



A Foodscape of **The Northeast Bronx**

UHF Neighborhood #102 (zip codes 10466, 10469,
10470, 10475)

Includes parts of City Council Districts 11, 12, and 13



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](#).

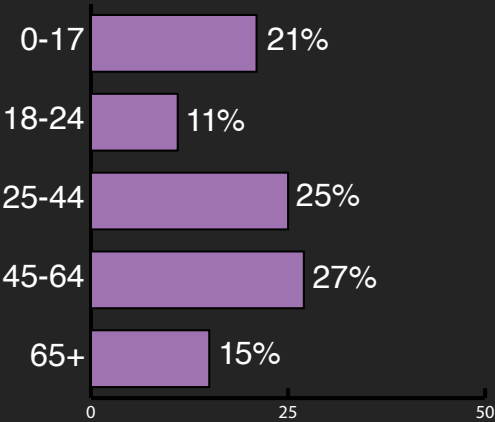
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

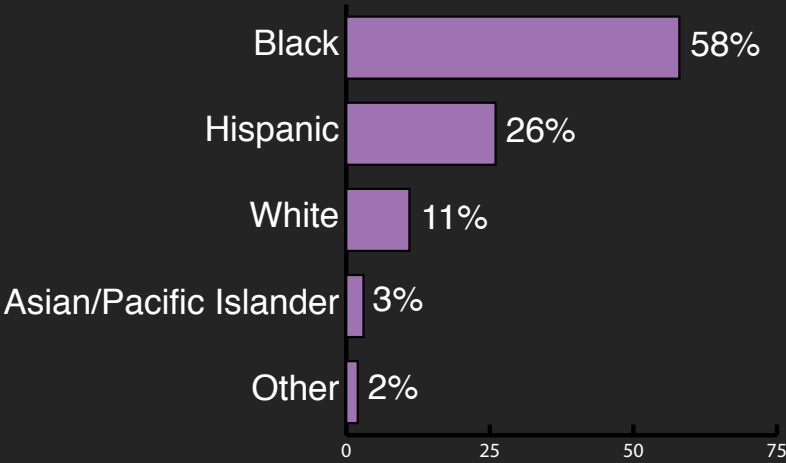
Population: 202,651



Age



Race



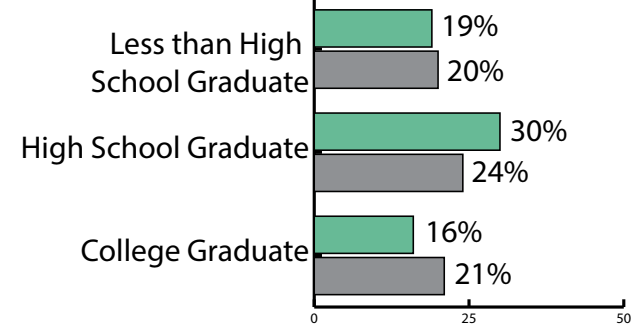
The Northeast Bronx is primarily **Black**.



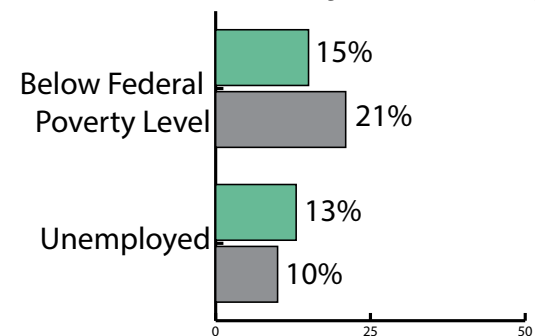
Compared to NYC as a whole, residents in the Northeast Bronx have similar levels of educational achievement and a lower percentage of residents who live below the poverty level. The unemployment rate is slightly higher than the citywide rate.

■ **Northeast Bronx**
■ **Citywide**

Education



Poverty and Unemployment



Food and Beverage Consumption in the Northeast Bronx

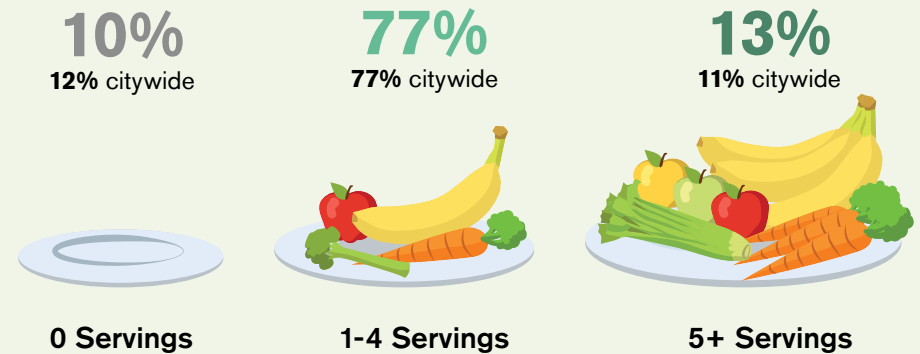
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

The vast majority of the Northeast Bronx residents are not meeting this standard; however, this is also true of New York City as a whole. In this neighborhood, one in ten residents consumes zero servings of fruits or vegetables per day (slightly better than citywide, at 12%).

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

More than 1 in 4 Northeast Bronx residents drink one or more sugary drinks each day, similar to New York City overall. Encouragingly, 47% of Northeast Bronx residents drink no sugary beverages, slightly higher than citywide.

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



41% live **5 minutes or less**
49% citywide



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



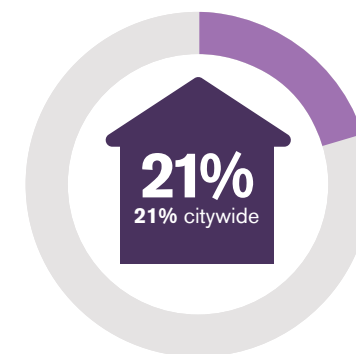
36% live **10 minutes or more**
32% citywide

Access to Healthy Food and Food Security in the Northeast Bronx

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 the Northeast Bronx, walking distance to fruits and vegetables is comparable to New York City overall, although a lower percentage live within a five-minute walk (41% vs. 49%).

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 the Northeast Bronx, one out of every five households receive SNAP benefits, which is the same as citywide.

Nutrition-Related Chronic Diseases in the Northeast Bronx



In the Northeast Bronx, the prevalence of childhood obesity is similar to NYC as a whole—more than 1 in 5 children is obese.

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 overweight and obesity in this neighborhood are also similar to citywide prevalence, with a slightly higher percentage of adults who are

above a normal weight. Obesity can lead to serious health conditions, including diabetes and heart disease.

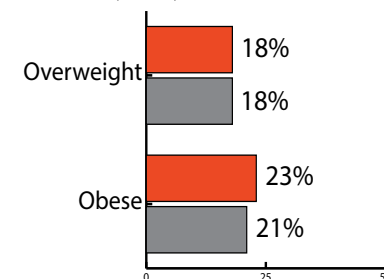
The Northeast Bronx has a slightly lower prevalence of adult diabetes compared with New York City overall.

Uncontrolled diabetes can cause blindness, renal disease, and amputations.

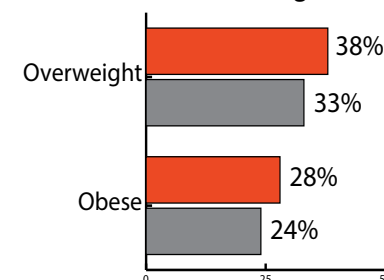
A slightly higher percentage of Northeast Bronx residents have high blood pressure (33% vs 29% in NYC), a leading risk factor for heart disease.

Northeast Bronx
Citywide

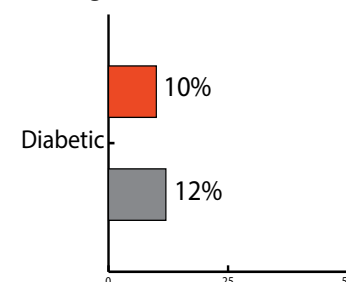
Children (5-14) Who Are Overweight or Obese



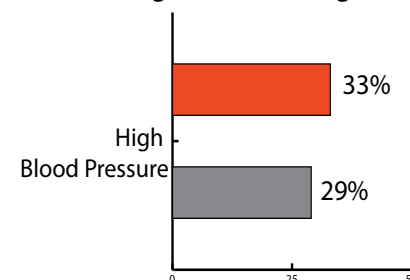
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **the Northeast Bronx**

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In the Northeast Bronx, there are **four GreenThumb Gardens** (which total more than 57,000 square feet), two 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 the Northeast Bronx, there are **15 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.

Project EATS Montefiore Farmstand
-- 3011 Boston Rd

Bissel Gardens Farmers' Market --
Baychester Ave & 241st St

Harvest Home Co-op City Farmers' Market -- Asch Loop & Aldrich St

SNAP Enrollment Sites

There are no SNAP enrollment sites in the Northeast Bronx. The closest sites are in the South Bronx.

Concourse -- 1375 Jerome Ave,
2nd Fl, Bronx, NY 10452

Crotona -- 1910 Monterey Ave, 5th Fl,
Bronx, NY 10457

Hunts Point -- 845 Barretto Street,
B-Level Fl, Bronx, NY 10474

*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 the Northeast Bronx:

P.S. 021 Philip H. Sheridan -- 715 East 225th St, Bronx, 10466

P.S. 068 Bronx -- 4011 Monticello Ave, Bronx, 10466

Edenwald Houses Mini Pool -- Scheiffin Ave & East 229th St, Bronx, 10466

P.S. 089 Bronx -- 980 Mace Ave, Bronx, 10469

Haffen Pool -- Ely Ave and Burke Ave, Bronx, 10469

P.S. 153 Helen Keller -- 650 Baychester Ave, Bronx, 10475

NYCHA-Boston Secor Houses -- 3475 Bivonia Ave, 1st floor, Bronx, 10475



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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Page 3

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Page 6

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Page 7

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