

A Foodscape of **Downtown/Brooklyn Heights/Park Slope**

UHF Neighborhood #202 (zip codes 11201, 11205, 11215, 11217, 11231)
Includes parts of City Council Districts 1, 33, 35, 38, and 39



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](#).

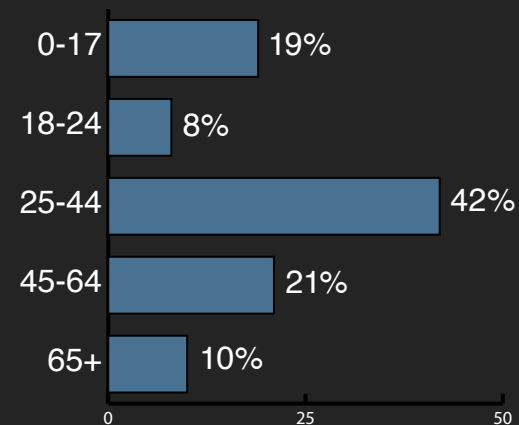
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

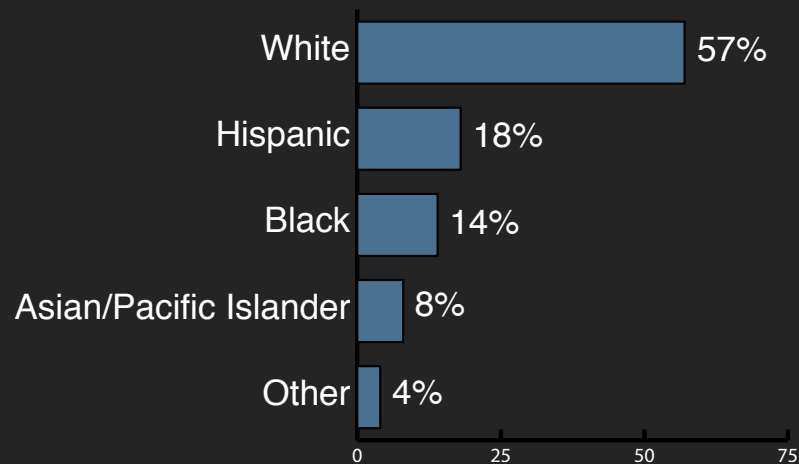
Population: **243,536**



Age



Race



Downtown/Brooklyn Heights/Park Slope is primarily **White**.

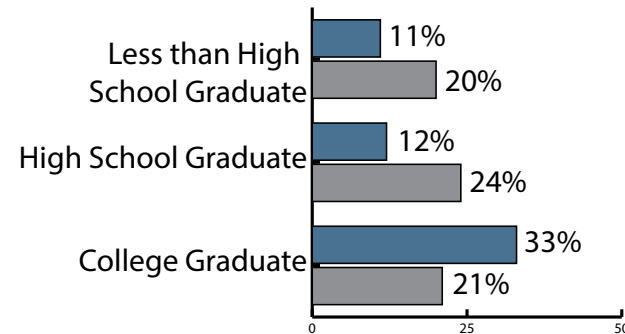


In Downtown/Brooklyn Heights/Park Slope, residents have higher levels of educational attainment than New York City as a whole. One third of residents are college graduates (vs. 21% citywide).

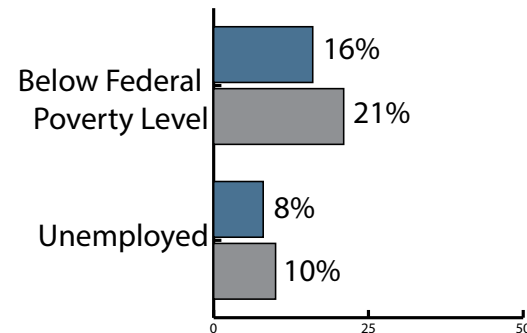
In this neighborhood, the percentage of residents living in poverty and who are unemployed are slightly lower than citywide.

■ Downtown/Brooklyn Heights/Park Slope
■ Citywide

Education



Poverty and Unemployment



Food and Beverage Consumption in Downtown/Brooklyn Heights/Park Slope

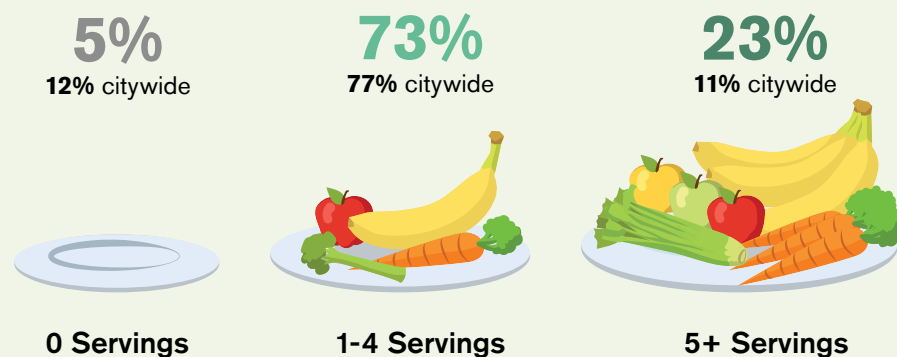
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

A greater percentage of Downtown/Brooklyn Heights/Park Slope residents are meeting this standard (23% vs. 11% in NYC), and only 5% 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.

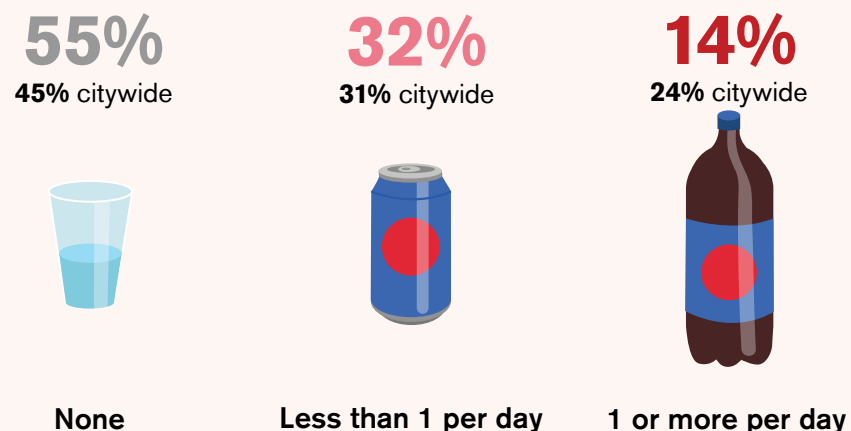
Federal dietary guidelines also recommend **limiting daily sugar intake** to no more than 10% of calories—that is, no more than **12 teaspoons of sugar for a 2000-calorie-a-day diet**. One 12-ounce can of soda has about 10 teaspoons of sugar, and **drinking one soda each day increases a person's risk of developing diabetes by 18%.**²

In Downtown/Brooklyn Heights/Park Slope, the majority (55%) of residents drink no sugary drinks each day, higher than New York City overall (45%). In this neighborhood, 14% of residents drink one or more sugary beverages daily, (vs. 24% in NYC).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



65% live **5 minutes or less**
49% citywide



14% live **between 5-10 minutes**
18% citywide



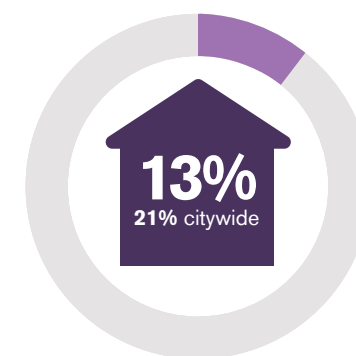
20% live **10 minutes or more**
32% citywide

Access to Healthy Food and Food Security in Downtown/Brooklyn Heights/Park Slope

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 Downtown/Brooklyn Heights/Park Slope, the majority (65%) 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 Downtown/Brooklyn Heights/Park Slope, 13% of households receive SNAP benefits, compared with 21% in New York City overall.

Nutrition-Related Chronic Diseases in Downtown/Brooklyn Heights/Park Slope



In Downtown/Brooklyn Heights/Park Slope, the prevalence of childhood obesity is lower than New York City as a whole (15% 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

Similarly, adult obesity in this neighborhood is also lower than citywide (16% vs. 24%). Obesity

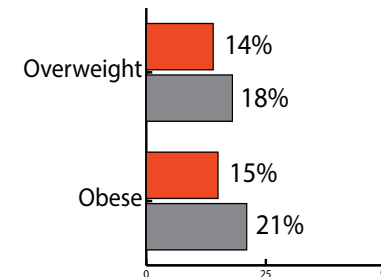
can lead to serious health conditions, including diabetes and heart disease.

The prevalence of diabetes in Downtown/Brooklyn Heights/Park Slope is less than half that of NYC (5% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

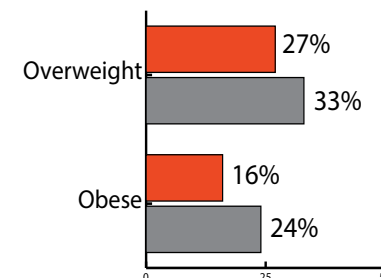
Additionally, **a slightly lower percentage of residents have high blood pressure** (25% vs. 29% in NYC), a leading risk factor for heart disease.

Downtown/Brooklyn Heights/Park Slope
Citywide

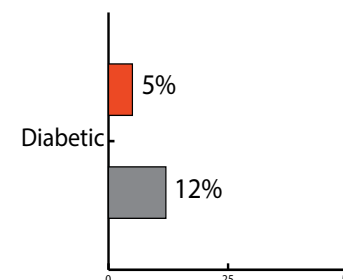
Children (5-14) Who Are Overweight or Obese



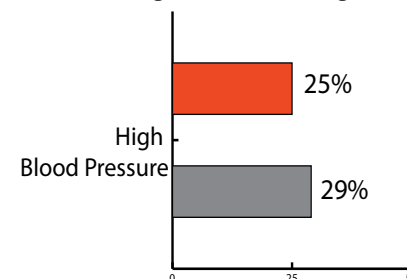
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **Downtown/Brooklyn Heights/Park Slope**

GreenThumb Gardens

There are over 600 **GreenThumb** community gardens across the city, and any resident can join a garden. In Downtown/Brooklyn Heights/Park Slope, there are **26 GreenThumb Gardens** (which total more than 264,000 square feet), 13 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 Downtown/Brooklyn Heights/Park Slope, there are **43 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.

Brooklyn Borough Hall Greenmarket
-- Court & Montague Sts

DUMBO Down to Earth Farmers' Market -- Pearl & Water Sts (no EBT)

Fort Greene Park Greenmarket --
Washington Park bet DeKalb & Willoughby Aves

Harvest Home Clinton Hill Farmers' Market -- Lafayette bet Waverly & Washington Aves

Bartel-Pritchard Square Greenmarket
-- Prospect Park W at 15th St

Park Slope's Down to Earth Farmers' Market -- 5th Ave & 4th St

Grand Army Plaza Greenmarket --
Prospect Park W & Flatbush Ave

Carroll Gardens Greenmarket -- Carroll St bet Court & Smith Sts

Red Hook Farmers' Market -- 580 Columbia St

SNAP Enrollment Sites

Fort Greene -- 275 Bergen St, 1st Fl, Brooklyn, 11217

North Brooklyn -- 500 Dekalb Ave, 4th Fl, Brooklyn, 11205

*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 Downtown/Brooklyn Heights/ Park Slope:

P.S. 067 Charles A. Dorsey -- 51 Saint Edwards St, Brooklyn, 11205

M.S. 113 Ronald Edmonds Learning Center -- 300 Adelphi St, Brooklyn, 11205

Commodore Barry Park -- Flushing Ave and North Elliot Place, Brooklyn, 11205

Magnet School of Math, Science and Design Technology -- 511 7th Ave, Brooklyn, 11215

Red Hook Pool -- Bay St between Clinton & Henry St, Brooklyn, 11215

Douglas and DeGraw Pool -- 230 Douglas St, Brooklyn, 11215

NYCHA Wyckoff -- 572 Warren St, Brooklyn, 11217

P.S. 015 Patrick F. Daly -- 71 Sullivan St, Brooklyn, 11231

Red Hook Neighborhood School -- 27 Huntington St, Brooklyn, 11231

NYCHA Red Hook West -- 428 Columbia Street, Apt 1C, Brooklyn, 11231

Caroli Park -- 375 Court St, Brooklyn, 11231

Summer Meals at Brooklyn Public Library (Red Hook Branch) -- 7 Wolcott St, Brooklyn, 11231



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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