

- Identification (I.D)
  - Student I.D. can be used
- Residency (address)
- Social Security Number
- Income
  - Including work study income.

Student - Specific Documents

- Financial Aid Award Letter
  - Or CSF 50 (Student Financial Aid/Work Study Verification Form – to be filled out by the Financial Aid office)
- Class Schedule
- Meal Plan
- LPIE Verification Letter*
- CSAC Letter (if CalGrant A or B used)
- Student Expenses (for deductions)

CSF 50 Form



COUNTY OF SAN DIEGO — Health and Human Services Agency

STUDENT FINANCIAL AID / WORK STUDY VERIFICATION REQUEST

Case Name:
Case Number:
Worker Name:
Worker Number:
Worker Telephone:
Date:

_____
Name of School

_____
Address of School

Student Name:
Student SSN:

I authorize the release of information requested below regarding my financial aid/work study for the _____ to_____ school year.

Student Signature:_____ Date:_____

Student is enrolled: ☐ 1/2 Time or More ☐ Less than 1/2 Time

FINANCIAL AID

Award Type	Date Received Or Expected	Total Amount	Contains Title IV Funding		Dates Intended to Cover	
_____	_____	_____	( ) Yes	( ) No	From _____	To _____
_____	_____	_____	( ) Yes	( ) No	From _____	To _____
_____	_____	_____	( ) Yes	( ) No	From _____	To _____
_____	_____	_____	( ) Yes	( ) No	From _____	To _____

WORK STUDY
Assignment:_____ Begin Date:_____ End Date:_____

Hours per Week:_____ Amt. paid per hour:_____ Date(s) Paid:_____

Student - Specific Documents

- If requested by the county, student can request for the college's Financial Aid Office to fill out CSF50 form.
- Typically requested when financial aid letter is unavailable.

Additional Info – Meal Plans

Certain Meal Plans can disqualify a student from CalFresh.

- What is a meal plan?
  - Some schools offer meal plans that students can use to buy meals from on-campus dining (ex. 7 "swipes" a week, each meal is worth a swipe).
- What kind of meal plan would disqualify someone from CalFresh?
  - If your dining plan allows you to purchase over 10.5 meals a week, it will disqualify you from CalFresh.
  - Note – some schools allow students to change their meal plan to a lower one!

If a student is on a meal plan, the county may expect proof of the plan.

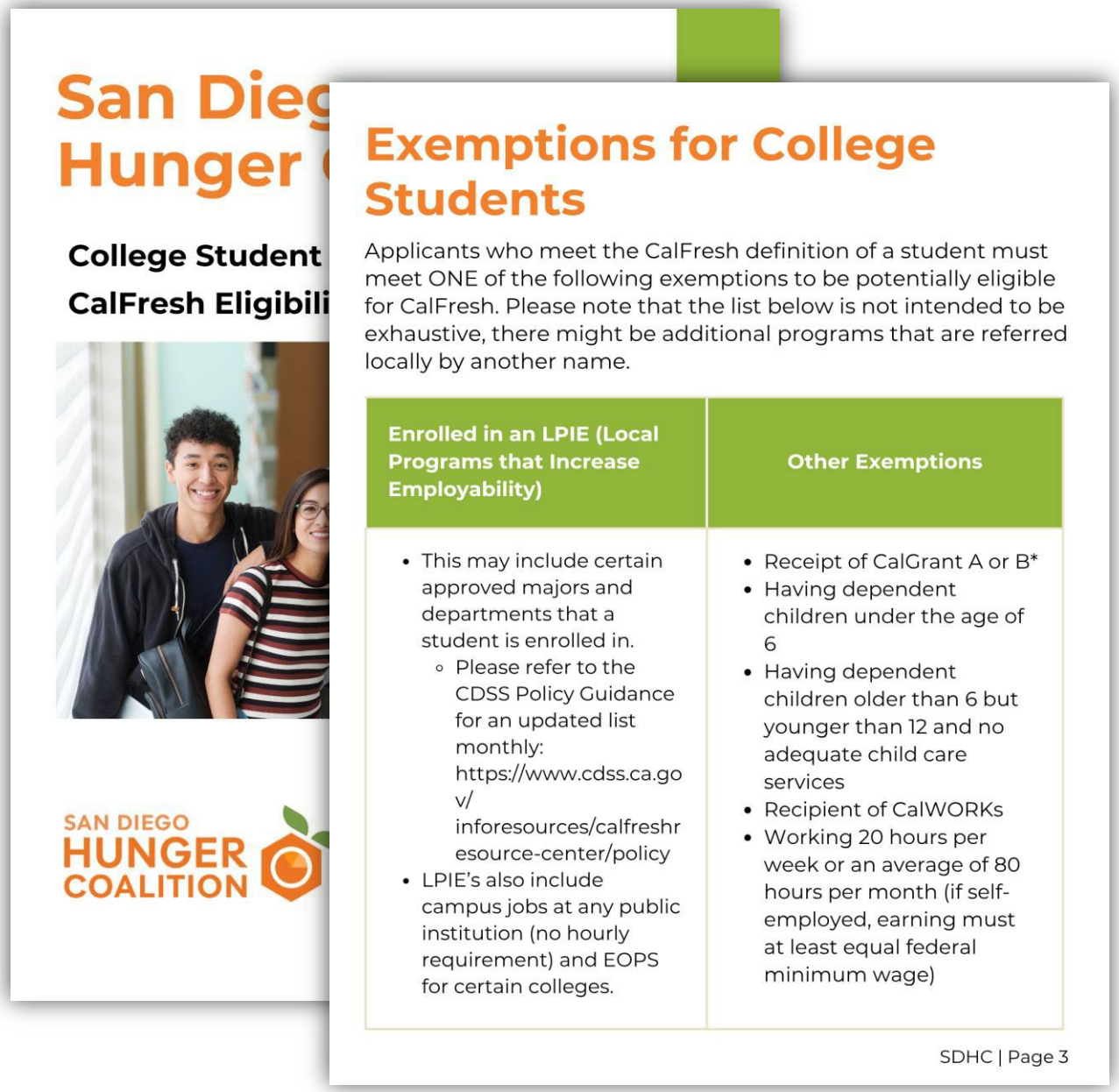
Additional Info

There are additional things to keep in mind for college student applications:

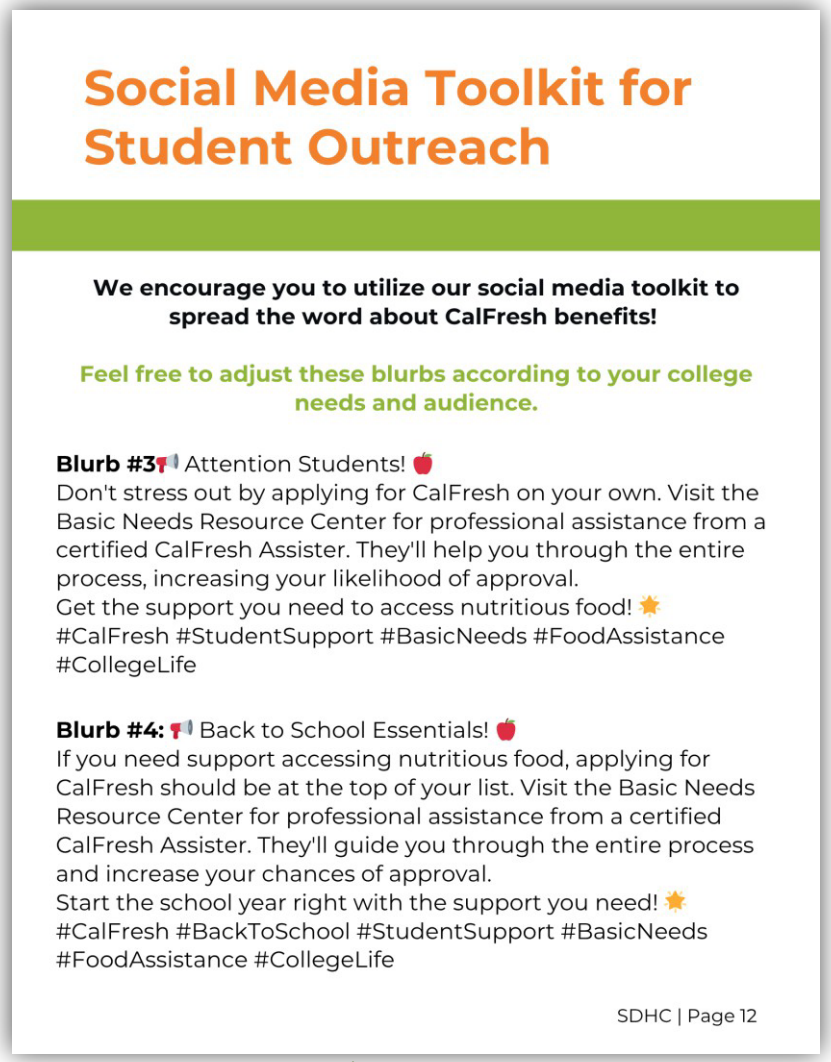
- If they are applying during a long academic break (such a summer break) and they are not taking summer classes, they will not be considered a college student on the application.*
- If they are under 22 and live with their parent(s) or legal guardian(s), they must apply with them.
  - This applies even if the parent is excluded from their financial aid or FAFSA application.

College Student Toolkit

- SDHC has developed a college student toolkit, which features information on:
  - Eligibility Information
  - Exemptions for College Students
  - Student Verification
  - FAQ
  - Social media toolkit for Student Outreach



Social Media Toolkit



Social Media Toolkit for Student Outreach

We encourage you to utilize our social media toolkit to spread the word about CalFresh benefits!

Feel free to adjust these blurbs according to your college needs and audience.

Blurb #3📢 Attention Students! 🍎
Don't stress out by applying for CalFresh on your own. Visit the Basic Needs Resource Center for professional assistance from a certified CalFresh Assister. They'll help you through the entire process, increasing your likelihood of approval.
Get the support you need to access nutritious food! 🌟
#CalFresh #StudentSupport #BasicNeeds #FoodAssistance #CollegeLife

Blurb #4: 📢 Back to School Essentials! 🍎
If you need support accessing nutritious food, applying for CalFresh should be at the top of your list. Visit the Basic Needs Resource Center for professional assistance from a certified CalFresh Assister. They'll guide you through the entire process and increase your chances of approval.
Start the school year right with the support you need! 🌟
#CalFresh #BackToSchool #StudentSupport #BasicNeeds #FoodAssistance #CollegeLife

SDHC | Page 12



College Student Toolkit includes:

- Sample captions
- Sample social media posts

CalFresh Benefits & Discounts

- ***Receiving CalFresh benefits may qualify families for additional programs & discounts, such as :***
  - SDGE Care Program
  - Head Start Program
  - Museums for All Program
  - Market Match
  - Fruits and Vegetables Pilot Project
    - Just began again at the beginning of this month
    - Limited funding – so we encourage people to make use of it while it's still here!
  - Etc.



Food Assistance Resource Flyers!



Our Mission

The San Diego Hunger Coalition works to ensure that everyone in San Diego County has equitable access to nutritious food. Through collaboration, research, education, and advocacy, we strengthen the network of organizations that connect people to food assistance.

CalFresh

CalFresh (formerly known as food stamps) provides monthly food benefits on an Electronic Benefit Transfer (EBT) card that can be used at grocery stores and farmers' markets.

Eligibility is based on household income, monthly expenses, and other factors.

CalFresh Household Size	Gross Monthly Income Eligibility (200% FPL)	Monthly CalFresh Benefits
1	$2,610	$24-298
2	$3,526	$24-546
3	$4,442	$24-785
4	$5,360	$24-994
+each additional member	+$918	+$218

*Income guidelines effective from Oct 1st 2025 to Sept. 30th 2026

Apply at benefitscal.com, call 2-1-1, or visit sdhunger.org/calfresh.

Want to learn more about your options?

Visit our website for more in-depth information about local food programs, eligibility, and how to apply.

Visit: sdhunger.org/get-food

Share this flyer in other languages:

Contact Us
(619) 501-7917
info@sdhunger.org
sdhunger.org

854 15th Street Ste 103
San Diego, CA 92101

SAN DIEGO HUNGER COALITION

Need help getting food?

Find free food assistance that fits your needs.

Summer 2026

This flyer was last updated on April 27th, 2026

- Newly updated Food Assistance Resource Flyers!
  - Eligibility information & how to connect for:
    - CalFresh
    - WIC
    - SUN Bucks
    - Food Distributions
    - Meals for Older Adults
- Available in 13 different languages (new update coming soon!)
- If you are interested in getting prints of the flyer, please send us an email!

Thank You!



Let's stay in touch

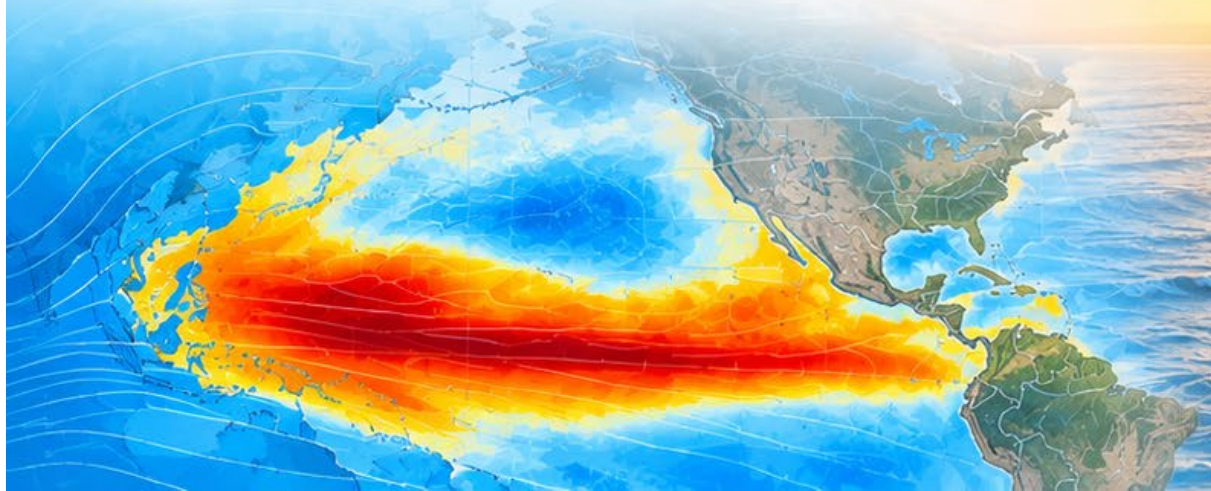
Anae Evangelista
Community Impact Manager
anae@sdhunger.org
(619) 501-7917 ext.109

Ellen Wu
VISTA, Outreach and Education Specialist
ellen @sdhunger.org
(619) 501-7917 ext.115

Very Strong El Niño Likely 2026-2027

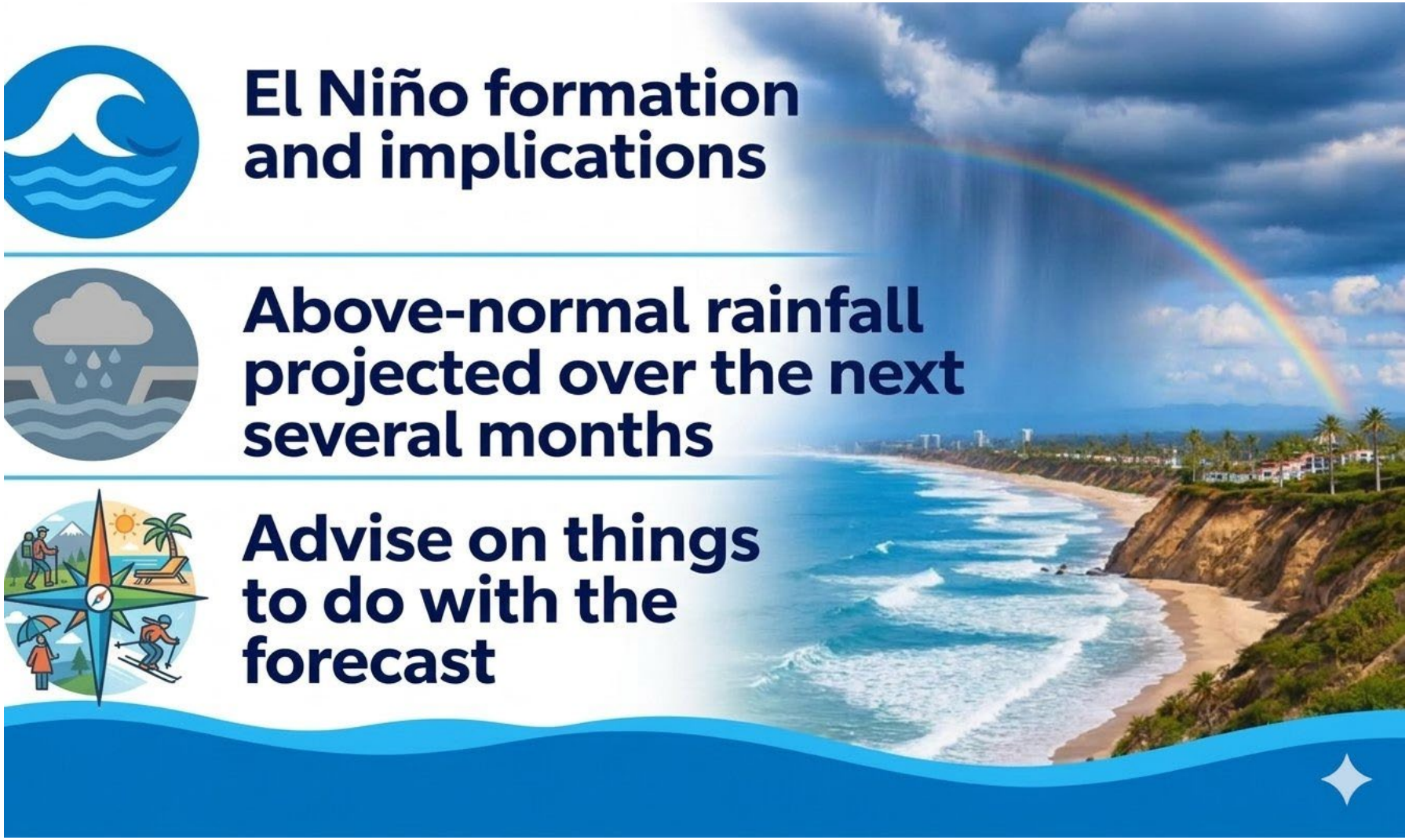
Outlook for San Diego County

Presented By:
Olufemi Aina



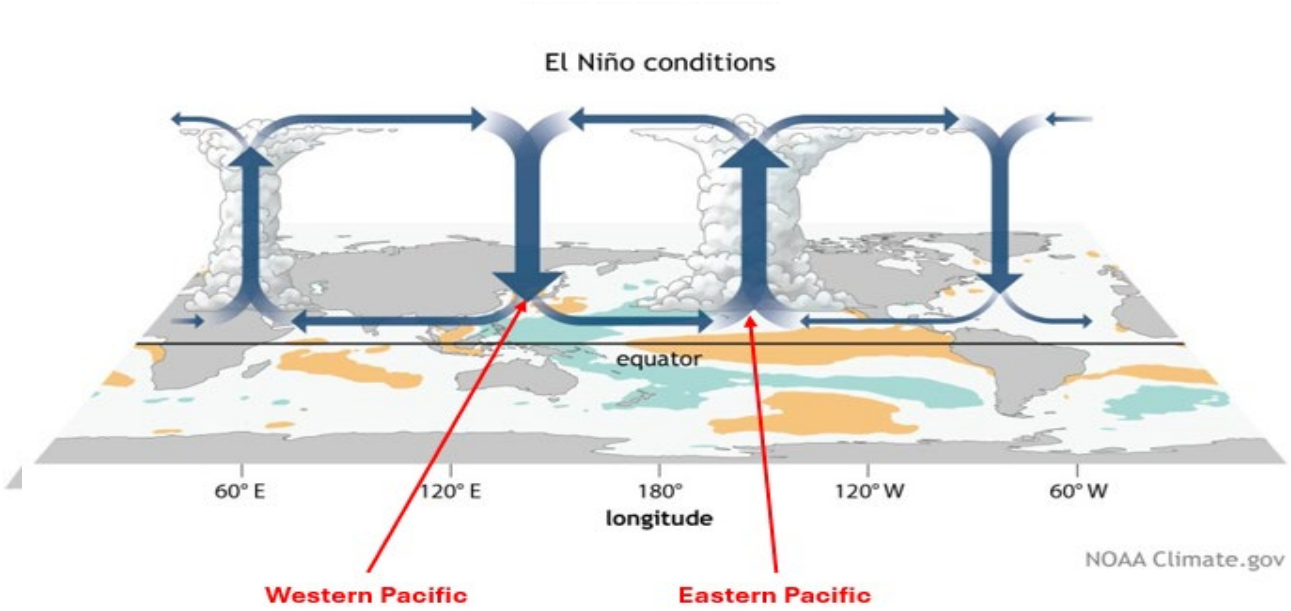


What We'll Cover Today

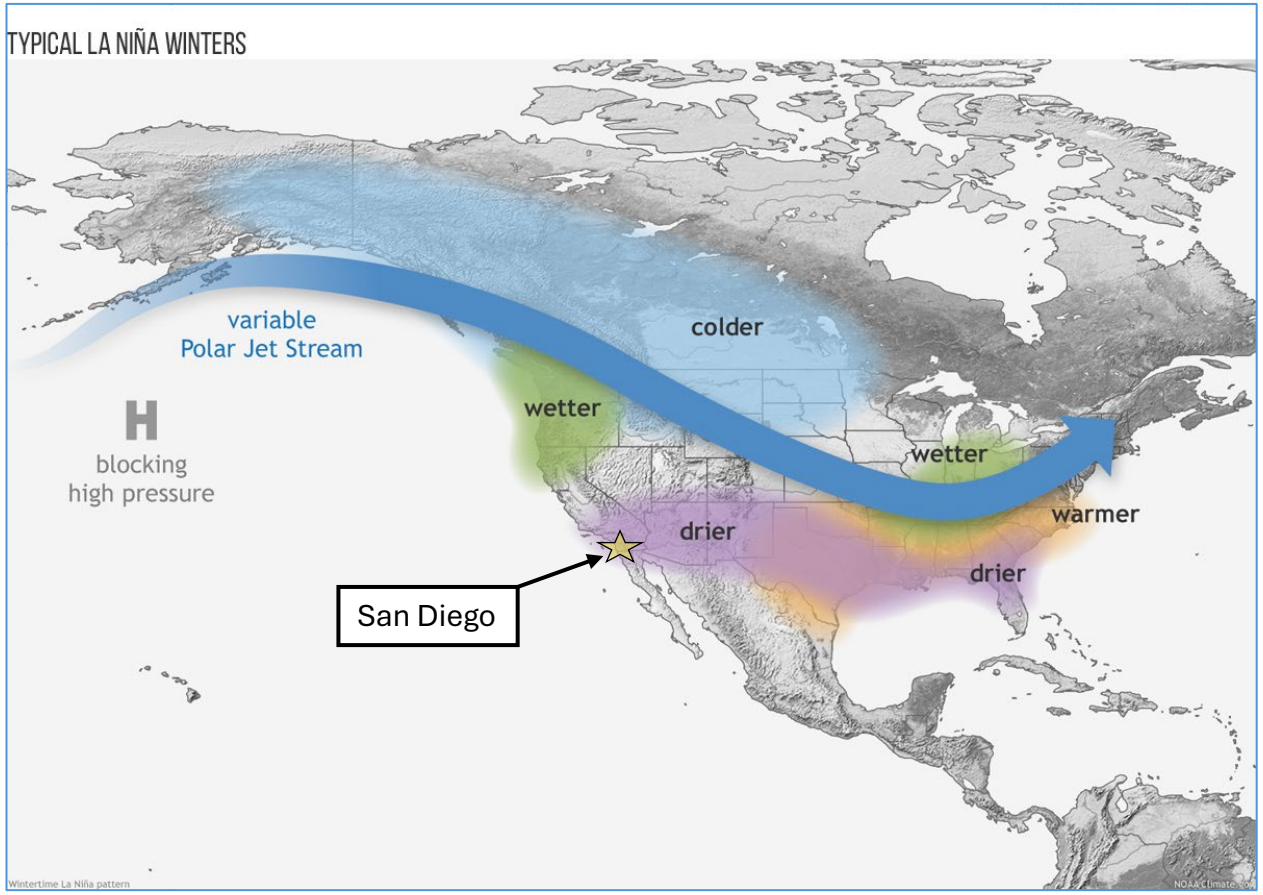


El Niño Southern Oscillation (ENSO)

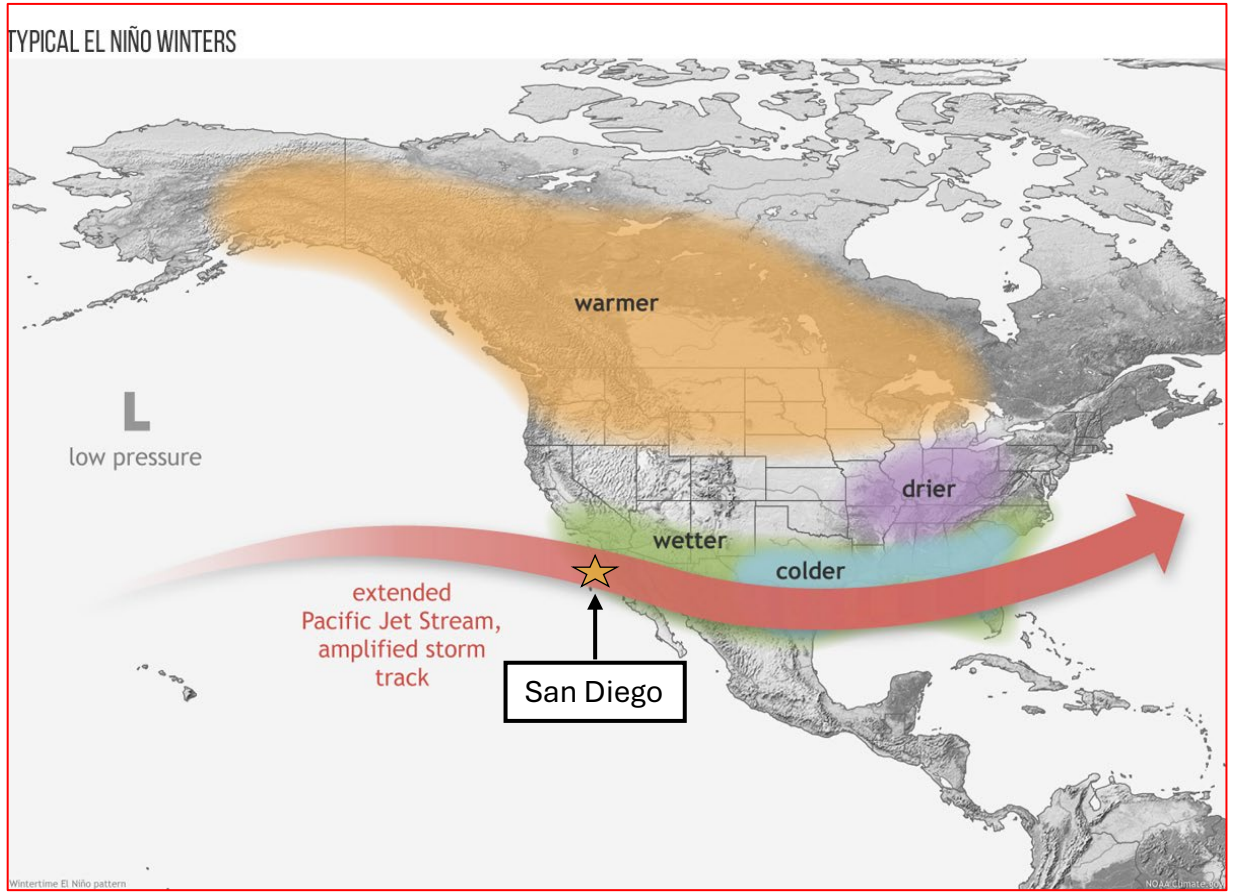
- Cyclical climate pattern in the equatorial Pacific
- Oscillates between warm & cool phases
  - Neutral – near-normal sea surface temperatures (SST)
  - Cool (La Niña) – below-normal sea surface temperatures
  - Warm (El Niño) – above-normal sea surface temperatures
- Each phase alters global climate circulation known as Walker Circulation



Typical El Nino Southern Oscillation (ENSO) Impacts

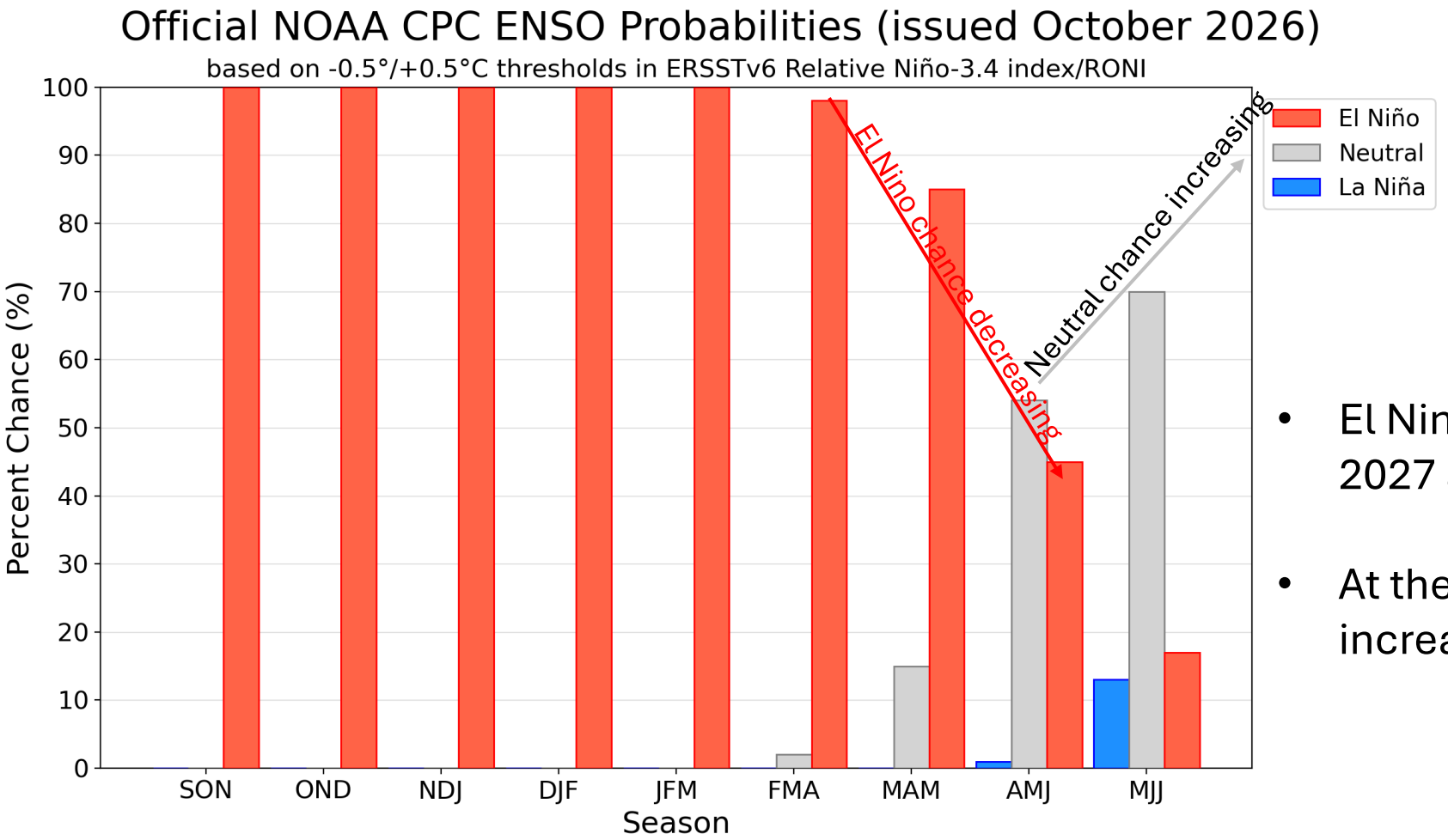


La Niña – Jet streams are displaced **northward** away from California, bringing drier conditions to San Diego County



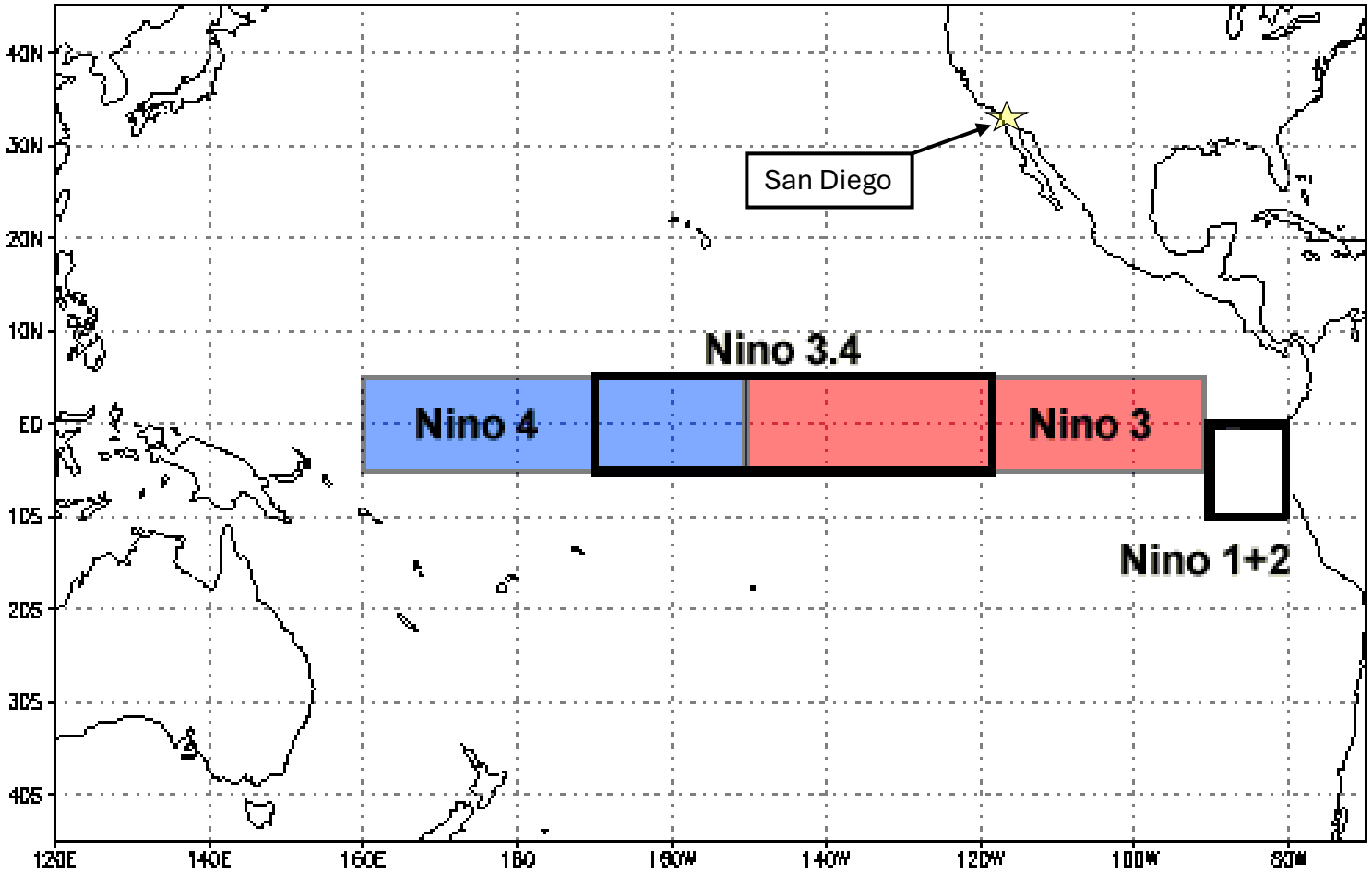
El Niño – Jet streams are displaced **Southward** near California, bringing wetter-than-normal conditions to San Diego County

ENSO Status Projections Now into Winter 2026-2027

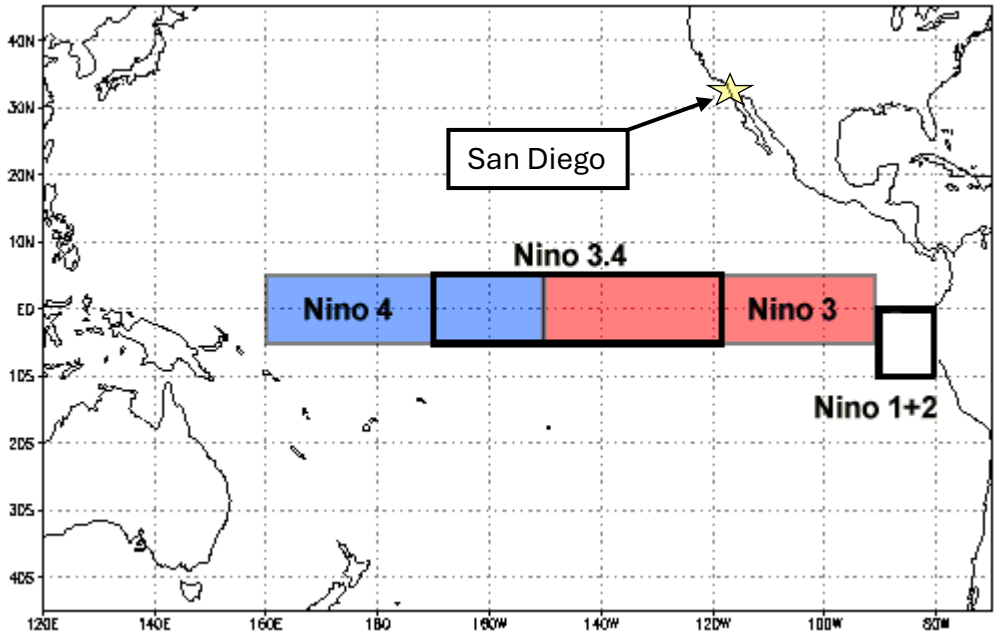


- El Nino chance peaks through winter 2027 and decreases after winter 2027
- At the end of Winter, Neutral chance increases through Spring 2027

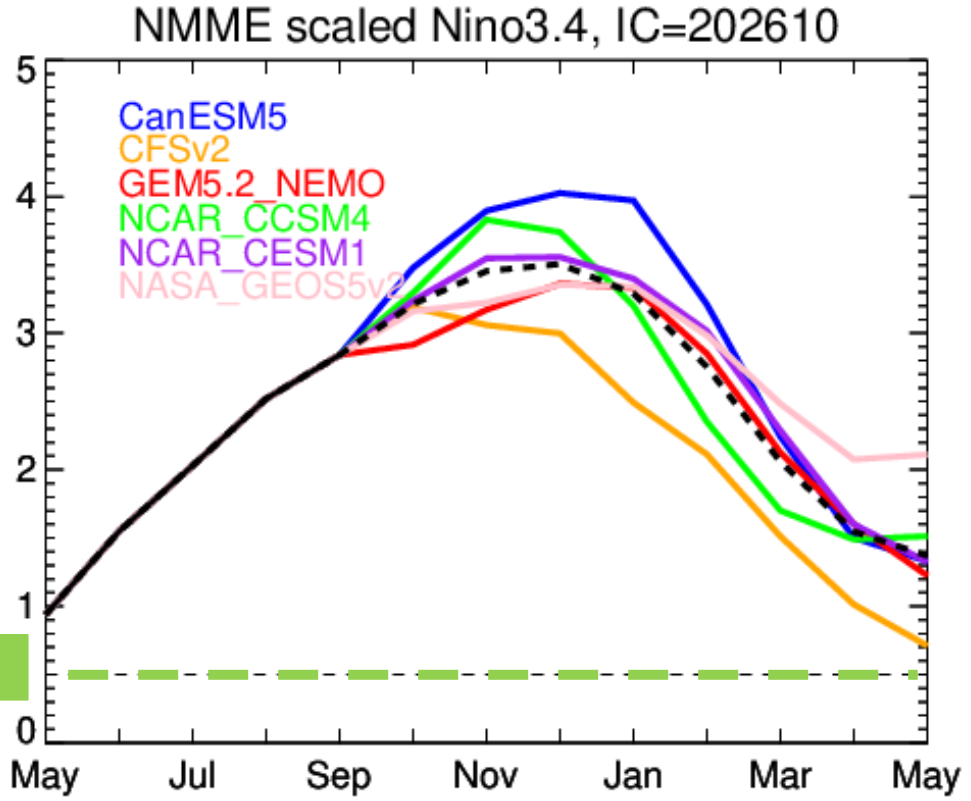
El Niño Forecast Now into Winter 2026-2027



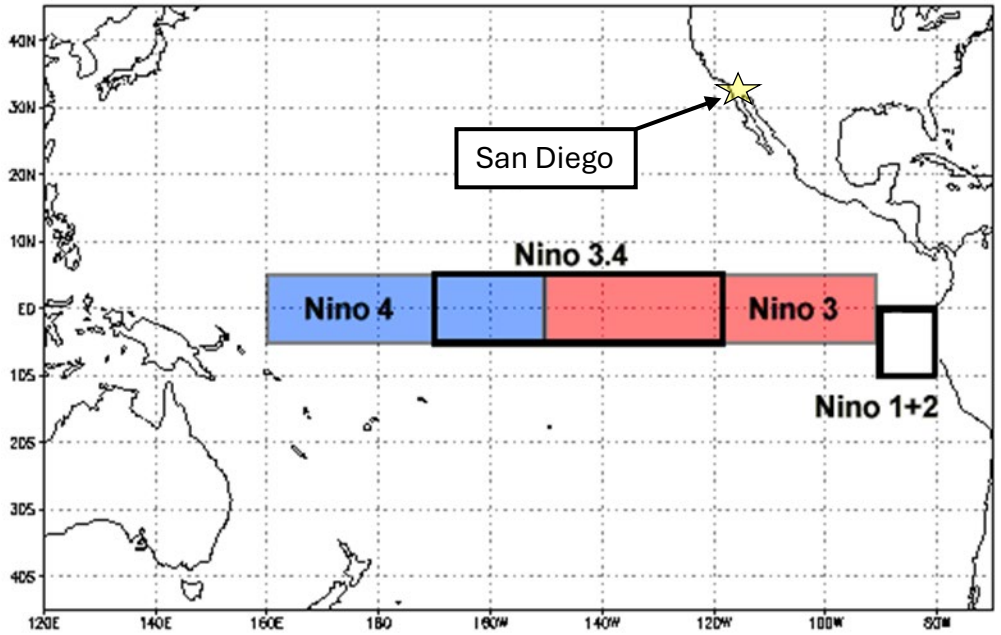
El Niño Forecast Now into Winter 2026-2027



Weak (+0.5°C)

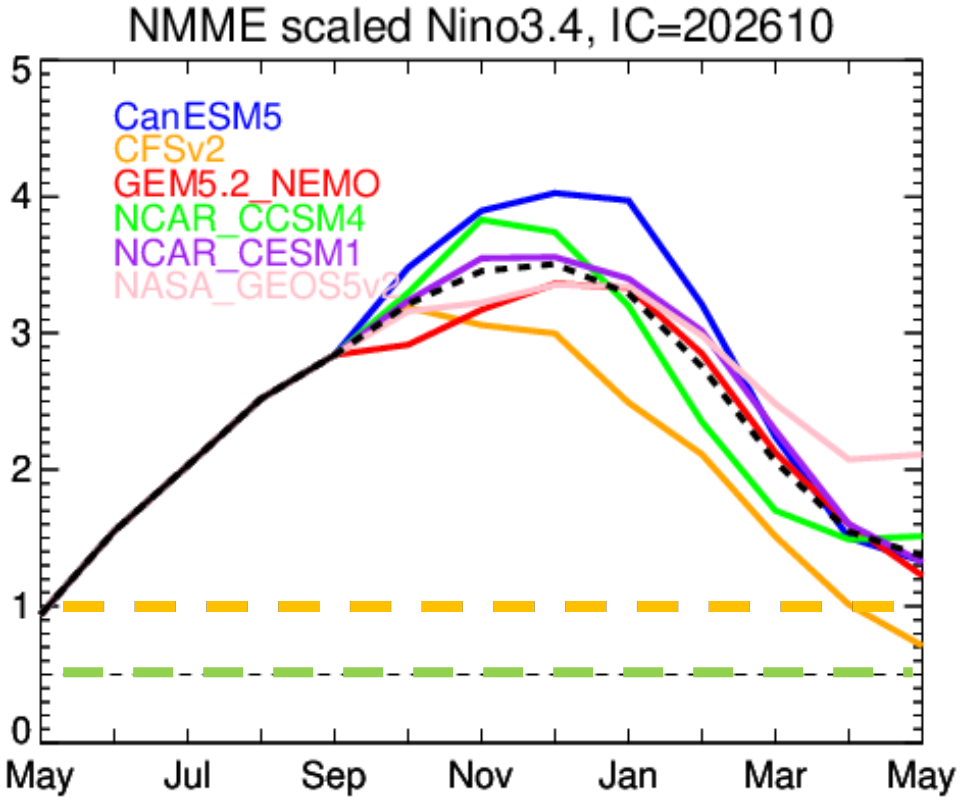


El Niño Forecast Now into Winter 2026-2027

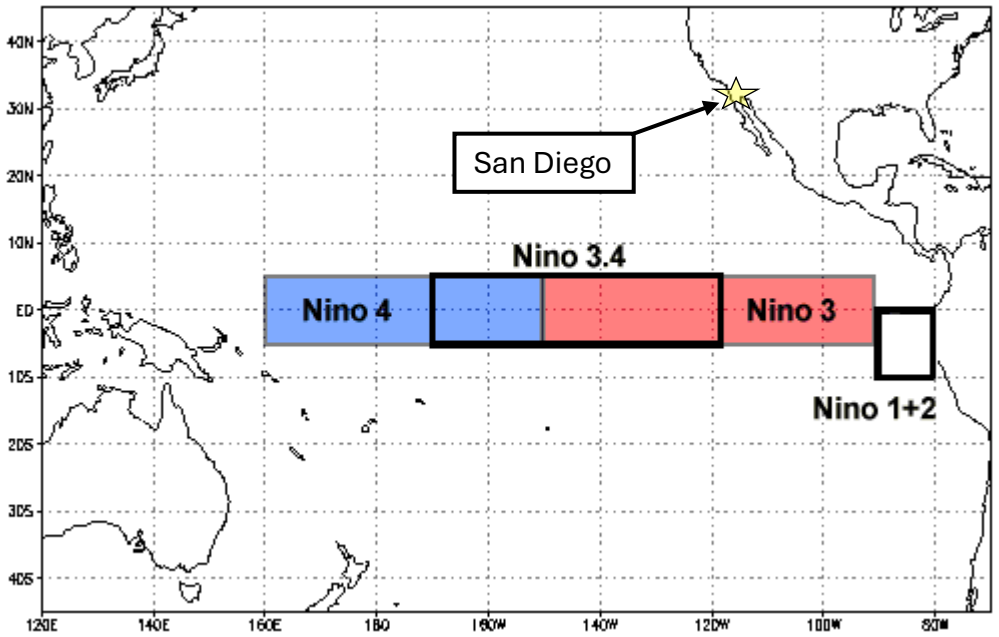


Moderate (+1.0°C)

Weak (+0.5°C)



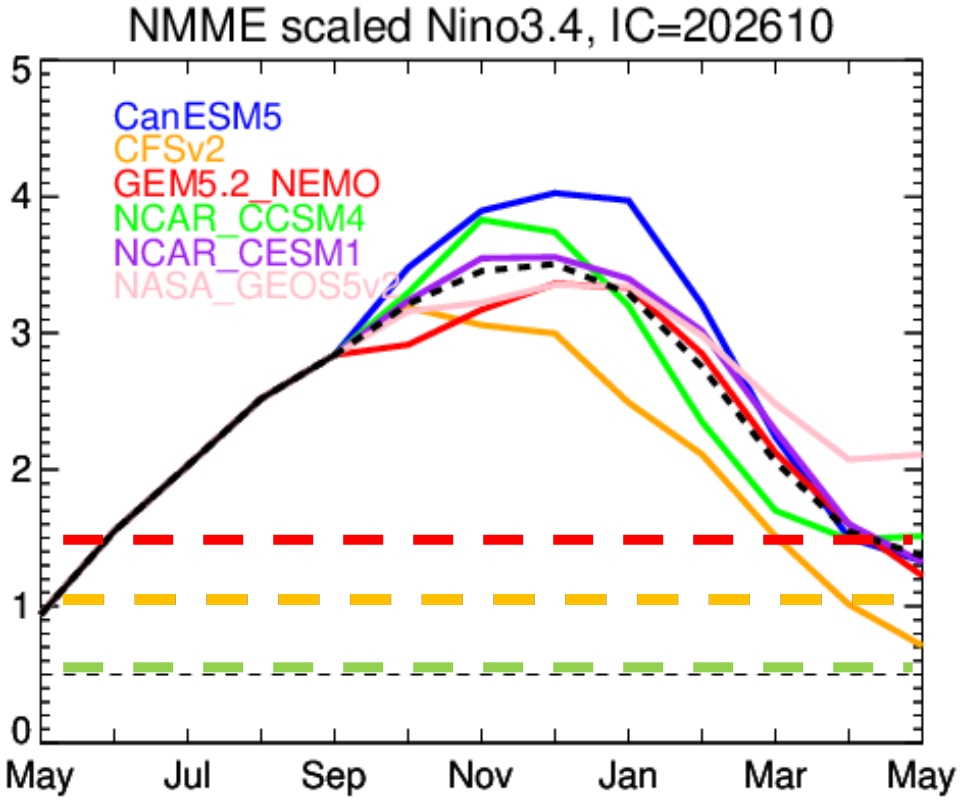
El Niño Forecast Now into Winter 2026-2027



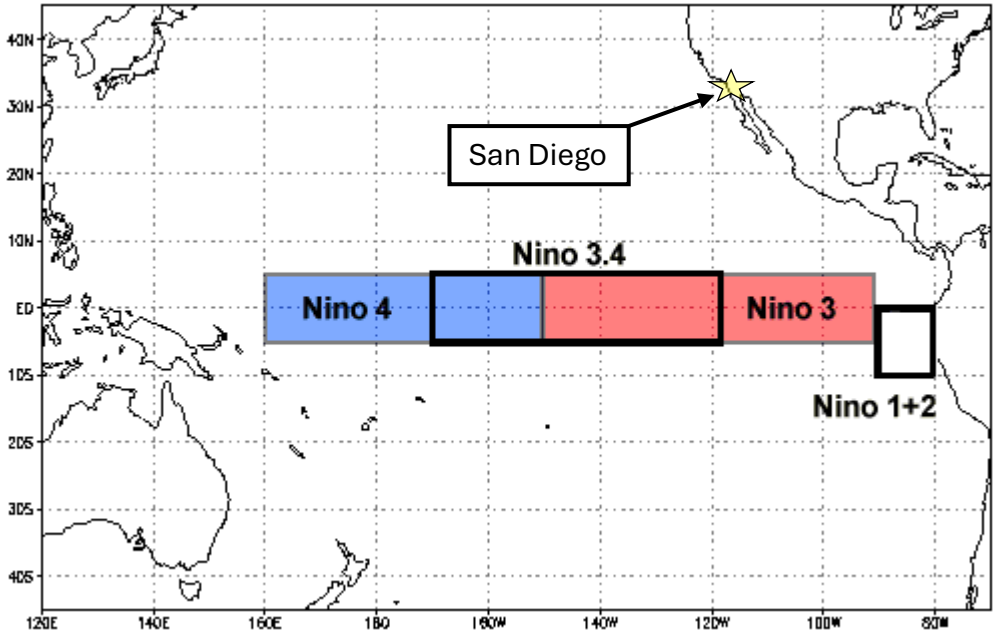
Strong (+1.5°C)

Moderate (+1.0°C)

Weak (+0.5°C)



El Niño Forecast Now into Winter 2026-2027

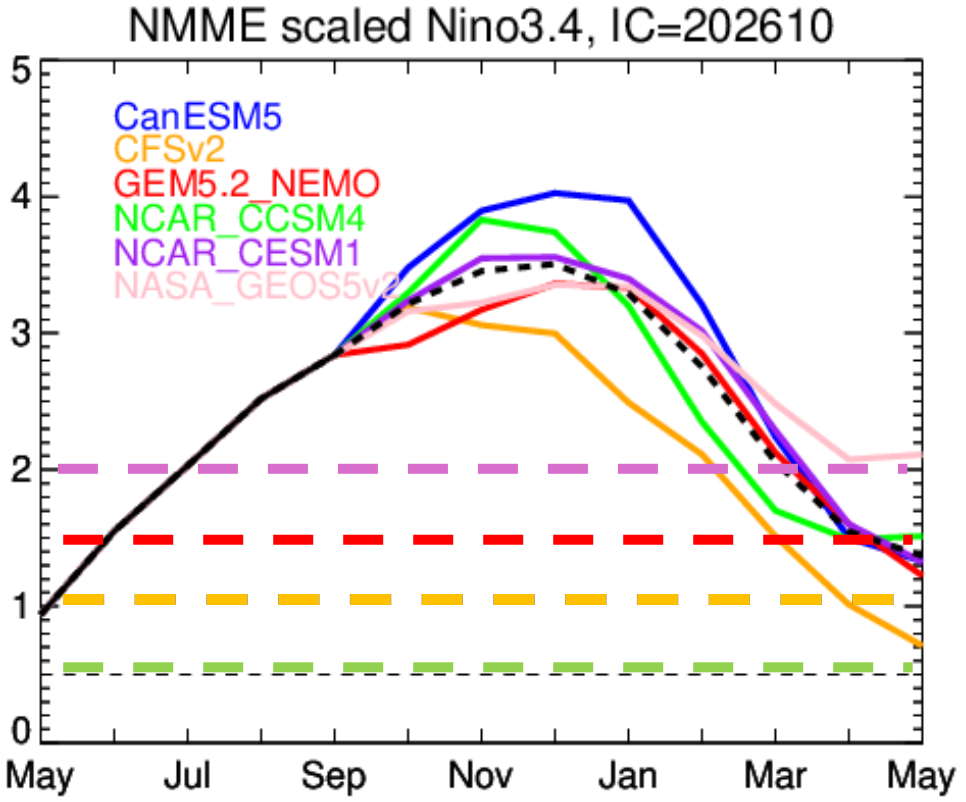


Very Strong (+2.0°C)

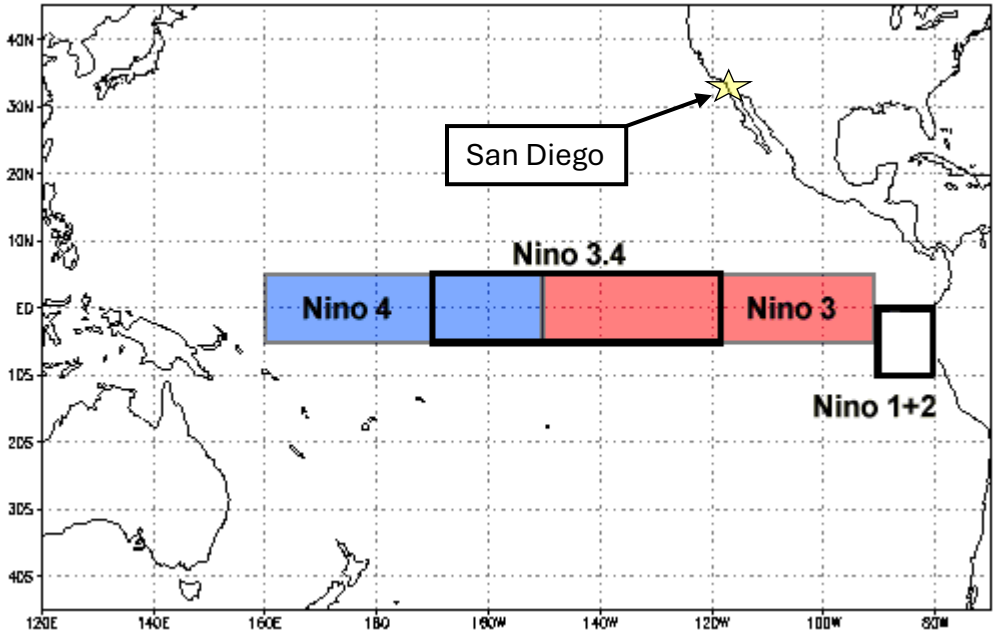
Strong (+1.5°C)

Moderate (+1.0°C)

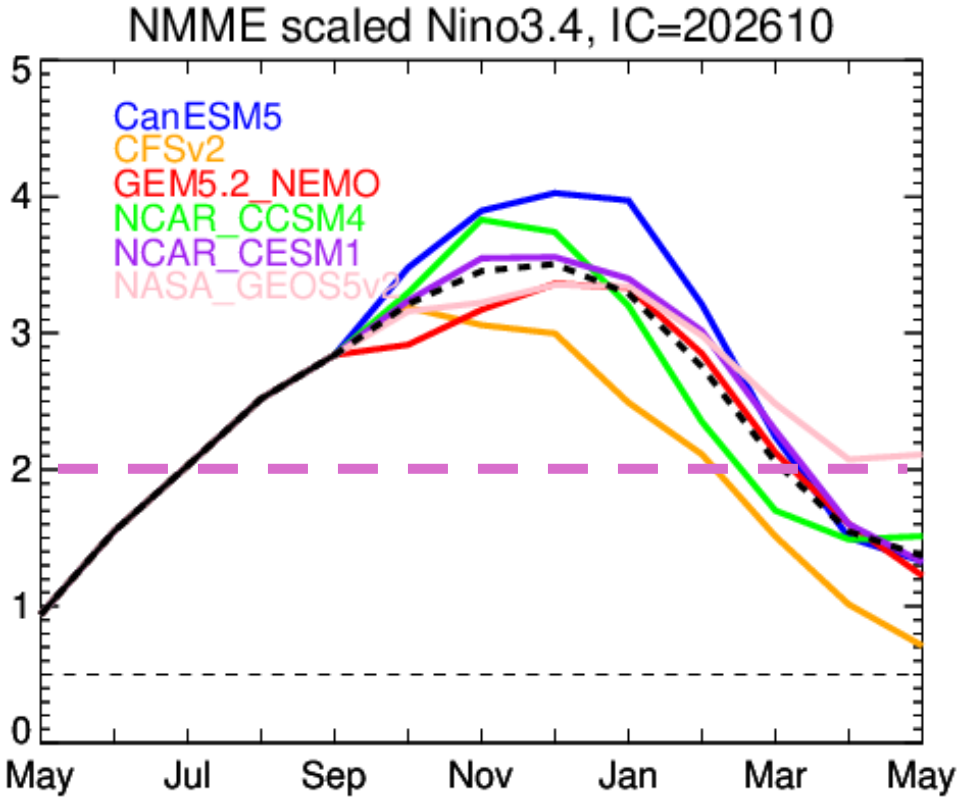
Weak (+0.5°C)



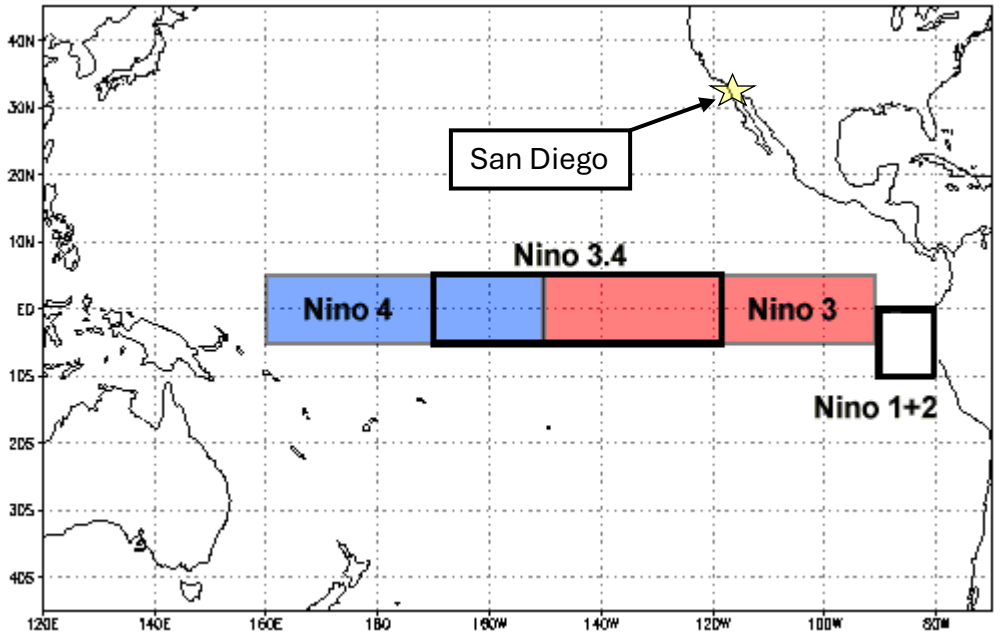
El Niño Forecast Now into Winter 2026-2027



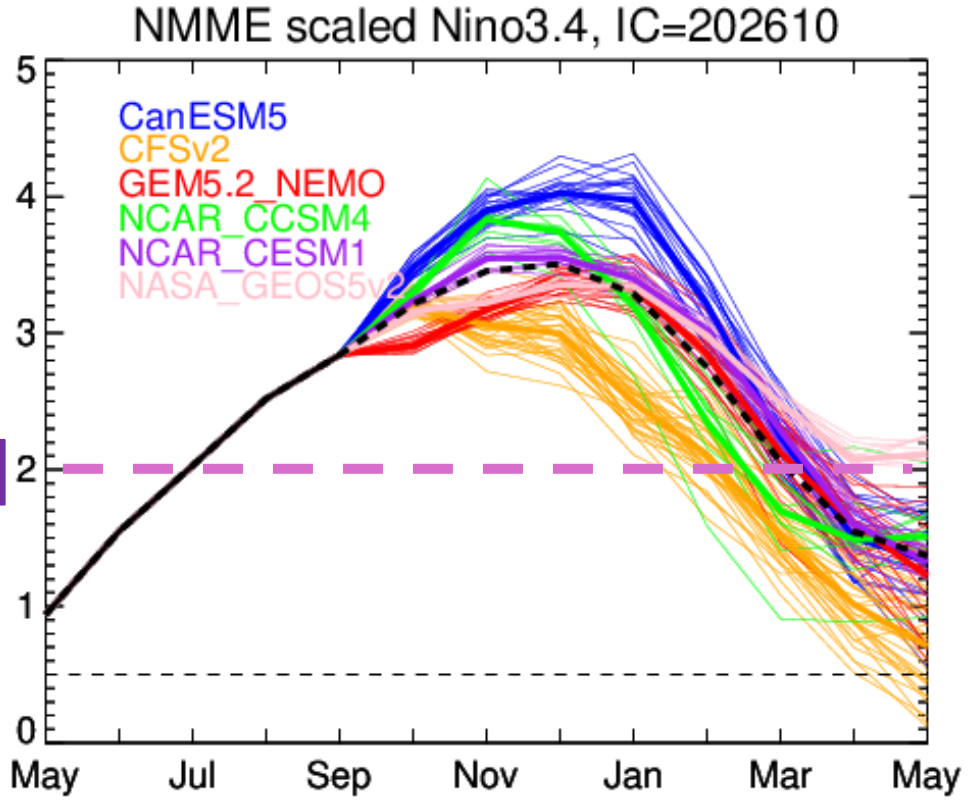
Very Strong (+2.0°C)



Very Strong El Niño Likely Fall 2026 into Early 2027

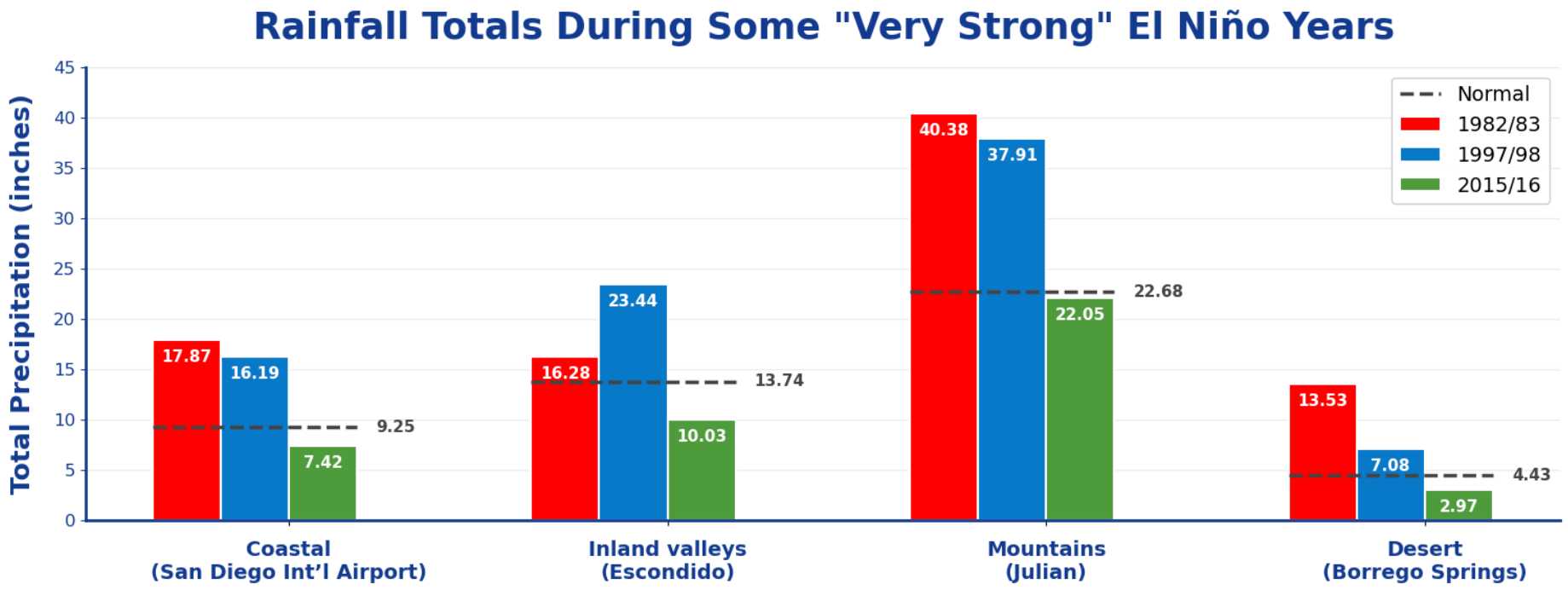


Very Strong (+2.0°C)




What This Means for
Weather Across
San Diego County?
Higher Chance of
Above-Normal Precipitation
Better Odds of Wetter-Than-Normal Winter

How it Rained in Other “Very Strong” El Niño Years?



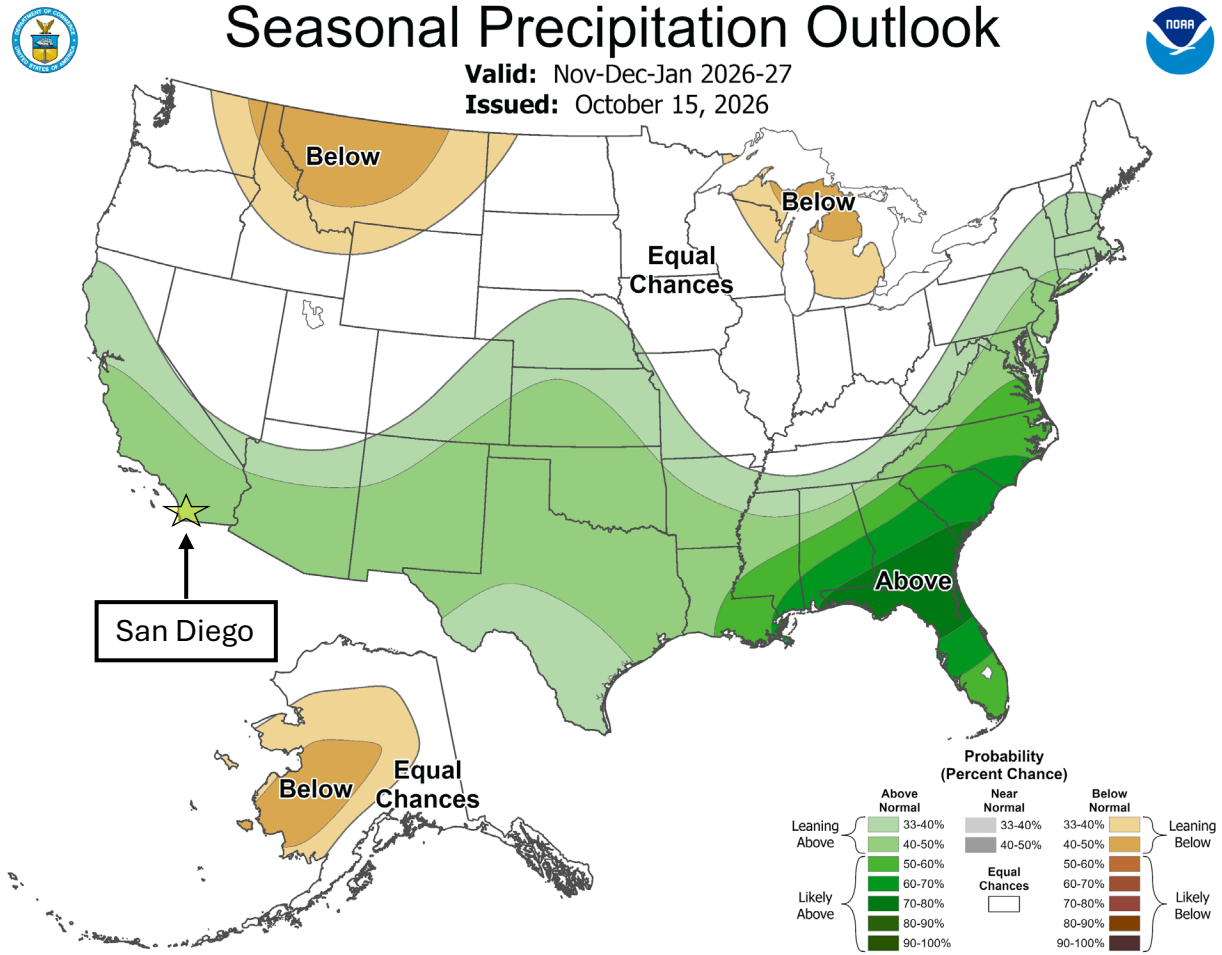
Key Takeaway:

While all three years are very strong El Niño years with above-normal rainfall for 1997/98 and 1982/83, below-normal precipitation was recorded across all climate regions of San Diego County in 2015/2016.

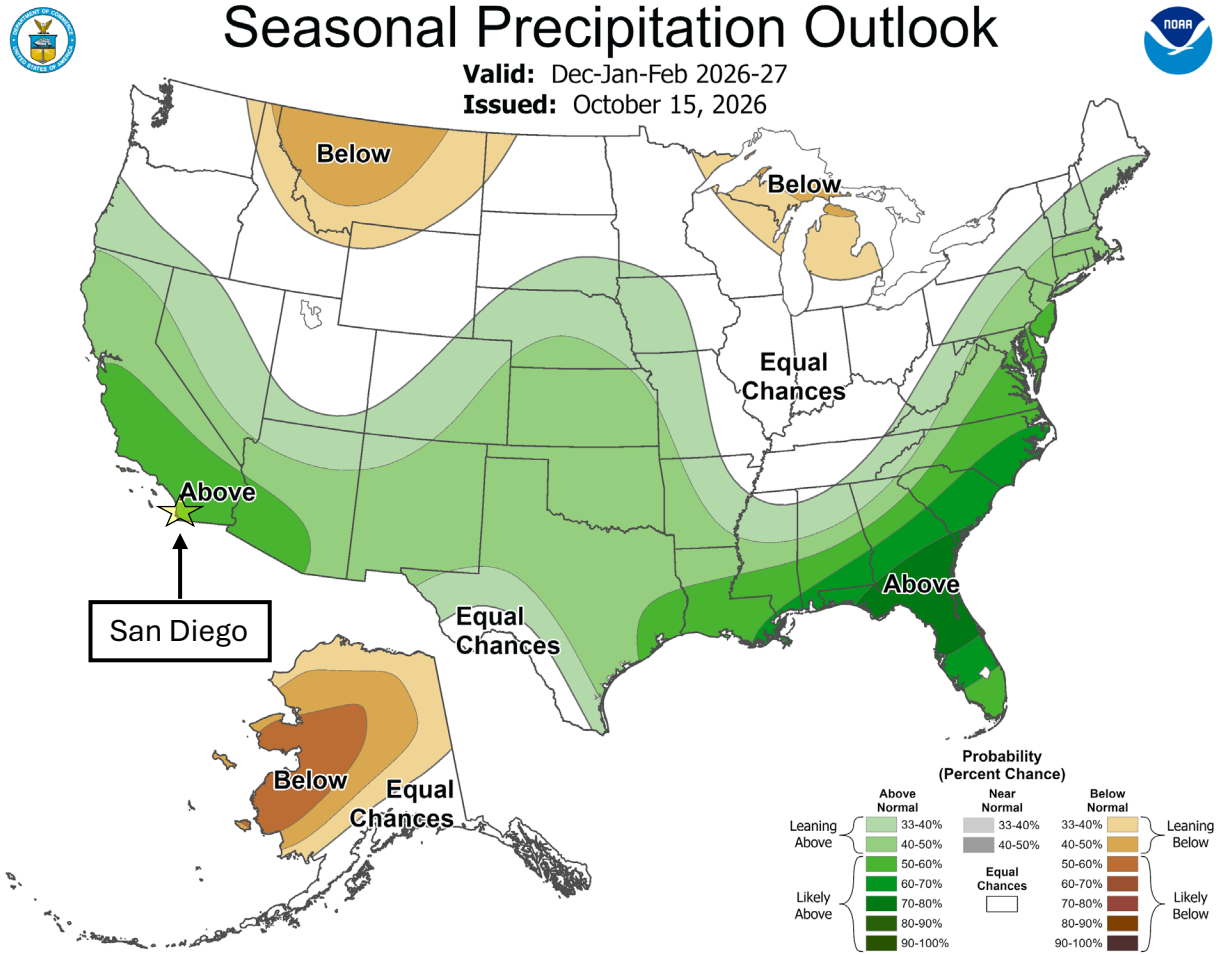
Flood-Related Impacts from 1982-83 & 1997-98 "Very Strong" El Niños

El Niño Season	Key Flood Impacts
1982-83	San Diego County was included in a federal disaster declaration for coastal storms, floods, mudslides, and tornadoes.
1997-98	Widespread flooding, road closures, mudslides, sinkholes, flooded low-lying roads and parking areas, mobile home park evacuations, agricultural losses, and washed-out or undermined bridges.
	$17.2 million total: $10.3M property damage, $6.9M crop/agricultural damages.

Above-Normal Rainfall Forecast



Late Fall into Winter 2027



Winter 2027

What to Do with the 2026–27 ENSO Outlook

- Pay closer attention to National Weather Service this rainy season, especially October–April
- Enable emergency alerts on your phone. Wireless Emergency Alerts (WEA) require no sign-up
- Download the County's "Alert San Diego" app & register at AlertSanDiego.org
- Use preparedness guidance on Alert San Diego app
- Turn Around, Don't Drown

ALERT SAN DIEGO

Thank You!

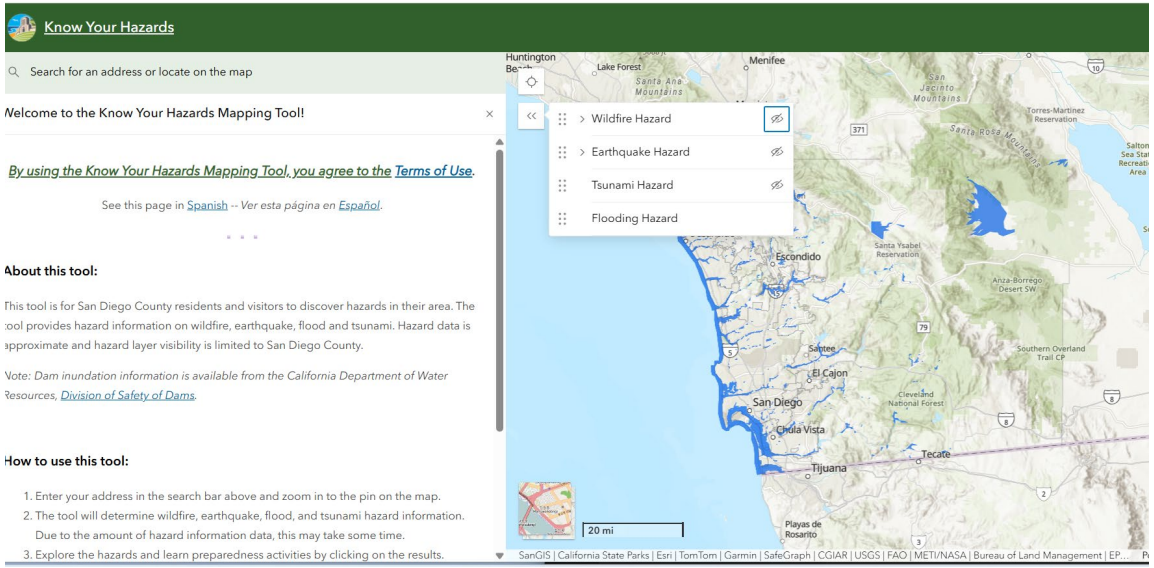
Flood Preparedness

County of San Diego Office of Emergency Services

Before the Flood

Preparedness Actions

- Know your risk
  - FEMA Flood Zone lookup: www.fema.gov/flood-maps
  - San Diego Know Your Hazards tool: https://www.alertsandiego.org/en-us/preparedness/maps.html



COUNTY OF SAN DIEGO
EMERGENCY SERVICES

County Preparedness

- Department of Public Works Seasonal Readiness
  - Storm drains
  - Channel clearing
  - Sandbag stations
  - Culvert inspections
- Does not include private property
- Local cities responsible for their storm drain clearing

COUNTY OF SAN DIEGO
EMERGENCY SERVICES

Individual Preparedness

- Purchase flood insurance, renew flood insurance policy – Homeowner's insurance typically does not cover flooding
  - https://www.fema.gov/national-flood-insurance-program
- For renters: Contents-only coverage for flood insurance
- Declutter drains and gutters
- Move valuables to higher levels
- Fill sandbags early in the rainy season
- Take photos of your home and valuables, save them on a USB in your go kit

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EMERGENCY SERVICES

Make a Plan

- Go bag / Build a kit
  - https://www.alertsandiego.org/en-us/preparedness/BuildaKit.html
- Create a plan
  - https://www.alertsandiego.org/en-us/preparedness/make-a-plan.html



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EMERGENCY SERVICES

During the Flood

Messaging and Alerts

- Flood Watch
  - Be Prepared
  - Issued when conditions are favorable for a specific hazardous weather event to occur
- Flood Advisory
  - Be Aware
  - Issued when a specific weather event that is forecast to occur may become a nuisance
- Flood Warning
  - Take Action!
  - Issued when the hazardous weather event is imminent or already happening
- Flash Flood Warning
  - Take Action!
  - Issued when a flash flood is imminent or occurring
  - A flash flood is a sudden violent flood that can take from minutes to hours to develop

COUNTY OF SAN DIEGO
EMERGENCY SERVICES

Messaging and Alerts

- WEA – Wireless Emergency Alert
- Alert San Diego – Redundant opt-in system
- NOAA Weather Radio at 162.40 MHz
- EAS – Emergency Alert System
  - KOGO-AM600, KFMB-AM760, KPBS-FM89.5, FOX6, KFBM8, KGTV10, KNSD, KSWB, KUSI, KBNT, XHAS, and KPBC



COUNTY OF SAN DIEGO
EMERGENCY SERVICES

Following the Alert

- Be ready to evacuate all people and animals to higher ground if ordered
- If trapped inside by floodwaters, move to higher floors or a roof, but not attics. Call 9-1-1
- Turn around – don’t drown
- Always assume downed power lines are energized and dangerous. Call 9-1-1 to report downed lines
- Never drive around barricades

COUNTY OF SAN DIEGO
EMERGENCY SERVICES

After the Flood

Considerations

- Wait until officials say it is safe to go home
- Exposure to floodwater can make you sick, avoid it, don't drink it, don't let children play in it
- Look for boil water advisories from local authorities to make sure water is safe to use
- If you had power loss of 6-8 hours or more, throw away all frozen or refrigerated foods and medicines. When in doubt, throw it out!
- For active recovery information visit alertsandiego.org

COUNTY OF SAN DIEGO
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COUNTY OF SAN DIEGO

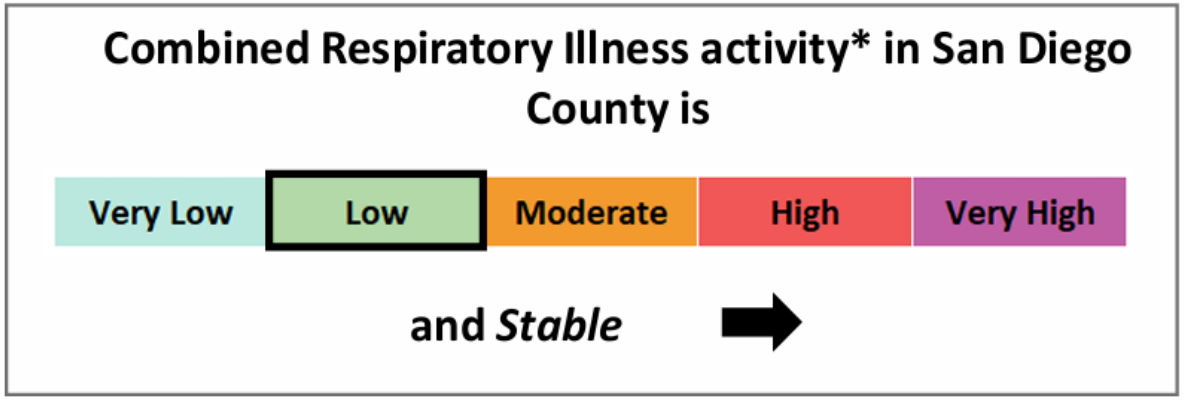
ALERT SAN DIEGO

COUNTY OF SAN DIEGO
EMERGENCY SERVICES

Public Health Updates

Dr. Wick

Respiratory Virus Update



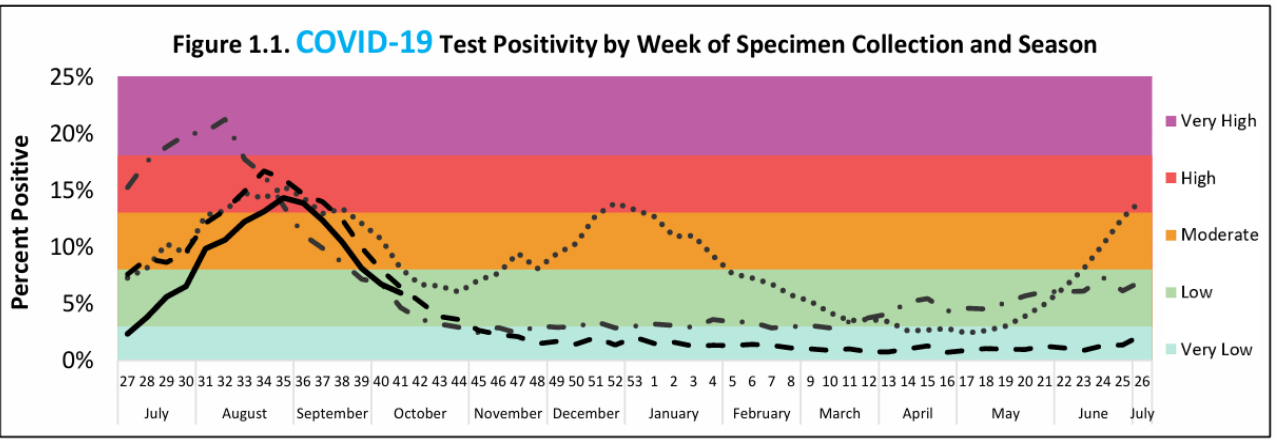
	COVID-19	Influenza	RSV
Test Positivity	↘	↗	→
Emergency Department Visits	↘	↗	→

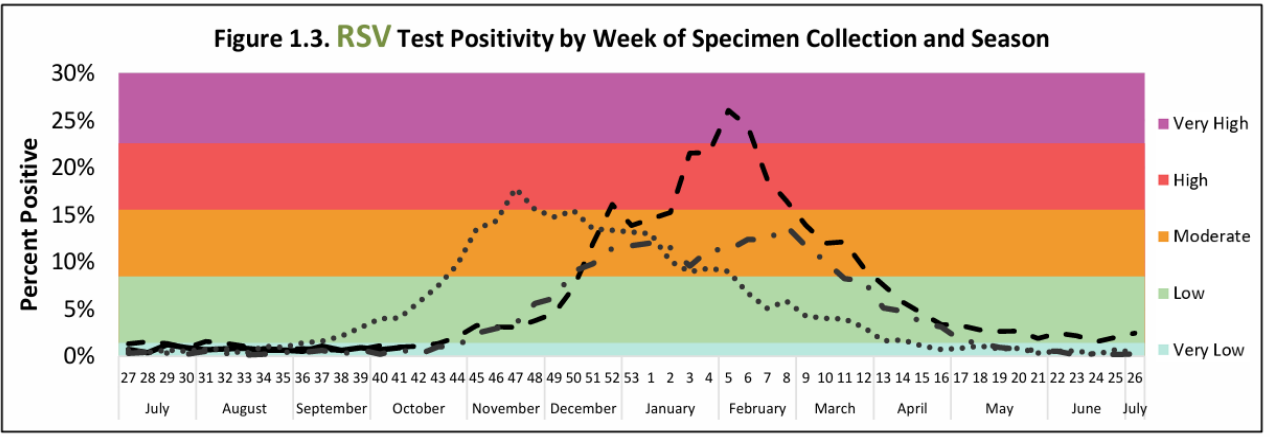
Current Level: Very Low, Low, Moderate, High, Very High

Current Trend: Increasing, Stable, Decreasing

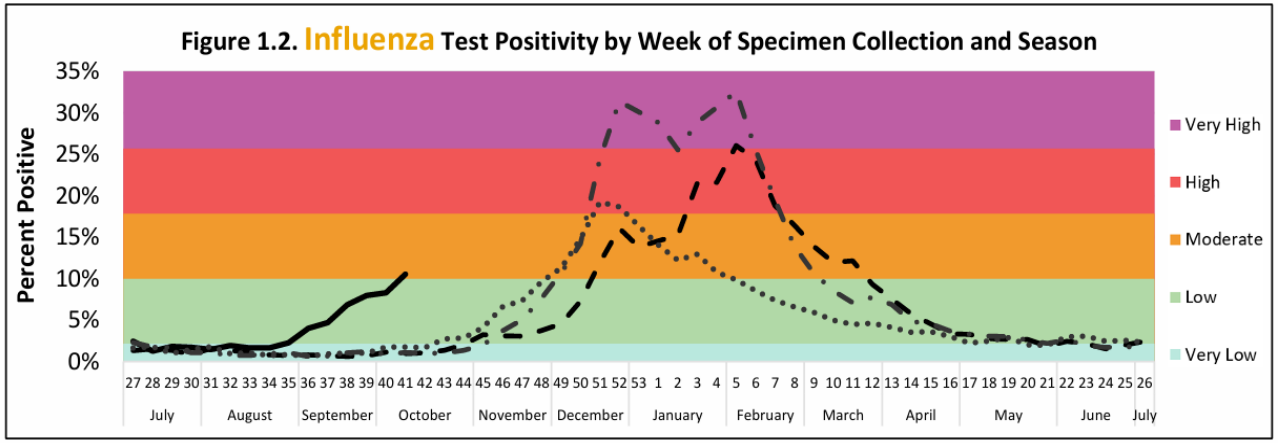
Respiratory Virus Surveillance Report
(Updated October 22, 2026)

COVID-19, Influenza, & RSV Test Positivity

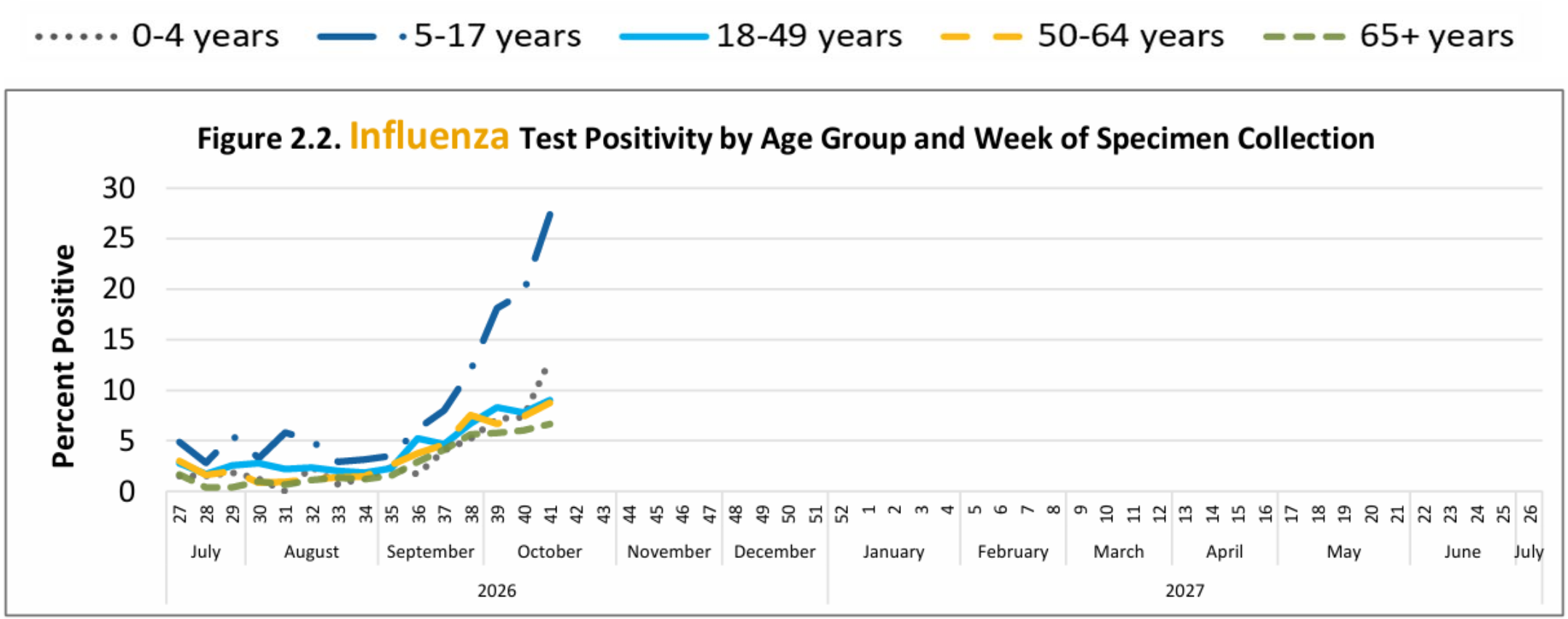








Influenza Test Positivity by Age Group



Immunization Recommendations

The California Department of Public Health and the West Coast Health Alliance have issued immunization recommendations for the 2026-2027 respiratory virus season.

Age/Condition	COVID-19	Influenza	RSV
Children	• All 6–23 months • All 2–18 years with risk factors or never vaccinated against COVID-19 • All who are in close contact with others with risk factors[1] • All who choose to reduce risk of severe illness	• All 6 months and older[2]	• All younger than 8 months[3] • All 8-19 months with risk factors
Pregnancy	• All who are planning pregnancy, pregnant or postpartum	• All who are planning pregnancy, pregnant or postpartum	• All who are 32-36 weeks gestational age[3, 4]
Adults	• All 65 years and older • All 19–64 years with risk factors • All who are in close contact with others with risk factors[1] • All who choose to reduce risk of severe illness	• All	• All 75 years and older[4] • All 50–74 years with risk factors[4]
Healthcare Workers	• All	• All	• All who meet criteria above

West Nile Virus

- As of 10/24/26, there have been 15 reported human cases of West Nile virus in San Diego County this year.
    - This is the most local WNV infection since 2016.
- Everyone can help prevent West Nile virus by:
    - Protecting yourself from bites
    - Preventing mosquito breeding
    - Reporting mosquito problems and dead birds



[County to Treat Areas for Mosquitoes to Reduce Risk of West Nile Virus]

Mumps



- As of 10/26/26 the mumps outbreak associated with San Diego State University includes 27 total cases.
- Mumps spreads through direct physical or face-to-face close contact (within three feet) through coughing, sneezing, or even talking.
- Vaccination is incredibly effective; however, immunity can wane over time.
  - The MMR vaccine 2 dose series is recommended for children.
  - During outbreaks, a third dose of the MMR vaccine is recommended for people identified as at high risk.

County News Center: Mumps Outbreak Expands at SDSU

Thank You!

Q&A

THANK YOU FOR ATTENDING!

For more information, please visit our website: **LiveWellSD.org/Education**

You can also email us at: **LiveWellEducation@sdcounty.ca.gov**