



A Foodscape of **Ridgewood/Forest Hills**

UHF Neighborhood #405 (zip codes 11374, 11375, 11379, 11385)
Includes parts of City Council Districts 29, 30, and 34





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](#).

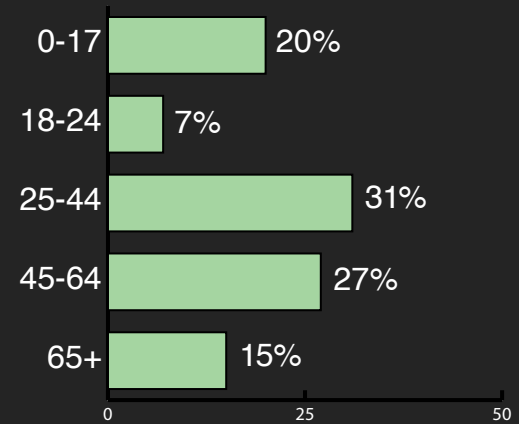
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

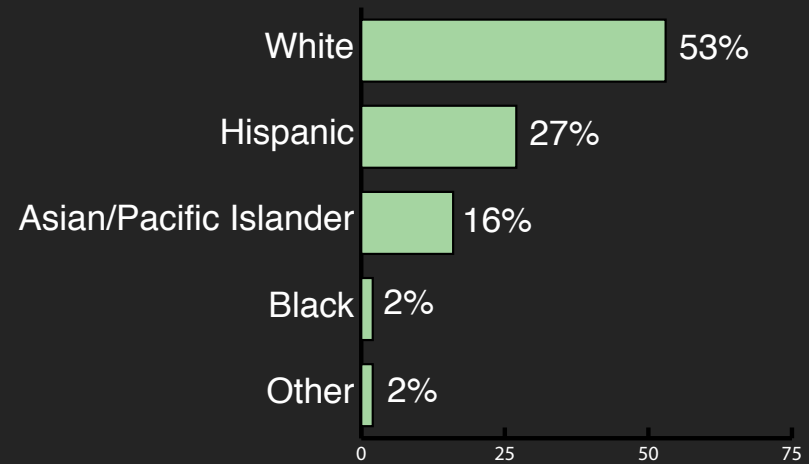
Population: 251,807



Age



Race

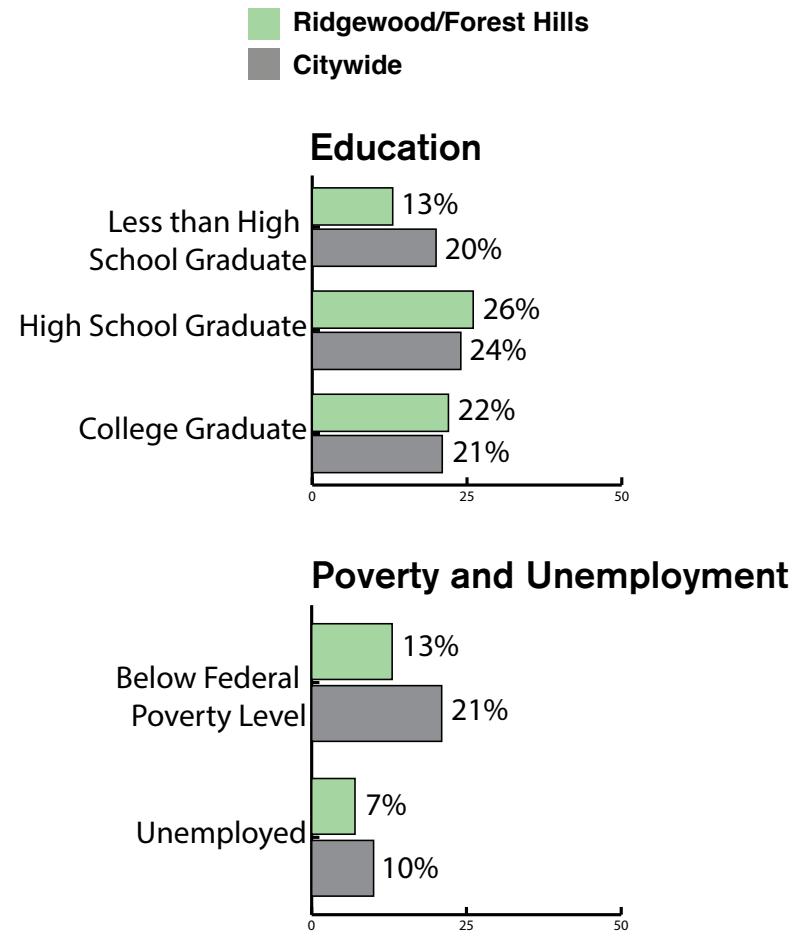


Ridgewood/Forest Hills is primarily **White**.



Levels of educational attainment in Ridgewood/Forest Hills are similar to New York City as a whole; about one fifth of residents are college graduates.

In this neighborhood, 13% of residents live in poverty (vs. 21% citywide) and 7% are unemployed, slightly less than the citywide rate of 10%.



Food and Beverage Consumption in Ridgewood/Forest Hills

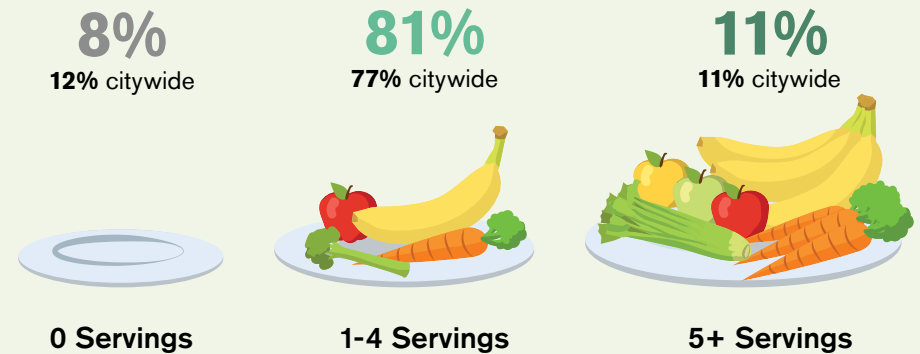
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day.**

Daily intake of fruits and vegetables is similar in Ridgewood/Forest Hills and New York City. 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**

The majority (51%) of Ridgewood/Forest Hills residents drink no sugary drinks, higher than the citywide average (45%). In this neighborhood, one in five residents drink one or more sugary beverages daily, slightly lower than New York City as a whole (24%).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



53% live 5 minutes or less
49% citywide



17% live between 5-10 minutes
18% citywide



29% live 10 minutes or more
32% citywide

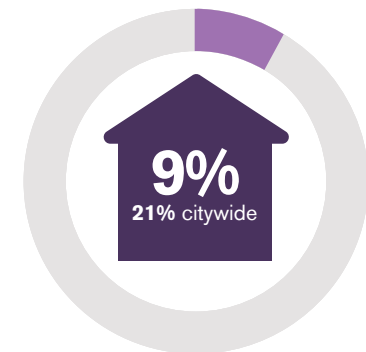


Access to Healthy Food and Food Security in Ridgewood/Forest Hills

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 Ridgewood/Forest Hills, the majority (53%) 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 Ridgewood/Forest Hills, 9% households receive SNAP benefits, lower than New York City as a whole (21%).



Nutrition-Related Chronic Diseases in Ridgewood/Forest Hills

In Ridgewood/Forest Hills, the prevalence of childhood obesity is slightly lower than New York City as a whole (18% 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 lower than citywide (18% vs. 24%). Obesity can lead to serious

health conditions, including diabetes and heart disease.

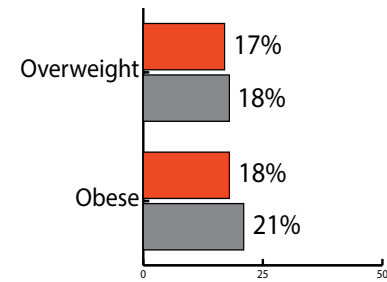
Diabetes prevalence in Ridgewood/Forest Hills is half that of New York City overall (5% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

Nearly 30% of neighborhood residents have high blood pressure, the same as citywide, a leading risk factor for heart disease.

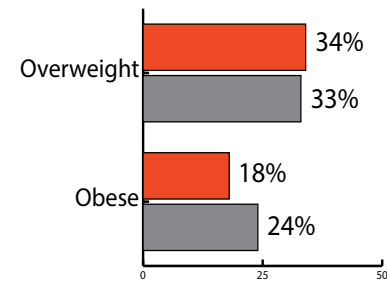
Ridgewood/Forest Hills

Citywide

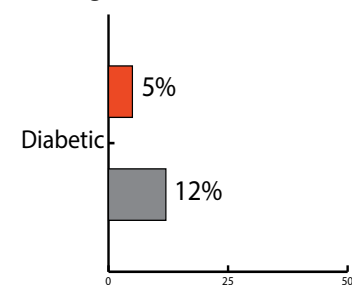
Children (5-14) Who Are Overweight or Obese



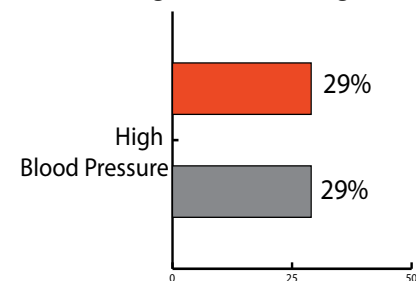
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **Ridgewood/Forest Hills**

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In Ridgewood/Forest Hills, there is **one GreenThumb Garden**, which totals more than 5,000 square feet. 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 Ridgewood/Forest Hills, there are **13 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.

Forest Hills Greenmarket -- Queens Blvd & 70th Ave

Ridgewood Youthmarket -- Cypress Ave bet Myrtle & Putnam Aves

SNAP Enrollment Sites

There are no SNAP enrollment sites in Ridgewood/Forest Hills. The closest sites are in Long Island City or Jamaica.

Queens -- 32-30 Northern Blvd, 2nd Fl, LIC, 11101

Jamaica -- 165-08 88th Ave, 3rd Fl, Jamaica, 11432

*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 Ridgewood/Forest Hills:

P.S. 139 Rego Park -- 93-06 63rd Drive, Queens, 11374

I.S. 093 Ridgewood -- 66-56 Forest Ave, Queens, 11385

P.S. 290 -- 55-20 Metropolitan Ave, Queens, 11385

I.S. 077 -- 976 Seneca Ave, Queens, 11385

Queens Library (Glendale) -- 78-60 73rd Pl, Queens, 11385



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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