



# Community Food Assessment in Bushwick

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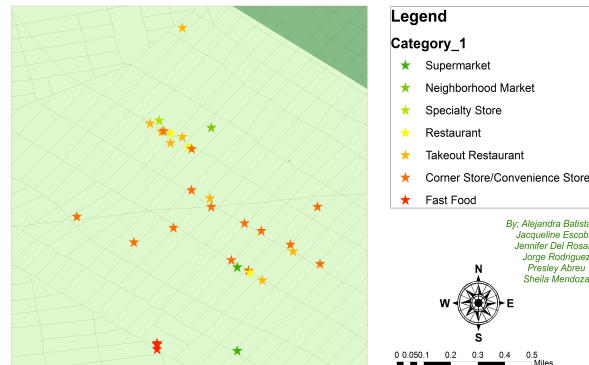
## INTRODUCTION

We investigated food sources in Bushwick to find out if the food provided was healthy for the community. Comparison of diet-related deaths between New York City and Bushwick showed that the Bushwick community had higher death rates due to diet-related diseases, such as heart disease, stroke and diabetes (NYC Department of Health and Mental Hygiene, 2003). The reasons for this might be that healthier food is more expensive and it may be harder to find. We decided to start researching food sources and find out if they are contributing to the many diet-related deaths in the Bushwick community.

## METHODS

Data was collected from 75 establishments in Bushwick. We chose the streets with the most food sources, and every source was sampled. A survey was created which gathered information about: the prices of foods or meals, the hours the store was open and a sample of what each store carried. Additionally the latitude and longitude of each establishment was collected with use of a GPS system. Finally we interviewed the employees of each food source. After the data was collected we entered it into excel, created graphs in excel, and made maps containing the information using Arc GIS. To collect information, we broke Bushwick up into six sections, in total 75 establishments were sampled.

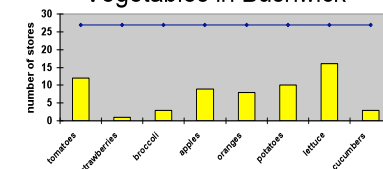
Categories of Food Locations in Bushwick (Brooklyn, N.Y.)



## RESULTS

Of the places sampled 35% were groceries stores, 28% were take-out restaurants, and 12% were fast food restaurants. When we looked more closely at take-out and fast food restaurants we found that they rarely had healthy foods available but the prices of the food they sold were very reasonable. The price of an adult meal was an average of \$6.41 and the kid's meals were half of that at a take-out restaurant. When we looked at supermarkets, neighborhood markets and convenience stores, a total of 27 places, we found that basic fruits and vegetables were less available than they should be (see graph below). Overall there were more restaurants and fast food places than other types of food sources. The healthier food sources, like grocery stores and neighborhood markets were also very spread out (see map). Some one living in the neighborhood would have to walk farther before getting to a healthy food store. When we asked the seventy-five places that we visited where they were getting their food from only seven could answer. The answers were fruit markets, wholesales, and restaurant depots. Basically the rest of the places like take-out restaurants and fast food places don't know what they are feeding the costumers.

Availability of Fruits and Vegetables in Bushwick



## CONCLUSIONS

Of all the food sources sampled, few were healthy. Fruits and vegetables were under-represented. Corner stores and take-out restaurants were more convenient and more affordable than other food sources.

How results affect Bushwick Health. There is more fast food available in Bushwick. This may be one of the causes of health issues such as diabetes, obesity, and heart disease. However, there could be other reasons why Bushwick has high rates of health issues, like genetics, or poor exercise habits. To help solve this problem we could ask corner stores to carry more healthy foods. We could also educate the public about the effects of eating healthy. Our study had some limitations, not all of the stores in Bushwick were sampled, and we had no comparison neighborhood. A complete sample and comparison neighborhood would help put the data in perspective.

Types of Food in Bushwick

