

A Foodscape of **East Harlem**

UHF Neighborhood #303 (zip codes 10029, 10035)
Includes parts of City Council Districts 4, 5, 8, and 9





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.

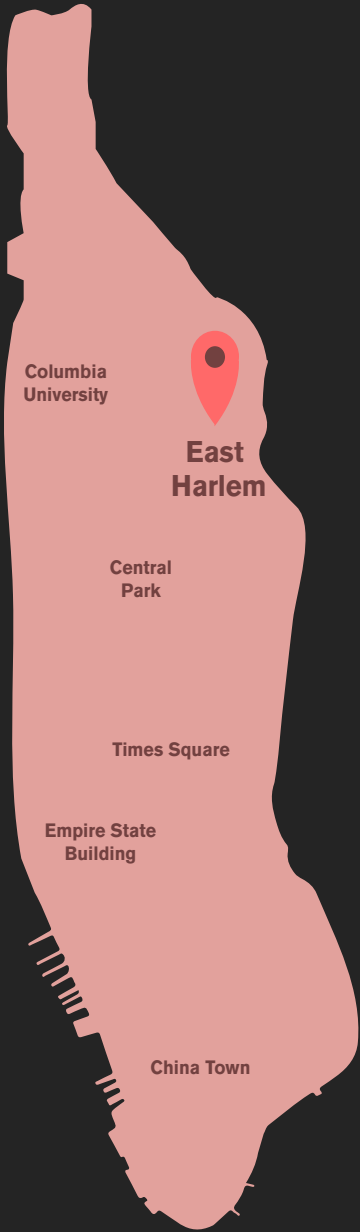
The Data

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](#).

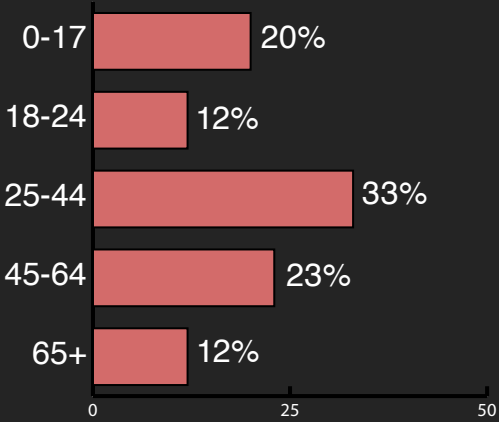
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

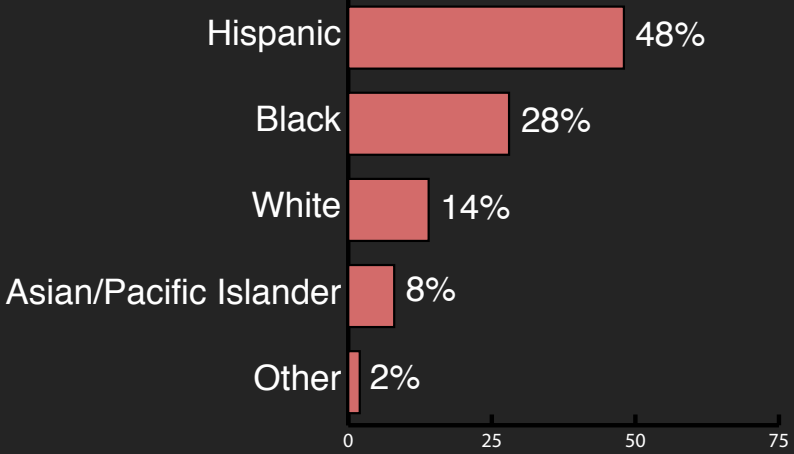
Population: **113,171**



Age



Race

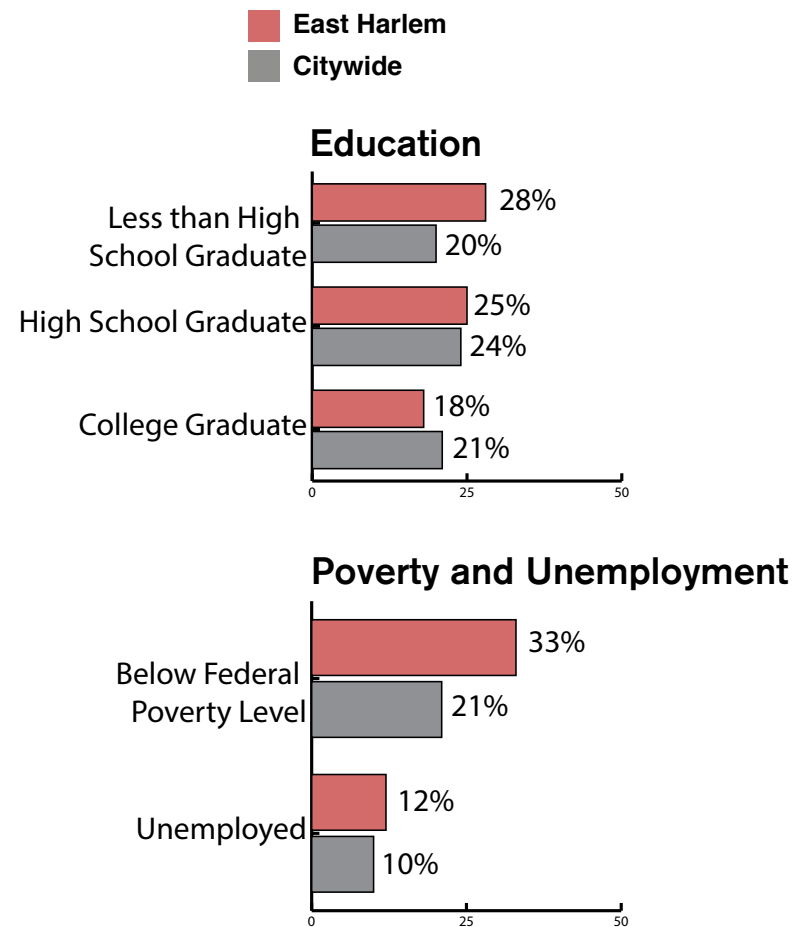


East Harlem is primarily **Hispanic**.



Levels of educational attainment in East Harlem are similar to New York City as a whole; a slightly lower percentage of neighborhood residents are college graduates (18% vs. 21%).

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



Food and Beverage Consumption in East Harlem

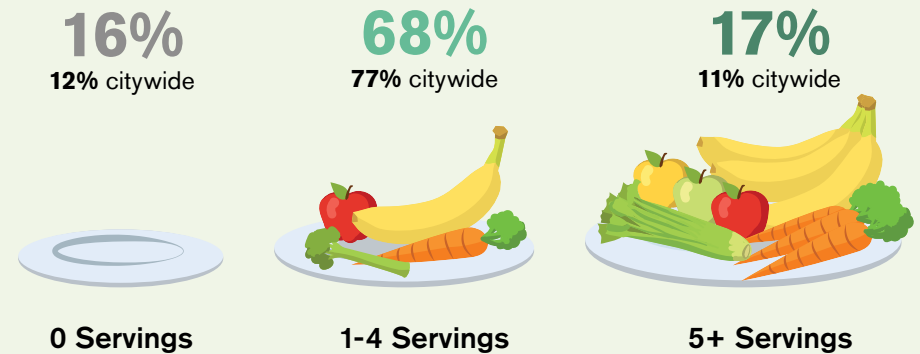
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

A greater percentage of East Harlem residents are meeting this standard (17% vs. 11% in NYC), but 16% 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

In East Harlem, over one quarter of residents consume one or more sugary drinks each day, slightly higher than New York City overall (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



18% live between 5-10 minutes
18% citywide



23% live 10 minutes or more
32% citywide

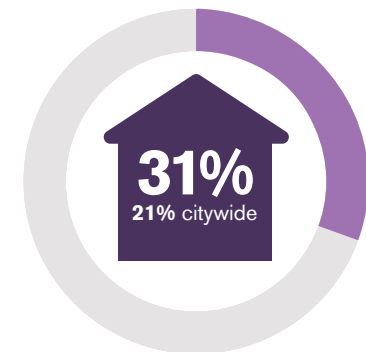


Access to Healthy Food and Food Security in East Harlem

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



Nutrition-Related Chronic Diseases in East Harlem

In East Harlem, the prevalence of childhood obesity is higher than New York City as a whole (26% 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

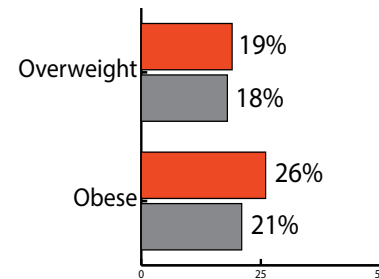
Adult obesity in this neighborhood is also slightly higher than citywide (27% vs. 24%). Obesity can lead to serious health conditions, including diabetes and heart disease.

Diabetes prevalence is the highest of all UHF neighborhoods (at 23%), and nearly twice that of New York City overall (12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

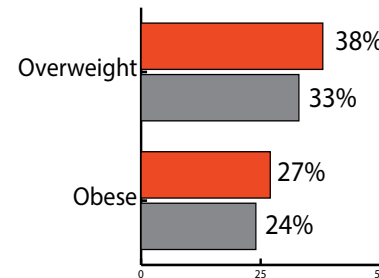
Additionally, **a higher percentage of residents have high blood pressure (34% vs. 29% in NYC),** a leading risk factor for heart disease.

East Harlem
Citywide

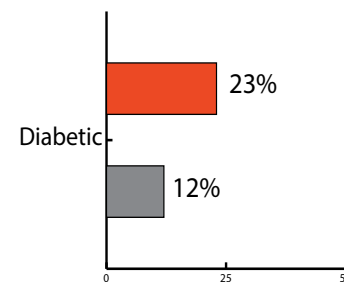
Children (5-14) Who Are Overweight or Obese



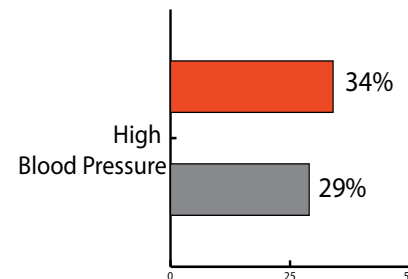
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **East Harlem**

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In East Harlem, there are **39 GreenThumb Gardens** (which total more than 202,000 square feet), 27 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 Harlem, 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.

Chenchita's Community Garden -- 112th St & Madison Ave

El Barrio Youth Marqueta -- 116th St & Park Ave

Harvest Home East Harlem Farmers' Market -- 104th St & 3rd Ave

Harvest Home East River Farmers' Market -- 1st Ave bet 108th & 109th Sts

Harvest Home Metropolitan Farmers' Market -- 99th St & 3rd Ave

Mount Sinai Hospital Greenmarket -- 99th St & Madison Ave

P.S. 7 Farm Stand -- Lexington Ave & 119th St, in schoolyard

SNAP Enrollment Sites

East End -- 2322 Third Ave, 3rd Fl, NY, 10035

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 Harlem:

Lasker Pool NYC Parks Department -- 110th St & Lenox Ave, New York, 10029

P.S. 050 Vito Marcantonio -- 433 East 100th St, New York, 10029

James Weldon Johnson School -- 176 East 115th St, New York, 10029

P.S. 146 Ann M. Short -- 421 East 106th St, New York, 10029

P.S. 171 Patrick Henry -- 19 East 103rd St, New York, 10029

Cherry Tree Playground -- 99th-100th St, 3rd Ave, New York, 10029

Thomas Jefferson Pool -- 2180 1st Ave and 112th St, New York, 10029

NYCHA Wilson Houses -- 425 East 105th St, New York, 10029

NYCHA George Washington Houses -- 1851 3rd Avenue, 1st Floor, New York, 10029

Poor Richard's Playground -- East 108th St & 3rd Ave, New York 10029;

Coalition School for Social Change -- 2351 1st Ave, New York, 10035

Wagner Pool -- 124th St between 1st & 2nd Ave, New York, 10035



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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