One in Six Latinas and One in Five Black, Non-Hispanic Women Don’t Have Enough to Eat

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The COVID-19 crisis has laid bare the disastrous consequences of longstanding racial and gender inequities in our economy. Women are overrepresented among the front-line workers who are risking their lives to provide health care, child care, and other essential services. They are also overrepresented in many of the industries that have experienced the brunt of COVID-related job losses. This reality, combined with the already high rates of economic insecurity women were experiencing before this crisis began\(^1\) and lost earnings due to the gender wage gap,\(^2\) mean that women have little or no financial cushion to weather the current crisis.

This factsheet provides an analysis of week 16 of the U.S. Census Bureau Household Pulse Survey measuring the social and economic impact of COVID-19 on households.\(^3\) It shows that compared to white, non-Hispanic men and women:\(^4\)

- Black, non-Hispanic women and Latinas are more likely to be in households that face food insufficiency;
- Asian, non-Hispanic women, Black, non-Hispanic women, and Latinas are more likely to have lost employment income since March;
- Asian, non-Hispanic women, Black, non-Hispanic women, and Latinas are more likely to be behind on their rent or mortgage payment.
One in six Latinas and one in five Black, non-Hispanic women are food insecure

One in six Latinas (16.5%) and one in five Black, non-Hispanic women (20.1%) reported not having enough food in the past week, making them much more likely than white, non-Hispanic men (6.8%) to report experiencing food insecurity.

In an average week since April, about 24.7 million people – or more than 1 in 10 – reported not having enough food to eat in the prior 7 days. Black, non-Hispanic women and Latinas were more likely than people overall and white, non-Hispanic men or women to experience food insecurity every single week since April.
About half or more of Asian, non-Hispanic women, Black, non-Hispanic women, and Latinas are in a household that has lost employment income since March

About half Asian, non-Hispanic women (48.4%) and Black, non-Hispanic women (50.9%) reported a loss of income since March. More than half of Latinas (57.3%) reported income loss since March, compared to 39.9% of white, non-Hispanic men and 40.7% of white, non-Hispanic women.

And these losses may be exacerbated in the coming weeks and months if businesses face tightened restrictions or shut down altogether. Nearly 1 in 4 (23.6%) people overall expect their household will lose employment income in the next 4 weeks as a result of the pandemic. About 3 in 10 Asian, non-Hispanic women (30.3%) and Black, non-Hispanic women (29.4%), as well as 1 in 3 Latinas (33.3%), expect their households to lose employment income in the next month, compared to 18.6% of white, non-Hispanic men and 17.8% of white, non-Hispanic women.

Asian, non-Hispanic women, Black non-Hispanic women, and Latinas are more than two times more likely than white, non-Hispanic men to be behind on their mortgage payment

Among renters, Black, non-Hispanic women (24.7%), Latinas (19.3%), and Asian, non-Hispanic women (14.8%) were all more likely than white, non-Hispanic men (10.7%) or white, non-Hispanic women (11.8%) to report not being current on rent payments.

Similarly, among homeowners with mortgages, Asian, non-Hispanic women (18.4%), Black, non-Hispanic women (18.2%), and Latinas (15.1%) were all more likely than white, non-Hispanic men (6.9%) or women (7.6%) to report being behind on payments.

Source: NWLC calculations based on U.S. Census Bureau, 2020 Household Pulse Survey, using data from week 16 (September 30 – October 12). Survey respondents self-identified their sex as either male or female and self-identified their race and whether they were of Hispanic, Latino or Spanish origin.
COVID-19 has wreaked havoc on the economy; millions of jobs are likely permanently lost and others that have returned in recent months may be at risk of being lost all over again as businesses face tightened restrictions or are forced to shut down. Asian, non-Hispanic women, Black, non-Hispanic women and Latinas are facing real and serious hardship right now with severe doubts about any relief coming.

Source: NWLC calculations based on U.S. Census Bureau, 2020 Household Pulse Survey, using data from week 16 (September 30 – October 12). Survey respondents self-identified their sex as either male or female and self-identified their race and whether they were of Hispanic, Latino or Spanish origin.


3 U.S. Census Bureau, Measuring Household Experiences during the Coronavirus (COVID-19) Pandemic, 2020 Household Pulse Survey, available at https://www.census.gov/data/experimental-data-products/household-pulse-survey.html. The U.S. Census Bureau completed phase 1 of the Household Pulse Survey on July 31. NWLC analysis of phase 1 data is available at https://nwlc.org/resources/covid-19-is-making-womens-economic-situation-even-worse/. Phase 2 of the Household Pulse Survey began on August 19. However, the questionnaire in phase 2 is longer than in phase 1, some questions are phrased differently compared to phase 1, and questions have been asked in a different order. There are also higher nonresponse rates to questions in phase 2 compared to phase 1. “Weeks” is the term used by the Census Bureau to define separate data collections in both phase 1 and 2, but “weeks” may be shorter or longer than a 7-day period. Refer to each data collection for more information.

4 U.S. Census Bureau, Measuring Household Experiences during the Coronavirus (COVID-19) Pandemic, 2020 Household Pulse Survey, available at https://www.census.gov/data/experimental-data-products/household-pulse-survey.html. Survey respondents self-identified their sex as either male or female and self-identified their race and whether they were of Hispanic, Latino or Spanish origin.