



A Foodscape of **Pelham/Throgs Neck**

UHF Neighborhood #104 (zip codes 10461, 10462,
10464, 10465, 10472, 10473)

Includes parts of City Council Districts 13, 15, 17, and 18



**NEW YORK CITY
FOOD POLICY CENTER**
AT HUNTER COLLEGE

HUNTER
The City University of New York



About Foodscapes

Access to affordable and nutritious food is one of the cornerstones of good health. Without this, individuals—and communities—are at a higher risk of serious chronic diseases, including obesity, diabetes and heart disease. To improve the health of New Yorkers, we must recognize that each neighborhood has a distinct food environment.

Purpose

This Foodscape provides a community-level snapshot of that environment, including data on healthy and unhealthy food consumption, food access, and nutrition-related diseases. Additionally, the report details a sampling of the many resources available to residents within their neighborhoods to support them in eating healthier.

The Data

The data are presented by [United Hospital Fund \(UHF\) neighborhoods](#), which are defined by the [United Hospital Fund](#) and consist of multiple adjacent zip codes. UHF neighborhoods are commonly used in research, including the New York City Department of Health and Mental Hygiene's [Community Health Survey](#).

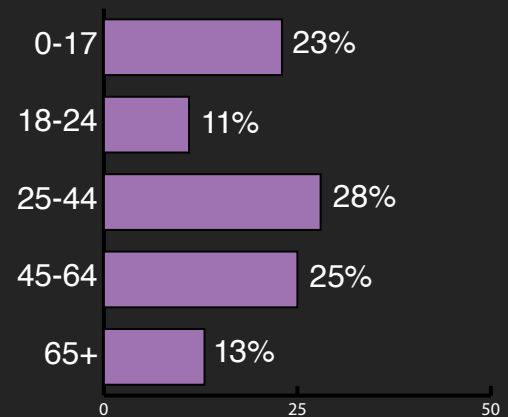
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing that UHF neighborhoods are an imperfect way to capture council districts holistically, the hope is that future updates to the reports will use data more specific to each district.

About Pelham/Throgs Neck

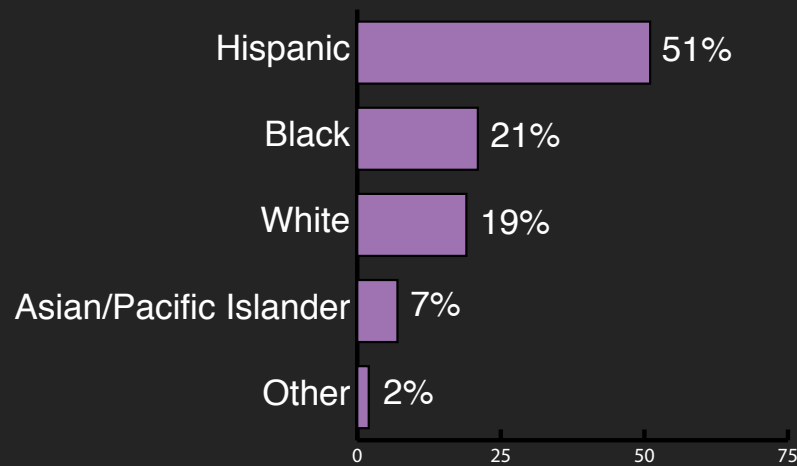
Population: 308,892



Age



Race



Pelham/Throgs Neck is primarily **Hispanic**.

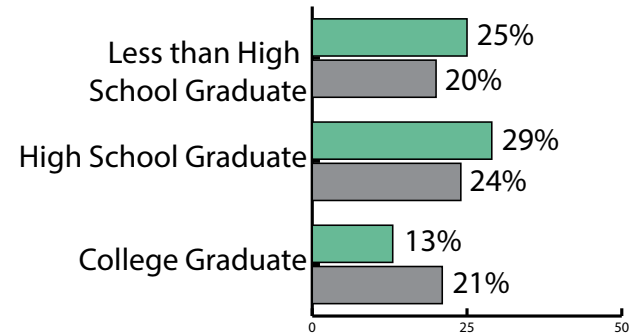


In Pelham/Throgs Neck, levels of educational attainment are generally lower than New York City as a whole. Only 13% of neighborhood residents have graduated from college (vs. 21% citywide).

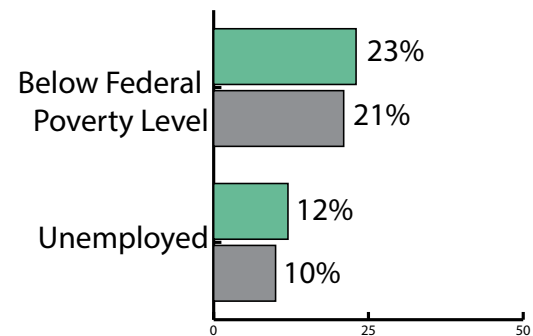
In this neighborhood, more than one in five residents live in poverty and 12% are unemployed (compared with 10% in NYC).

Pelham/Throgs Neck
Citywide

Education



Poverty and Unemployment



Food and Beverage Consumption in Pelham/Throgs Neck

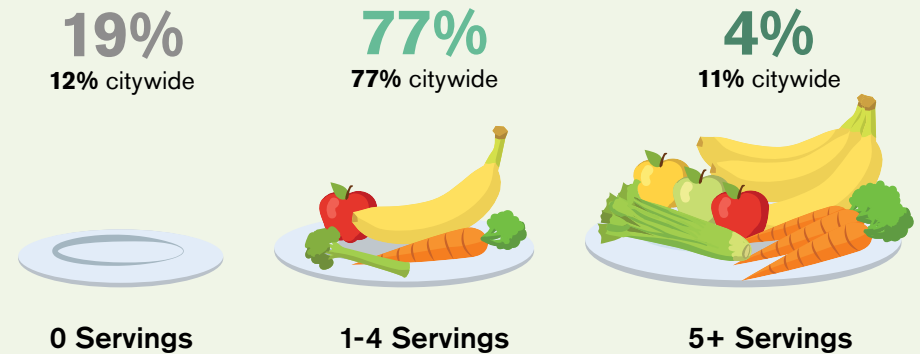
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

Only 4% of Fordham/Bronx Park residents are meeting this standard (vs. 11% in NYC), and 19% consume no fruits or vegetables in a day (vs. 12% in NYC). The vast majority of residents both in this neighborhood and citywide consume between one and four servings of fruits or vegetables per day.

Federal dietary guidelines also recommend **limiting daily sugar intake** to no more than 10% of calories—that is, no more than **12 teaspoons of sugar for a 2000-calorie-a-day diet**. One 12-ounce can of soda has about 10 teaspoons of sugar, and **drinking one soda each day increases a person's risk of developing diabetes by 18%.**²

More than one in three Fordham/Bronx Park residents consume one or more sugary drinks each day, higher than New York City overall (24%). In this neighborhood, 38% of residents drink no sugary beverages, slightly lower than citywide (45%).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



41% live **5 minutes or less**
49% citywide



21% live **between 5-10 minutes**
18% citywide



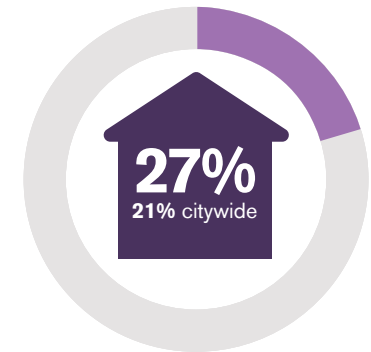
38% live **10 minutes or more**
32% citywide

Access to Healthy Food and Food Security in Pelham/Throgs Neck

Walking distance to fruits and vegetables is an indicator of access to healthy foods. Although access alone may not be sufficient to improve health, studies have found an association between better access and improved diet quality and other health indicators.³

In Pelham/Throgs Neck, 41% of residents are within a five-minute walk to fresh produce, compared to 49% citywide.

Food security means having consistent access to safe, nutritious, and affordable food. The use of Supplemental Nutrition Assistance Program (SNAP) benefits, or food stamps, is an indicator of food insecurity; **the majority of households that receive SNAP are food insecure.**⁴



Households Receiving SNAP Benefits

The U.S. Census Bureau estimates that 12.8% of all households in the United States received SNAP benefits at some point in 2015.

In Fordham/Bronx Park, 27% of households receive SNAP benefits, higher than New York City overall (21%).



Chronic Diseases in Pelham/Throgs Neck

In Fordham/Bronx Park, the prevalence of childhood obesity is slightly higher than New York City as a whole (24% vs. 21%). Children who are obese are more likely to remain obese as adults.⁵ When children remain obese into adulthood their risk for heart disease and other comorbidities becomes more severe.⁶

Adult obesity in this neighborhood is also higher compared with citywide prevalence (30% vs.

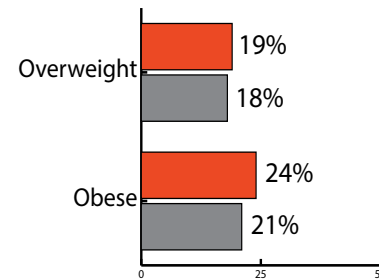
24%). Obesity can lead to serious health conditions, including diabetes and heart disease.

Diabetes is the same in Fordham/ Bronx Park and New York City overall (12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

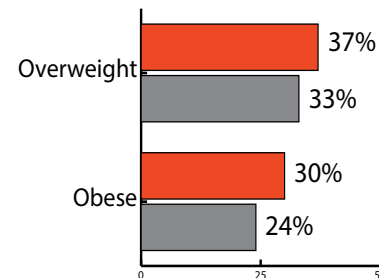
A slightly higher percentage of neighborhood residents have high blood pressure (33% vs. 29% in NYC), a leading risk factor for heart disease.

■ Pelham/Throgs Neck
■ Citywide

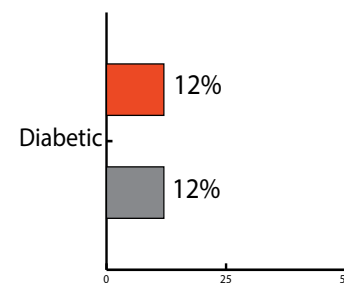
Children (5-14) Who Are Overweight or Obese



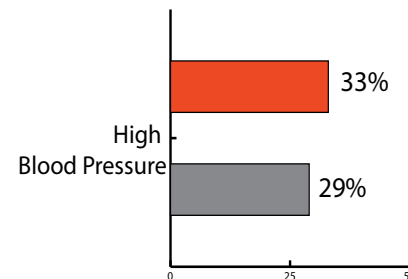
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **Pelham/Throgs Neck**

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In Pelham/Throgs Neck, there are **six GreenThumb Gardens** (which total more than 191,000 square feet), three of which grow food. Find the most up-to-date list of gardens using GreenThumb's [searchable Garden Map](#).

Grow to Learn Gardens

[Grow to Learn NYC](#) is a school gardens initiative that includes more than 600 registered network schools throughout the city. In Pelham/Throgs Neck, there are **16 Grow to Learn-registered network schools**. Find the most up-to-date list of school gardens using Grow to Learn's [searchable Garden Maps](#).

*SNAP is the Supplemental Nutrition Assistance Program (formerly food stamps); EBT, electronic benefit transfer.

Farmers' Markets

All locations, unless otherwise noted, accept SNAP/EBT.* For an updated list of farmers' markets near you (including days/hours of operation) visit nyc.gov/health and search "farmers markets" or text "SoGood" to 877-877.

Harvest Home Jacobi Hospital Farmers' Market -- 1400 Pelham Pkwy at Eastchester Rd

Harvest Home Soundview Farmers' Market -- Morrison Ave & Harrod Pl

Parkchester Greenmarket -- Westchester Ave & White Plains Rd

SNAP Enrollment Sites

There are no SNAP enrollment sites in Pelham/Throgs Neck. The closest sites are in the South Bronx.

Concourse -- 1375 Jerome Ave, 2nd Fl, Bronx, NY 10452

Crotona -- 1910 Monterey Ave, 5th Fl, Bronx, NY 10457

Hunts Point -- 845 Barretto St, B-Level Fl, Bronx, NY 10474

Free Summer Meals

The New York City Department of Education offers free breakfast and lunch to children ages 18 and under at more than 1,100 sites across the city throughout the summer. Food served at summer meal sites meets federal nutrition requirements and the program is fully funded by the U.S. Department of Agriculture (USDA).

Find the most up-to-date list of summer meal sites at schoolfoodnyc.org or download the free smartphone app [SchoolFood: Feed Your Mind](#).

Meal Sites in Pelham/Throgs Neck:

J.H.S. 127 The Castle Hill -- 1560 Purdy St, Bronx, 10462

Loreto Playground -- Morris Park Ave and Tomlinson Ave, Bronx, 10462

Abrams Playground - Bronx Park East -- Bronx Park East & Boston Road, Bronx, 10462

P.S. 152 Evergreen -- 1007 Evergreen Ave, Bronx, 10472

Justice Sotomayor Housing Building -- 1471-73 Watson Ave, Bronx, 10472

P.S. 195 -- 1250 Ward Ave, Bronx, 10472

Bronx River Mini Pool -- E. 174th St Bronx River Ave, Bronx, 10472

P.S. 107 -- 1695 Seward Ave, Bronx, 10473

J.H.S. 131 Albert Einstein -- 885 Bolton Ave, Bronx, 10473

Archimedes Academy for Math, Science, and Technology Applications -- 456 White Plains Road, Bronx, 10473

NYCHA Monroe Houses -- 1790 Story Ave, 1st St Fl TA Office, Bronx, 10473

NYCHA-Castle Hill -- 615 Castle Hill Ave, Community Center, Bronx, 10473

PO Serrano Playground -- Turnbull Ave between Olmstead and Castle Hill Ave, Bronx, 10473



FRESH: Zoning and Discretionary Tax Incentives

The [Food Retail Expansion to Support Health \(FRESH\)](#) program offers zoning and financial incentives to promote the creation and maintenance of grocery stores in underserved neighborhoods.

FRESH benefits are available to stores within designated areas; tax incentives are discretionary and available on a case-by-case basis. To receive FRESH benefits, stores must provide at least:

- 6,000 square feet of retail space for grocery products;
- 50% of a general line of food products intended for home usage;
- 30% of retail space for perishable goods; and
- 500 square feet of retail space for fresh produce.

Find out more on the nyc.gov website.



The New York City Food Policy Center at Hunter College develops intersectoral, innovative and evidence-based solutions to preventing diet-related diseases and promoting food security in New York City and beyond. The Center works with policy makers, community organizations, advocates, and the public to create healthier, more sustainable food environments and to use food to promote community and economic development. Through interdisciplinary research, policy analysis, evaluation, and education, we leverage the expertise and passion of the students, faculty and staff of Hunter College. The center aims to make New York a model for smart, fair food policy.

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