

A Foodscape of **Bedford Stuyvesant/** **Crown Heights**

UHF Neighborhood #203 (zip codes 11212, 11213, 11216, 11233, 11238)

Includes parts of City Council Districts 35, 36, 37, 39, 41, and 42



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](#).

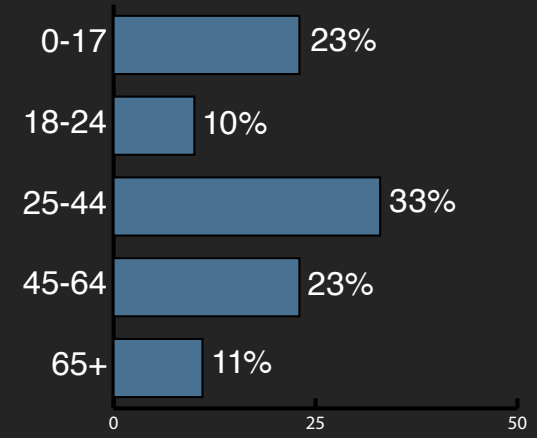
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing 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 Bedford Stuyvesant/Crown Heights

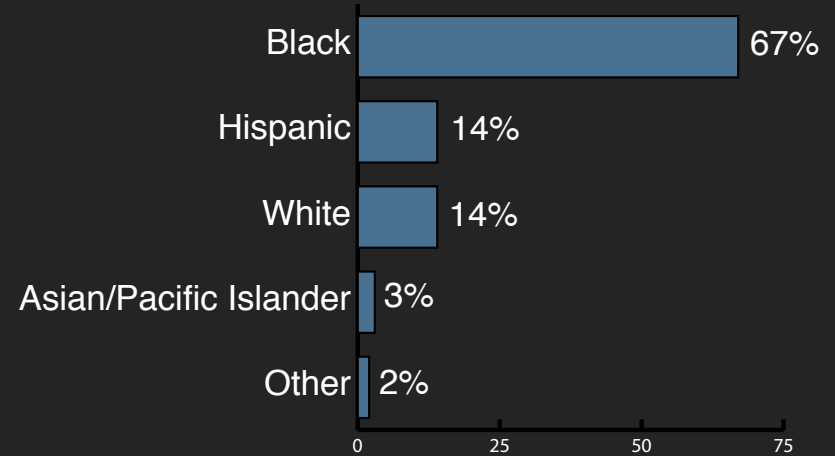
Population: 331,606



Age



Race



Bedford Stuyvesant/Crown Heights is primarily **Black**.

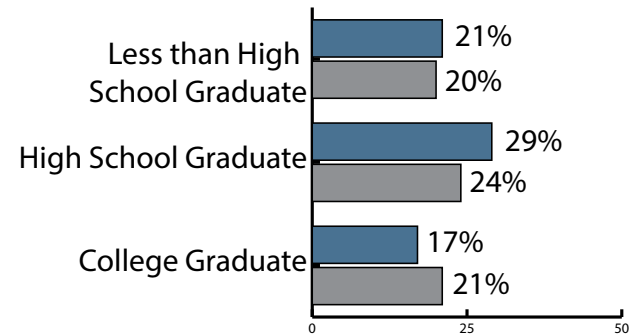


Educational attainment levels in Bedford Stuyvesant/Crown Heights are similar to New York City as a whole. In this neighborhood, a slightly lower percentage of residents are college graduates (17% vs. 21% in NYC).

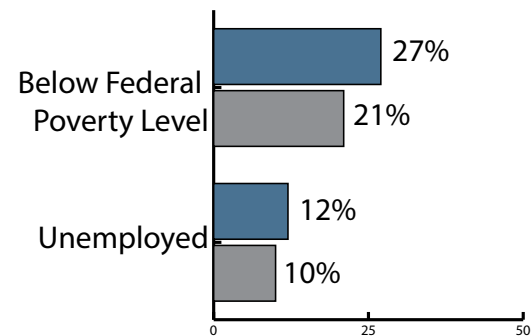
More than one in four neighborhood residents lives in poverty (vs. 21% citywide) and 12% are unemployed, slightly higher than the citywide rate of 10%.

Bedford Stuyvesant/Crown Heights
Citywide

Education



Poverty and Unemployment



Food and Beverage Consumption in Bedford Stuyvesant/Crown Heights

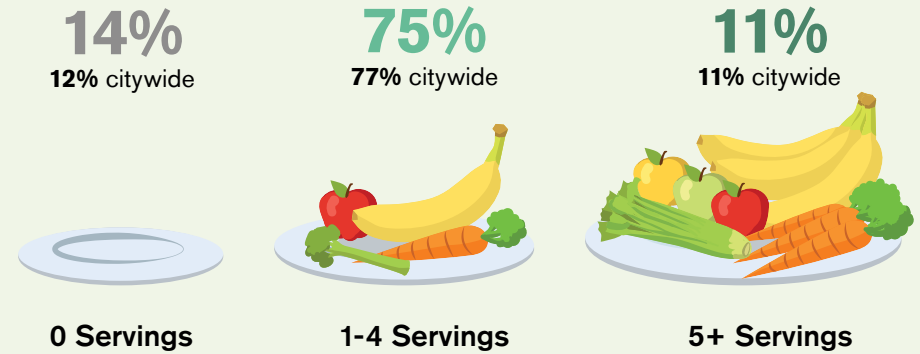
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day.**

Daily intake of fruits and vegetables is similar in Bedford Stuyvesant/Crown Heights and New York City. The vast majority of individuals 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**

Sugary drink consumption patterns are also similar in Bedford Stuyvesant/Crown Heights and New York City. In this neighborhood, a slightly higher percentage of residents drink one or more sugary beverages daily than NYC as a whole (28% vs. 24%).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



62% live **5 minutes or less**
49% citywide



16% live **between 5-10 minutes**
18% citywide



20% live **10 minutes or more**
32% citywide



Access to Healthy Food and Food Security in Bedford Stuyvesant/Crown Heights

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 Bedford Stuyvesant/Crown Heights, the majority (62%) of residents live 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 Bedford Stuyvesant/Crown Heights, nearly one third of households receive SNAP benefits, higher than New York City overall (21%).



Nutrition-Related Chronic Diseases in Bedford Stuyvesant/Crown Heights

In Bedford Stuyvesant/Crown Heights, the prevalence of childhood obesity is slightly higher than New York City overall (23% 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 more prevalent than in New York City, at 36% (vs. 24% citywide). Obesity can lead to serious health

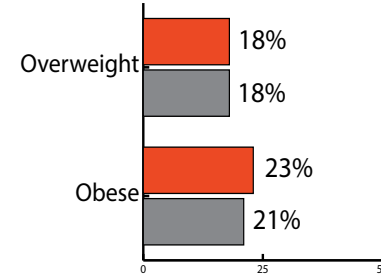
conditions, including diabetes and heart disease.

The prevalence of diabetes is slightly higher in Bedford Stuyvesant/Crown Heights than in New York City as a whole (14% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

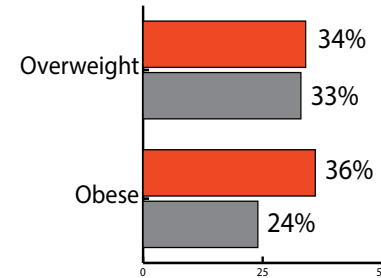
Additionally, a higher percentage of neighborhood residents have high blood pressure (38% vs. 29% in NYC), a leading risk factor for heart disease.

Bedford Stuyvesant/Crown Heights
Citywide

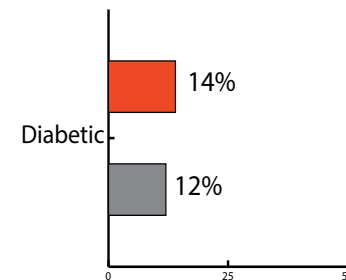
Children (5-14) Who Are Overweight or Obese



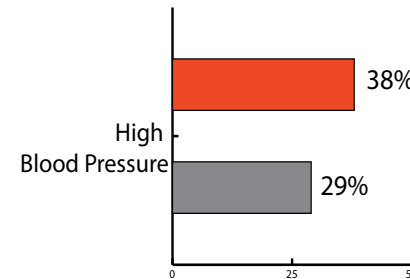
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **Bedford Stuyvesant/Crown Hights**

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In Bedford Stuyvesant/Crown Heights, there are **57 GreenThumb Garden** (which total more than 427,000 square feet), 53 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 Bedford Stuyvesant/Crown Heights, there are **37 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.

Brownsville Pitkin Avenue Youthmarket -- Pitkin Ave & Thomas Boyland St

Brownsville Rockaway Youthmarket -- Rockaway & Livonia Aves

Isabahlia Farm Stand -- Rockaway & Sutter Aves

Isabahlia Farm Stand Winter Market (Nov-Dec only) -- New Lots Ave & Sackman St, inside greenhouse

Isabahlia Farmers' Market -- Livonia Ave bet Powell & Junius Sts

Project EATS Marcus Garvey Village Farm Market -- 300 Chester St at Dumont Ave

Hattie Carthan Community Farmers' Market -- Marcy Ave & Clifton Pl

Marcy Plaza Community Farmers' Market -- Fulton St & Marcy Ave

Bushwick Farmers' Market on Broadway -- Halsey St & Broadway

Malcolm X Blvd Farmers' Market -- Malcolm X Blvd bet Marion & Chauncey Sts

Saratoga Youth Market -- Saratoga Ave & Fulton St

Project EATS Brooklyn Museum Farm Market -- 200 Eastern Parkway

SNAP Enrollment Sites

There are no SNAP enrollment sites in Bedford Stuyvesant/Crown Heights. The closest site is:

North Brooklyn -- 500 Dekalb Ave, 4th Fl, Brooklyn, NY 11205

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 Bedford Stuyvesant/Crown Heights:

M.S. K394 -- 188 Rochester Ave, Brooklyn, 11213

The School of Integrated Learning -- 1224 Park Place, Brooklyn, 11213

P.S. 189 Lincoln Terrace -- 1100 East New York Ave, Brooklyn, 11212

Lenox Road Rehabs -- 1142 Lenox Road, Brooklyn, 11212

P.S. 041 Francis White -- 411 Thatford Ave, Brooklyn, 11212

P.S. 327 Dr. Rose B. English -- 111 Bristol St, Brooklyn, 11212

NYCHA Tilden Houses -- 315 Livonia Ave, Brooklyn, 11212

NYCHA Howard Avenue (Rehab) -- 583 Howard Ave, left of main entrance, Brooklyn, 11212

Howard Pool -- Glenmore/Mother Gaston Blvd and East New York Ave, Brooklyn, 11212

Brooklyn Public Library -- 581 Mother Gaston Boulevard, Brooklyn, 11212



P.S. 003 The Bedford Village -- 50 Jefferson Ave, Brooklyn, 11216

P.S. 256 Benjamin Banneker -- 114 Kosciuszko St, Brooklyn, 11216

Kosciusko Pool -- 670 Marcy Ave, Brooklyn, 11216

NYCHA Louis Armstrong -- 415 Lexington Ave, Brooklyn, 11216

NYCHA Gowanous Houses -- 244 Bond St, Brooklyn, 11216

P.S. 021 Crispus Attucks -- 180 Chauncey St, Brooklyn, 11233

P.S. 262 El Hajj Malik El Shabazz School -- 500 Macon St, Brooklyn, 11233

Kingsborough Summer Lunch Program -- 354 Kingsborough 1st Walk, Brooklyn, 11233

Brooklyn Public Library (Macon Branch) -- 361 Lewis Ave, Brooklyn, 11233

P.S. 178 Saint Clair Mckelway -- 2163 Dean St, Brooklyn, 11233

Brooklyn Collegiate: A College Board School -- 2021 Bergen St, Brooklyn, 11233

Brooklyn Public Library (Saratoga Branch) -- 8 Thomas S. Boyland Street, Brooklyn, 11233

Brooklyn Public Library (Bedford Branch) -- 496 Franklin Ave, Brooklyn, 11238

Brooklyn Arts and Science Elementary School -- 443 Saint Marks Ave, Brooklyn, 11238



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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