



A Foodscape of **East New York**

UHF Neighborhood #204 (zip codes 11207, 11208)
Includes parts of City Council Districts 37 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](#).

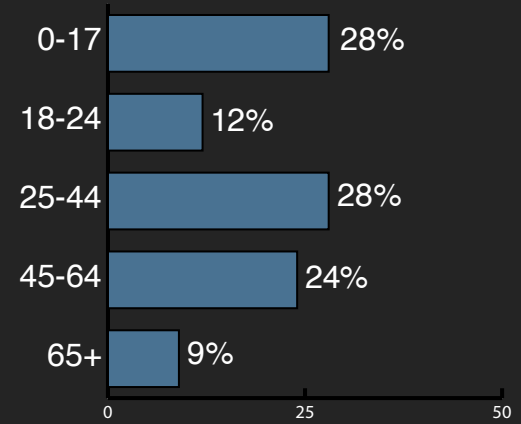
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

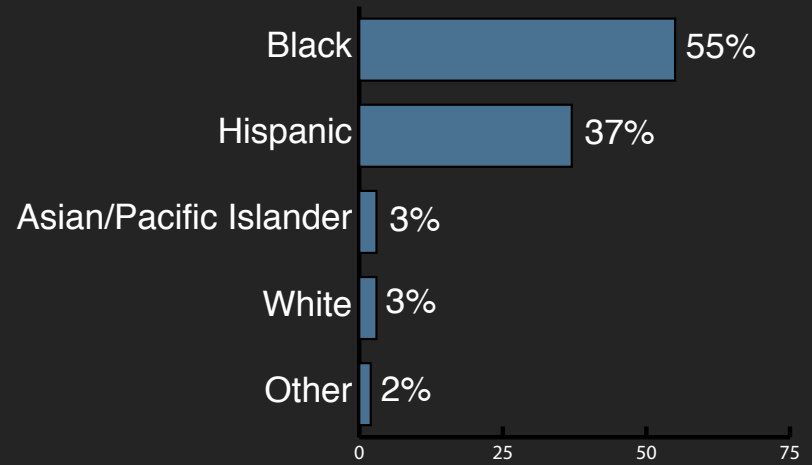
Population: 188,504



Age



Race

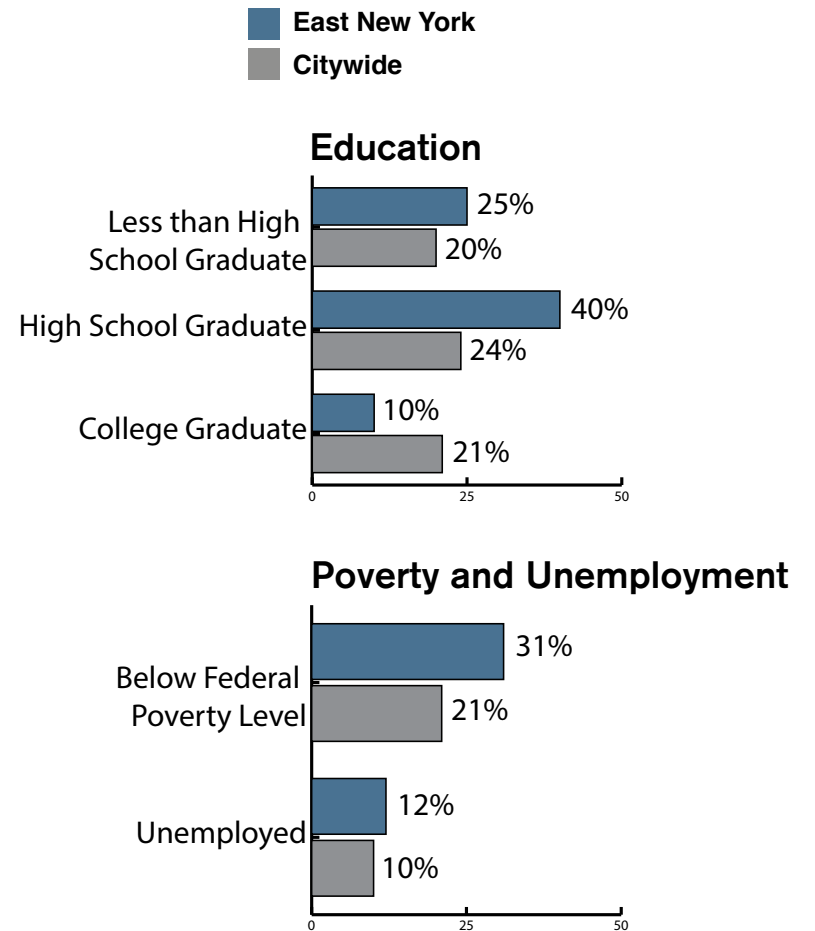


East New York is primarily **Black**.



In East New York, college graduation rates are nearly half that of New York City overall (10% vs. 21%), but 40% of neighborhood residents have graduated from high school (vs. 24% citywide).

In this neighborhood, nearly one third of residents live in poverty (vs. 21% citywide) and 12% are unemployed, slightly higher than the citywide rate of 10%.



Food and Beverage Consumption in East New York

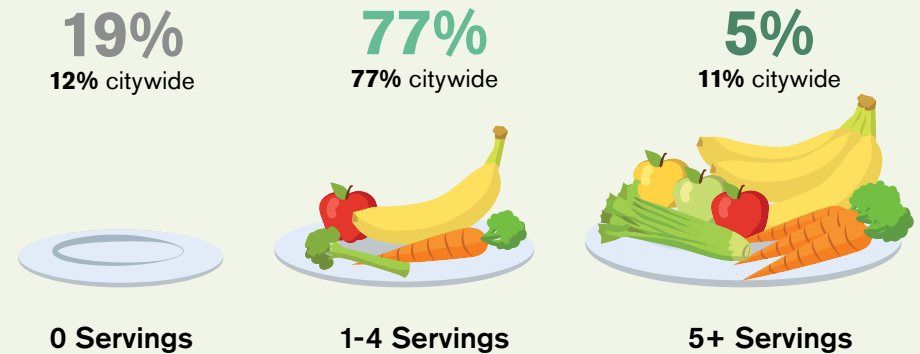
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

A lower percentage of East New York residents are meeting this standard (5% vs. 11% in NYC), and 19% consume no fruits or vegetables in a day, compared with 12% citywide. 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

Sugary drink consumption patterns are similar in East New York and New York City, with slightly higher percentage of neighborhood residents consuming sugary drinks daily (26% vs. 24% citywide).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



48% live **5 minutes or less**
49% citywide



15% live **between 5-10 minutes**
18% citywide



36% live **10 minutes or more**
32% citywide



Access to Healthy Food and Food Security in East New York

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 East New York, access to fresh fruits and vegetables is similar to New York City. Nearly half of neighborhood residents live within a five-minute walk to fresh produce.

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 East New York, 31% of households receive SNAP benefits, higher than New York City overall (21%).



Nutrition-Related Chronic Diseases in East New York

In East New York, the prevalence of childhood obesity is slightly higher than New York City as a whole (25% 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 than citywide (37% vs. 24%). Obesity can lead to serious

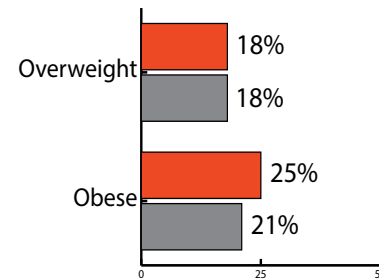
health conditions, including diabetes and heart disease.

Diabetes prevalence in East New York is nearly twice that of New York City overall (22% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

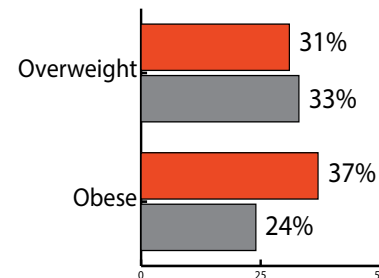
Additionally, a slightly higher percentage of neighborhood residents have high blood pressure (32% vs. 29% in NYC), a leading risk factor for heart disease.

East New York
Citywide

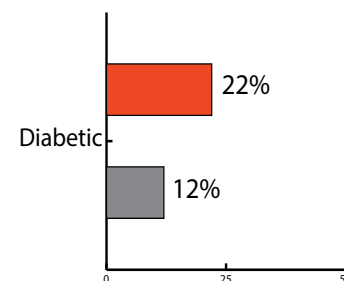
Children (5-14) Who Are Overweight or Obese



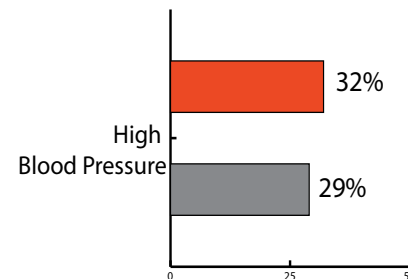
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **East New York**

GreenThumb Gardens

There are over 600 **GreenThumb** community gardens across the city, and any resident can join a garden. In East New York, there are **63 GreenThumb Garden** (which total more than 431,000 square feet), 39 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 East New York, there are **24 Grow to Learn-registered network schools**. Find the most up-to-date list of school gardens using Grow to Learn's [searchable Garden Maps](#).

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.

East New York Farm Stand -- New Lots Ave bet Alabama & Georgia Aves

East New York Farmers' Market -- Schenck Ave bet New Lots & Livonia Aves

Pitkin Verde Farmers' Market -- 2094 Pitkin Ave at Pennsylvania Ave

Cypress Hills Youthmarket -- Fulton & Richmond Sts

Harvest Home Cityline Farmers' Market -- Drew St bet 101 & Liberty Aves

SNAP Enrollment Site

East New York -- 404 Pine St, 1st Fl, Brooklyn, 11208

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

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 East New York:

Brooklyn Public Library (Rugby Branch) -- 1000 Utica Ave, Brooklyn, 11207

P.S. 013 Roberto Clemente -- 557 Pennsylvania Ave, Brooklyn, 11207

Van Siclen Community Middle School -- 800 Van Siclen Ave, Brooklyn, 11207

NYCHA Bruekelen 1D -- 254 Stanley Ave, Brooklyn, 11207

Brooklyn Public Library (Arlington Ave) -- 203 Arlington Ave, Brooklyn, 11207

Brooklyn Public Library (New Lots Branch) -- 665 New Lots Avenue, Brooklyn, 11207

Betsy Head Pool -- 694 Thomas Boyland St, Brooklyn, 11207

P.S./I.S. 384 Frances E. Carter -- 242 Cooper St, Brooklyn, 11207

P.S. 007 Abraham Lincoln -- 858 Jamaica Ave, Brooklyn, 11208

J.H.S. 218 James P. Sinnott -- 370 Fountain Ave, Brooklyn, 11208

P.S. 345 Patrolman Robert Bolden -- 111 Berriman St, Brooklyn, 11208

NYCHA Louis Pink Houses -- 1258 Loring Ave, Brooklyn, 11208



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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