



## A Foodscape of **Northern Staten Island**

UHF Neighborhood #501/502 (zip codes 10301, 10302, 10303, 10304, 10305, 10310)

Includes parts of City Council Districts 49 and 50



**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](#).

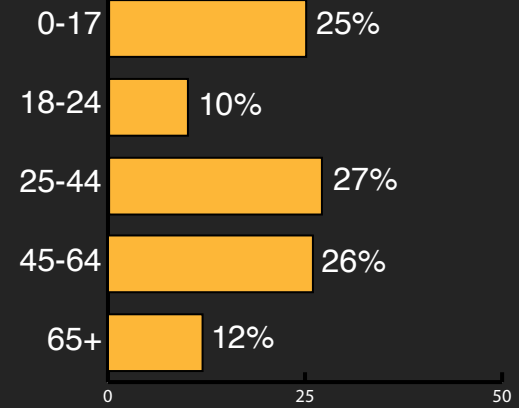
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

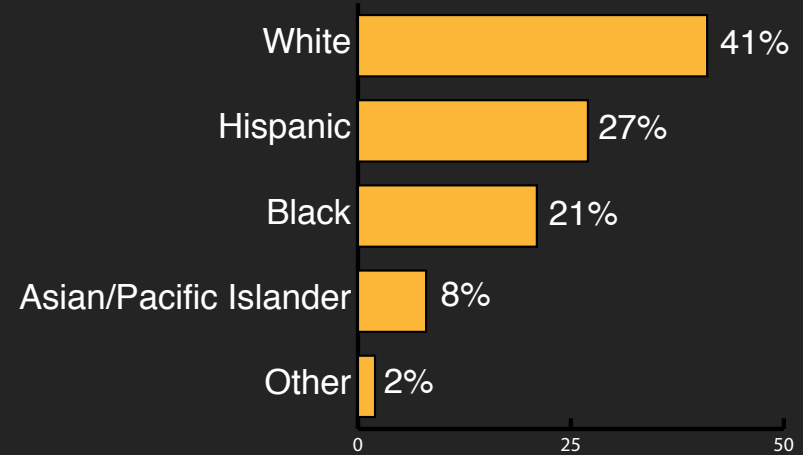
Population: **189,861**



## Age



## Race

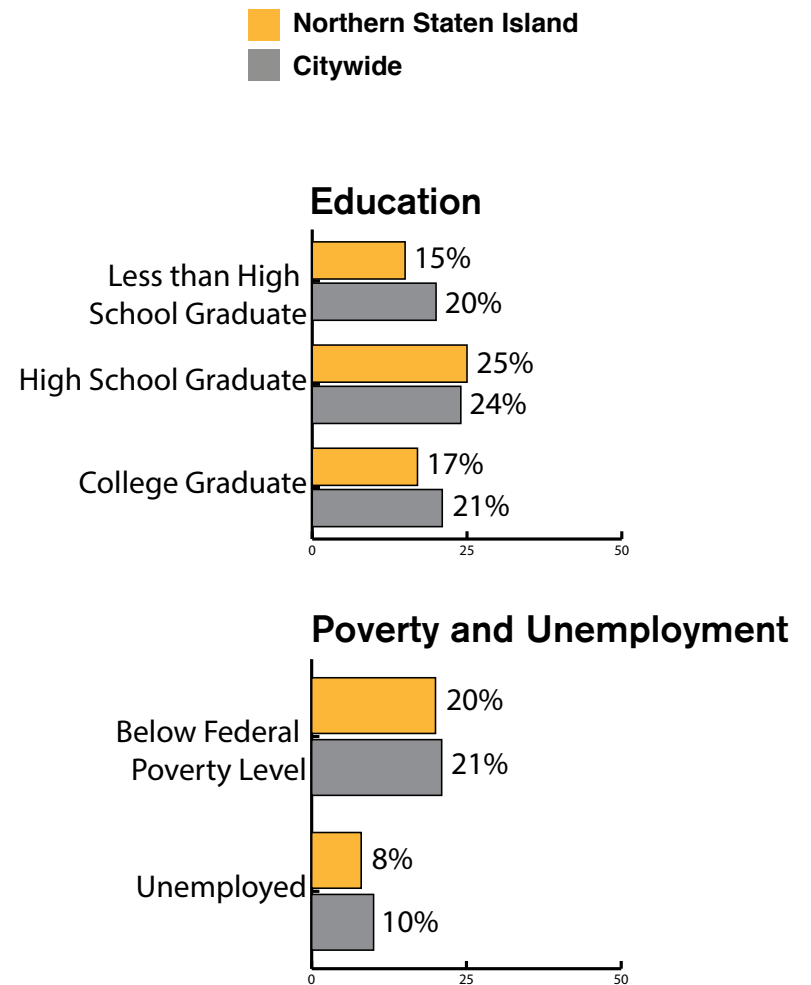


Northern Staten Island is primarily **White**.



Levels of educational attainment in Northern Staten Island are generally lower than New York City as a whole; a slightly lower percentage of neighborhood residents are college graduates (17% vs. 21% citywide).

Similar to New York City, one in five neighborhood residents live in poverty and 8% are unemployed.



## Food and Beverage Consumption in Northern Staten Island

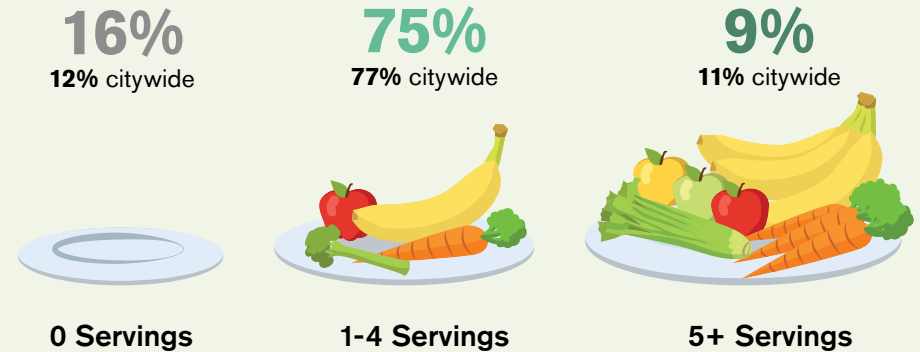
According to the 2015 U.S. Dietary Guidelines,<sup>1</sup> Americans should eat **five or more servings of fruits and vegetables each day**.

In Northern Staten Island, **16% of residents are not consuming any fruits or vegetables (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%.**<sup>2</sup>

**Over one quarter of Northern Staten Island residents consume one or more sugary drinks per day (vs. 24% citywide).**

## Daily Consumption of Fruits and Vegetables



## Daily Consumption of Sugar-Sweetened Drinks



## Walking Distance to Fresh Fruits and Vegetables



**34%** live 5 minutes or less  
49% citywide



**11%** live between 5-10 minutes  
18% citywide



**55%** live 10 minutes or more  
32% citywide

## Access to Healthy Food and Food Security in Northern Staten Island

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.<sup>3</sup>

In Northern Staten Island, only 34% 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.<sup>4</sup>



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 Northern Staten Island, 1 in 5 households receive SNAP benefits, the same as citywide (21%).



# Nutrition-Related Chronic Diseases in Northern Staten Island

**In Northern Staten Island, the prevalence of childhood obesity is slightly higher than New York City as a whole (23% vs. 21%).** Children who are obese are more likely to remain obese as adults.<sup>5</sup> When children remain obese into adulthood their risk for heart disease and other comorbidities becomes more severe.<sup>6</sup>

**Adult obesity in this neighborhood is the same as citywide (24%).** Obesity can lead to serious health

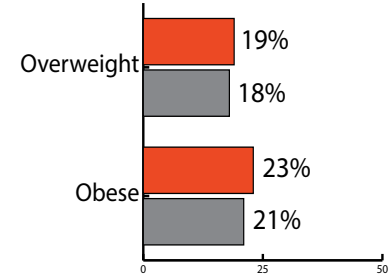
conditions, including diabetes and heart disease.

**Diabetes prevalence is slightly lower in Northern Staten Island than in New York City overall (9% vs. 12%).** Uncontrolled diabetes can cause blindness, renal disease, and amputations.

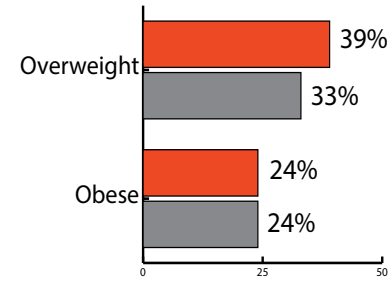
**Additionally, a slightly lower percentage of neighborhood residents have high blood pressure (27% vs. 29% in NYC),** a leading risk factor for heart disease.

- Northern Staten Island
- Citywide

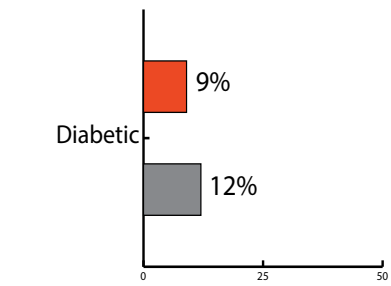
**Children (5-14) Who Are Overweight or Obese**



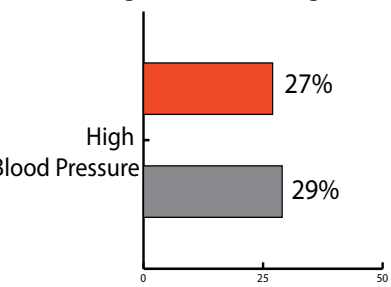
**Adults Who Are Overweight or Obese**



**Adults Diagnosed With Diabetes**



**Adults Diagnosed With High Blood Pressure**





## Citywide Initiatives to Increase Access to Healthy Foods in Northern Staten Island

### GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In Northern Staten Island, there are **six GreenThumb Gardens** (which total more than 42,000 square feet), three 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 Northern Staten Island, 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](#).

\*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](http://nyc.gov/health) and search "farmers markets" or text "SoGood" to 877-877.

**Skyline Youth Farmers' Market** -- Clyde Pl bet Prospect & Harvard Aves (no EBT)

**Snug Harbor Farmers' Market** -- 1000 Richmond Terrace (no EBT)

**St. George Greenmarket** -- St. Marks Pl & Hyatt St

### SNAP Enrollment Sites

**Richmond** -- 201 Bay St, 2nd Fl, Staten Island, 10301



## 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](http://schoolfoodnyc.org) or download the free smartphone app [SchoolFood: Feed Your Mind](#).

### Meal Sites in Northern Staten Island:

**P.S. 016 John J. Driscoll** -- 80 Monroe Ave, Staten Island, 10301

**NYC Parks Lyons Pool** -- Pier 6 and Victory Blvd, Staten Island, 10301

**NYC Parks Faber Pool** -- Richmond Terrace & Faber St, Staten Island, 10302

**P.S. 022 Graniteville** -- 1860 Forest Ave, Staten Island, 10303

**I.S. 49 Berta A. Dreyfus** -- 101 Warren St, Staten Island, 10304

**P.S. 057 Hubert H. Humphrey** -- 140 Palma Dr, Staten Island, 10304

**NYC Parks Berry's Mini Pool** -- North Railroad at Jefferson Avenue, Staten Island, 10304

**P.S. 013 M. L. Lindemeyer** -- 191 Vermont Ave, Staten Island, 10305

**P.S. 046 Albert V. Maniscalco** -- 41 Reid Ave, Staten Island, 10305

**P.S. 018 John G. Whittier** -- 221 Broadway, Staten Island, 10310

**NYC Parks West Brighton Pool** -- Henderson Ave between Broadway & Chappel St, Staten Island, 10310



## 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](http://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

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<sup>2</sup> 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.

<sup>3</sup> Rakhovsky 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](https://www.ers.usda.gov/webdocs/publications/err195/53943_err195.pdf?v=42276). Accessed February 2016.

<sup>4</sup> 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](https://obamawhitehouse.archives.gov/sites/obamawhitehouse.archives.gov/files/documents/SNAP_report_final_nonembargo.pdf). Accessed December 2016.

<sup>5</sup> 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.

<sup>6</sup> 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.