Physical and Geographic Access to Healthy Foods

Team B:
Kelly Peterson, Sarah Shimer & Kailee Farnum
Terms

• Healthy Food
  – A food that provides the nutrients necessary to meet the dietary guidelines and provide a balanced diet

• Access
  – Defined as Proximity, Economic Access, Nutritional Access & Cultural Access

• Food Insecurity
  – Inadequate access at any time in the previous year to the healthy, nutritious food needed to live an active life
Determinants of Access to Healthy Food

• Distance to a healthy food provider such as a supermarket, garden, farmer’s market or full-service restaurant (1, 2, 3, 4)
• Income Level: ability to afford healthy food or live in a neighborhood with safe walking access to healthy food (1, 5, 6)
• Ethnicity and living in a specific ethnically dominated neighborhood (7, 8, 9)
• Living in a rural area (10, 7)
• Availability of nutritionally adequate to culturally appropriate foods at accessible stores (2, 9, 8)
Determinants of Access to Healthy Food Studies

• Multivariate analysis study of 28 thousand US zip codes
  – Rural area and African-American neighborhoods = least access to supermarkets (7)
  – African American neighborhoods = most access to low cost fast food (11)

• Food access studies in US 1985-2008
  – Rural, Low Income, Ethnic Minority = less access to stores with healthy foods (3)
Determinants of Access to Healthy Food Studies

- Fruit and vegetable intake increases when they are more available in the household – Availability is determined by supermarket choices for fruits and vegetables (2)
Rates of Healthy Food Access

• In the US
  – 14.7% in 2009 food insecure (highest rate since 1995)

• In WA State
  – At least 15% of WA residents are food insecure

• In King County
  – 6% are food insecure: 6 out of every 100 people are unsure where they will get their next meal
Differences in Food Prices
Difference in Food Prices

Three components:

• **Price disparities**
  Who charges what?

• **Store availability**
  Where are they located?

• **Market-basket prices**
  What are you getting for your money?
Price Disparities

Regional Differences (17)

Price Disparities

• No disparities within a given supermarket chain.

• Chain stores tend to have lower prices than convenience stores or small grocers.
  – *New Haven, CT*: on average, prices were 51% higher in small neighborhood stores than supermarkets. (18)
  – *Twin Cities, MN*: With few exceptions, prices are lower by 10-40% in chain vs. small grocery or convenience stores. (19)
Store Availability

- There are fewer supermarket chains in low-income and minority neighborhoods.
  - It is believed that the lowest income neighborhoods had ~30% less supermarkets than the highest income neighborhoods. (20)
  - Twin Cities study, only 22% of chains located in inner-city, and 89% of chains located in areas with < 10% poverty rates. (19)
  - Availability of chain supermarkets in Black neighborhoods was 52% less than their White counterparts. (21)
Market Basket Prices

• Are lower in:
  – Chain stores vs. non-chain
  – Suburbs vs. inner cities
  – Non-poor vs. poor (19)

• The average thrifty food plan cost for small/medium stores was $102 compared to $81 in supermarkets.(22)

• Quality, variety, and availability are often diminished as well.(23-25)
Seattle-King County

Drewnowski studies (26-27):
• No price differences within a given supermarket chain.
• Geographical distribution indicates no food deserts.
• Market basket studies show that major differences are due to:
  – Brand availability
  – Characteristics of meat and produce

Grocery Gap (28):
• Higher food availability in more affluent areas.
King County Food and Fitness Initiative

• Community coalition in White Center and Delridge to support nutrition and exercise (29)
• There are three action teams
  – School fitness and nutrition
  – Healthy food retail
  – Safe spaces to be active
• Healthy Corner Stores
  – Challenging store owners to change business model. Initial results positive!
FEEST (Food Empowerment, Education & Sustainability Team)

- Engage youth in Delridge
- Strong youth social justice group for food access
- Host monthly community potlucks
- Volunteer and network
- Support community development and access to food (30)
Communities Putting Prevention to Work

- Funding for schools, local governments, and community organizations
- $8.9 million to increase healthy choices in King County (31)
City of Seattle partners with Office of Economic Development

$1.1 million dedicated to providing business incentives to increase healthy food retail

Assistance in finding suppliers, marketing campaigns, and inventory management

Goals:
- Increase availability of healthy products
- Increase both supply and demand of healthy foods
- Increase store participation in WIC/EBT (32)
Farmers Markets

- SNAP and WIC partnerships to encourage purchasing of fresh local produce
- Host farmer’s markets at corner stores during the weekends
- WIC Farmers Market Nutrition Program (33)
Clean Greens Farm and Market

- Started by Rev. Robert Jeffery as a way of bringing poor people together to eat and grow good food
- Enough crops to operate CSA, market, and outreach (Giveback Program)
- Largely run by volunteers (34)
White Center Community Development Association

• 54 languages spoken!
• Neighborhood Revitalization: repair and rehabilitate neighborhood amenities, largely supported by Habitat for Humanity
• Create neighborhood walking map and groups, supported by Feet First and Neighborhood House
• Fresh Marketplace Initiative: Media and assistance for healthy foods by White Center CDA
• Support fresh and healthy produce at food banks (35)
Delridge Neighborhoods Development Association: TEAM Delridge

- Thrive to Eat healthier, take Action and Move
- SOUL Community Kitchens, monthly meetings
- Training with recipes, cooking, awareness (36)
Recommended Interventions

• Working Together!
  – Families
  – State and Local Agencies
  – Institutions
  – Community Groups
  – Regional Food Systems
Recommended Interventions

- Further support & promotion for Healthy Corner Stores Initiative
  - Improve access to healthy food in local low income environment
  - Develop business relationship between local farmers to provide fresh fruits/vegetables to corner stores
  - Ability to use WIC checks at these stores
    - Give assistance to small business owners to become WIC providers
Recommended Interventions

• Re-zoning in low income areas
  – Discourage fast food establishments
  – Encourage grocery stores
  – Increase land use for urban agriculture and community gardens
Recommended Interventions

- Increase Information given to WIC clients
  - Hand out ethnically appropriate recipes that use fresh foods to WIC clients
  - Provide information in several languages
  - Develop and give out a bus route brochure that depicts how to take the bus in low income areas to WIC provider grocery stores
- Rate grocery stores according to how much fresh produce is available
Recommended Interventions

• Increase funding and information for community kitchens in low income areas
  – Give information about these kitchens to WIC clients
  – Promote cooking classes and recipe exchanges using fresh foods with ethnic recipes to demonstrate how to cook with fruits and vegetables
  – Provide day care at these classes
  – Use school kitchens as make-shift community kitchens


References


References


29. King County Food and Fitness Initiative. [http://king.wsu.edu/foodandfarms/KCFFI.html](http://king.wsu.edu/foodandfarms/KCFFI.html)

30. KCFFI FEEST Program [http://king.wsu.edu/foodandfarms/KCFFIYouthCoordination.html](http://king.wsu.edu/foodandfarms/KCFFIYouthCoordination.html)


