



A Foodscape of **Washington Heights/Inwood**

UHF Neighborhood #301 (zip codes 10031, 10032, 10033, 10034, 10040)
Includes parts of City Council Districts 7, 9, and 10



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

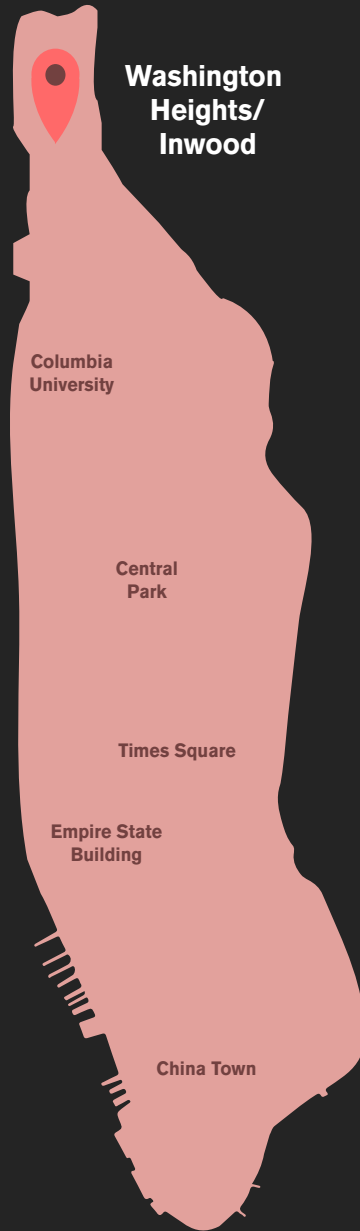
This Foodscape provides a community-level snapshot of that environment, including data on healthy and unhealthy food consumption, food access, and nutrition-related diseases. Additionally, the report details a sampling of the many resources available to residents within their neighborhoods to support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

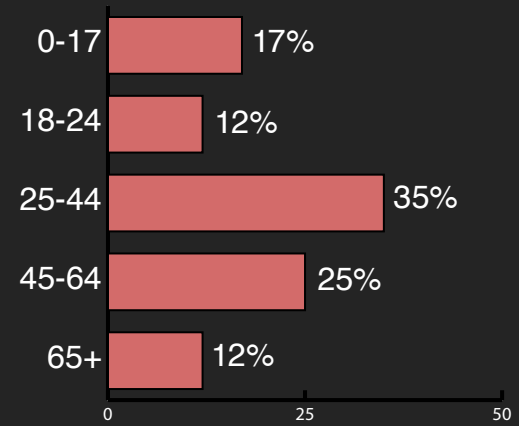
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

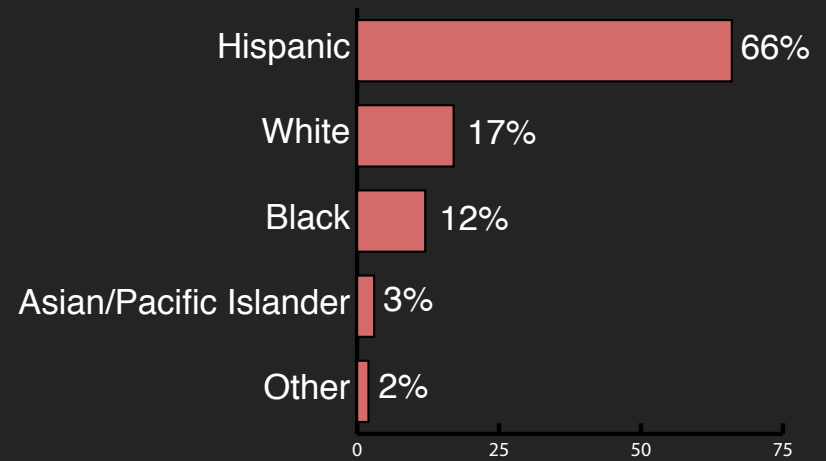


Population: **269,556**

Age



Race

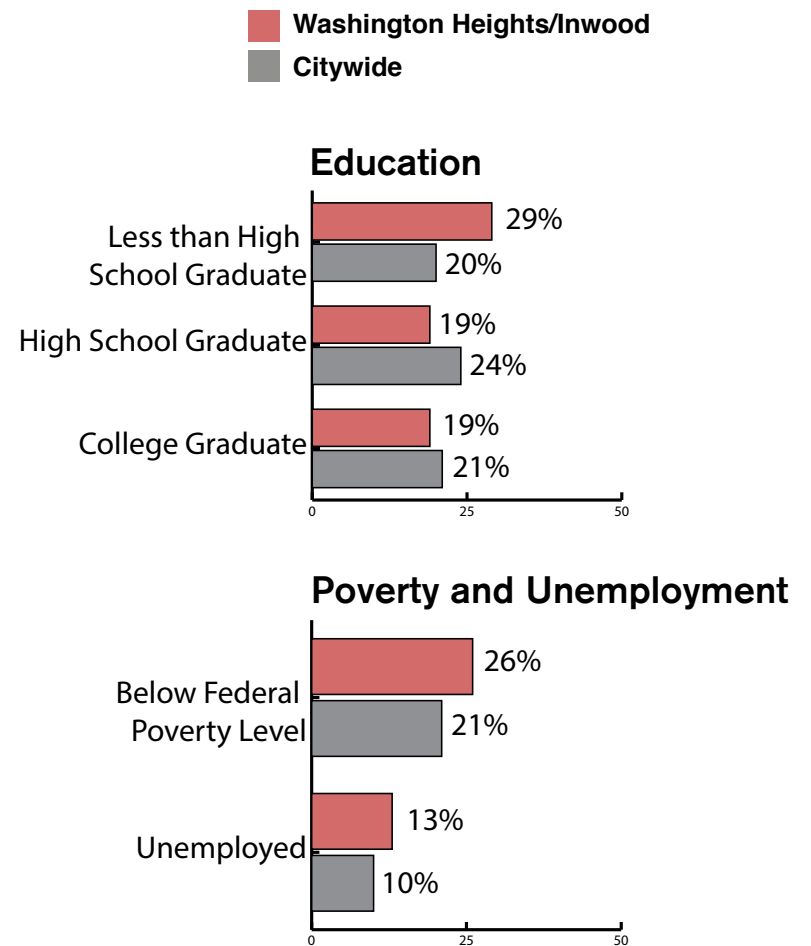


Washington Heights/Inwood is primarily **Hispanic**.



In Washington Heights/Inwood, levels of educational attainment are generally lower than in New York City as a whole. Twenty-nine percent of neighborhood residents have not completed high school (vs. 20% citywide).

In this neighborhood, more than one in four residents lives in poverty (vs. 21% citywide) and 13% are unemployed, slightly higher than the citywide rate of 10%.



Food and Beverage Consumption in Washington Heights/Inwood

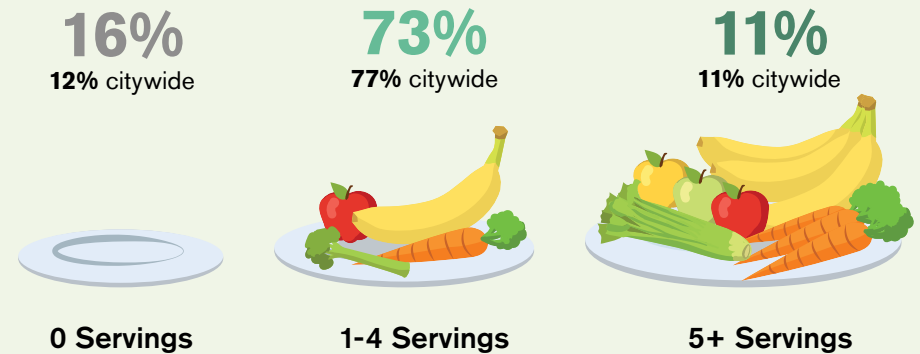
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

Daily intake of fruits and vegetables is similar in Washington Heights/Inwood and New York City. A slightly greater percentage of neighborhood residents are not consuming any fruits or vegetables per day (16% vs. 12% in NYC). The vast majority of individuals, both in this neighborhood and citywide, consume between one and four servings of produce 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

In Washington Heights/Inwood, over one quarter of residents consume one or more sugary drinks each day, slightly higher than citywide (24%).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



58% live **5 minutes or less**
49% citywide



20% live **between 5-10 minutes**
18% citywide



21% live **10 minutes or more**
32% citywide

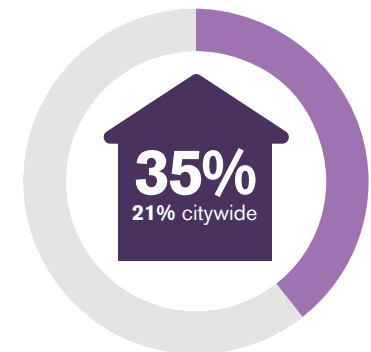


Access to Healthy Food and Food Security in Washington Heights/Inwood

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 Washington Heights/Inwood, the majority (58%) 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 Washington Heights/Inwood, more than one third of households receive SNAP benefits, higher than citywide (21%).

Nutrition-Related Chronic Diseases in Washington Heights/Inwood



In Washington Heights/Inwood, the prevalence of childhood obesity is higher than New York City as a whole (27% 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 slightly higher than citywide (26% vs. 24%). Obesity can lead

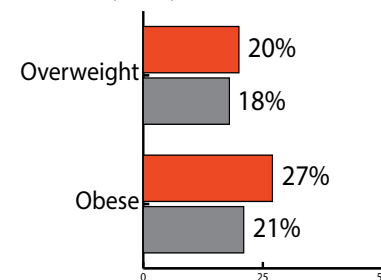
to serious health conditions, including diabetes and heart disease.

Diabetes prevalence is slightly higher in Washington Heights/Inwood than in New York City overall (14% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

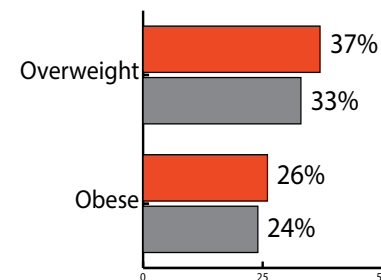
High blood pressure prevalence is the same, at 29%, a leading risk factor for heart disease.

Washington Heights/Inwood
Citywide

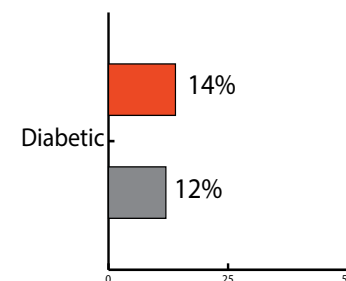
Children (5-14) Who Are Overweight or Obese



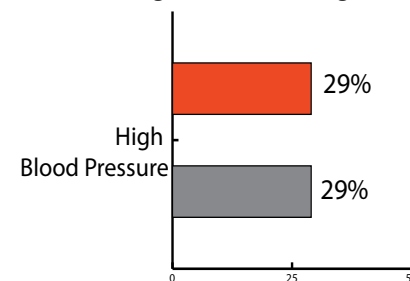
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **Washington Heights/Inwood**

GreenThumb Gardens

There are over 600 **GreenThumb** community gardens across the city, and any resident can join a garden. In Washington Heights/Inwood, there are **17 GreenThumb Gardens** (which total more than 93,000 square feet), eight 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 Washington Heights/Inwood, there are **18 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.

Grass Roots Farmers' Market -- 145th St bet Edgecombe & Bradhurst Aves, at Jackie Robinson Park

Harvest Home West Harlem Farmers' Market -- Broadway bet 137th & 138th Sts

Fort Washington Greenmarket -- 168th St & Ft. Washington Ave

Sugar Hill Greenmarket -- W 155th St & St Nicholas Ave

175th Street Greenmarket -- 175th St bet Wadsworth Ave & Broadway

Inwood Park Greenmarket -- Isham St bet Seaman Ave & Cooper St

SNAP Enrollment Sites

Washington Heights -- 4055 10th Ave, Lower Level, NY, 10034

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 Washington Heights/Inwood:

Riverbank State Park -- 679 Riverside Dr, New York, 10031

P.S. 153 Adam Clayton Powell -- 1750 Amsterdam Ave, New York, 10031

Carmansville Playground -- 151st St and Amsterdam Ave, New York, 10031

P.S. 128 Audubon -- 560 West 169th St, New York, 10032

M.S. 319 Maria Teresa -- 21 Jumel Pl, New York, 10032

Community Health Academy of the Heights -- 504 West 158th St, New York, 10032

Highbridge Pool -- 2301 Amsterdam Ave & 173rd St, New York, 10032

P.S. 048 P.O. Michael J. Buczek -- 4360-78 Broadway, New York, 10033

P.S. 115 Alexander Humboldt -- 586 West 177th St, New York, 10033

NYC Parks J. Hood Wright Park -- 173rd St & Fort Washington Ave, New York, 10033

Paula Hedbavny School -- 421 West 219th St, New York, 10034

Washington Heights Academy -- 202 Sherman Ave, New York, 10034

P.S. 189 -- 2580 Amsterdam Ave, New York, 10040

I.S. 218 Salome Urena -- 4600 Broadway, New York, 10040



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.

Data Sources

Page 3

U.S. Census Bureau / American FactFinder. S0101: Age and Sex; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. DP05: Demographic and Housing Estimates; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

Page 4

U.S. Census Bureau / American FactFinder. S1501: Educational Attainment; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. S1701: Poverty Status in the Past 12 Months; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. S2301: Employment Status; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

Page 5

New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2015. Accessed January 2017. <http://nyc.gov/health/epiquery>.

Page 6

New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2014. Accessed January 2017. <http://nyc.gov/health/epiquery>.

U.S. Census Bureau / American FactFinder. S2201: FOOD STAMPS/Supplemental Nutrition Assistance Program (SNAP); 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. S2201: FOOD STAMPS/Supplemental Nutrition Assistance Program (SNAP); 2015 American Community Survey 1-Year Estimates. <http://factfinder2.census.gov>. Accessed February 2017.

Page 7

New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2015. Accessed January 2017. <http://nyc.gov/health/epiquery>.

New York City Department of Health and Mental Hygiene. NYC Fitnessgram: Weight status by student home UHF, school year 2012-13.

References

¹ U.S. Department of Health and Human Services & U.S. Department of Agriculture. Dietary Guidelines for Americans 2015-2020. (8th Edition). Accessed January 2017. <http://health.gov/dietaryguidelines/2015/guidelines>.

² Imamura F, O'Connor L, Ye Z, et al. Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction. *BMJ*. 2015 Jul 21;351:h3576. doi: 10.1136/bmj.h3576.

³ Rahkovsky I, Snyder S. Food Choices and Store Proximity. ERS Report No. 195. U.S. Department of Agriculture, Economic Research Service, September 2015. https://www.ers.usda.gov/webdocs/publications/err195/53943_err195.pdf?v=42276. Accessed February 2016.

⁴ Executive Office of the President of the United States. (2015) Long-Term Benefits of the Supplemental Nutrition Assistance Program. https://obamawhitehouse.archives.gov/sites/obamawhitehouse.archives.gov/files/documents/SNAP_report_final_nonembargo.pdf. Accessed December 2016.

⁵ Freedman DS, Khan LK, Serdula MK, Dietz WH, Srinivasan SR, Berenson GS. The relation of childhood BMI to adult adiposity: the Bogalusa Heart Study. *Pediatrics* 2005;115:22-7.

⁶ Freedman DS, Dietz WH, Srinivasan SR, Berenson GS. Risk factors and adult body mass index among overweight children: the Bogalusa Heart Study. *Pediatrics*. 2009;123:750-57.