



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

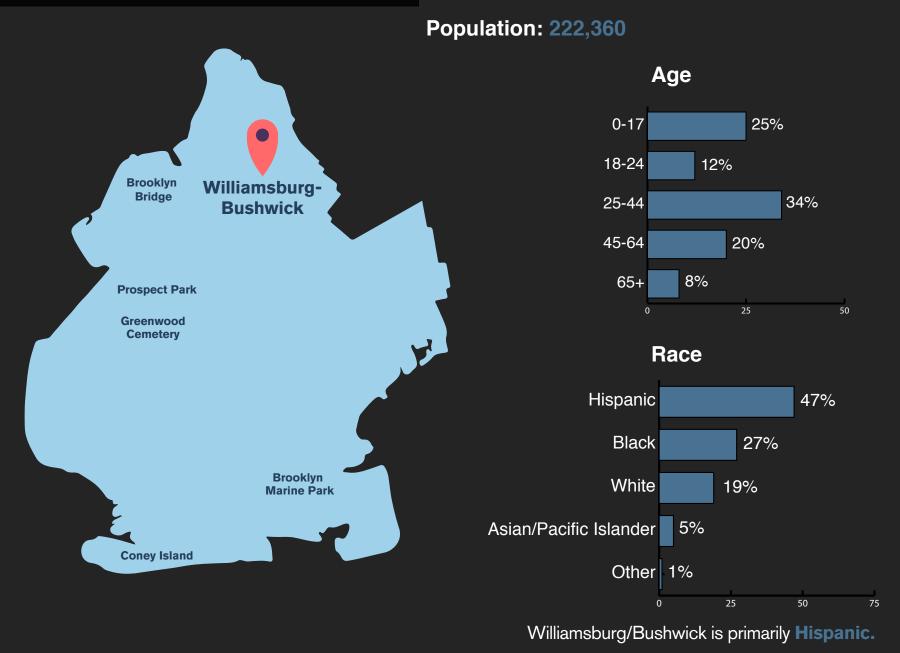
This Foodscape provides a community-level snapshot of that environment, including data on healthy and unhealthy food consumption, food access, and nutrition-related diseases. Additionally, the report details a sampling of the many resources available to residents within their neighborhoods to support 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.

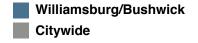
About Williamsburg/Bushwick

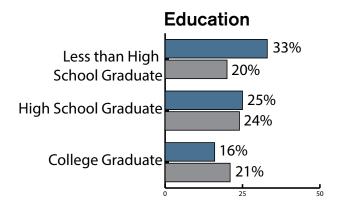




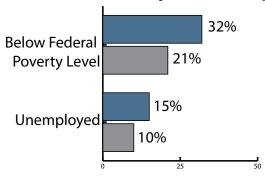
Educational attainment levels are generally lower in Williamsburg/Bushwick than New York City overall. One third of neighborhood residents have less than a high school education, compared with 20% citywide.

In this neighborhood, nearly one third of residents live in poverty (vs. 21% in NYC) and 15% are unemployed, higher than the citywide rate of 10%.





Poverty and Unemployment



Food and Beverage Consumption in Williamsburg/Bushwick

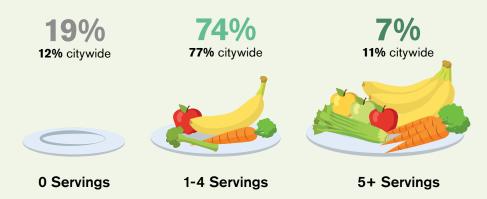
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat five or more servings of fruits and vegetables each day.

In Williamsburg/Bushwick, nearly one in five residents consume no fruits or vegetables in a day, compared with 12% citywide. The majority (74%) of residents in Flatbush and New York City (77%) 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

More than one quarter of Williamsburg/ Bushwick residents consume one or more sugary drink each day, slightly higher than citywide (24%).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



48% live 5 minutes or less 49% citywide



18% live between 5-10 minutes 18% citywide





31% live 10 minutes or more 32% citywide



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 Williamsburg/Bushwick, 48% of residents live within a five-minute walk to fresh produce, similar to citywide (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 Williamsburg/Bushwick, more than one third of households receive SNAP benefits, higher than New York City overall (21%).



In Williamsburg/Bushwick, the prevalence of childhood obesity is higher than New York City as a whole (27% 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 (26% vs. 24%). Obesity can lead

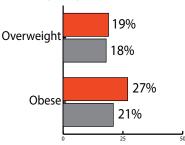
to serious health conditions, including diabetes and heart disease.

Diabetes prevalence is slightly higher in Williamsburg/Bushwick than in New York City overall (15% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

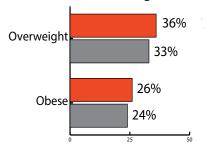
Additionally, a slightly higher percentage of residents have high blood pressure (32% vs. 29% in NYC), a leading risk factor for heart disease.

Williamsburg/Bushwick Citywide

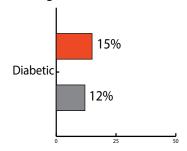
Children (5-14) Who Are Overweight or Obese



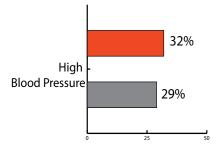
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





GreenThumb Gardens

There are over 600 GreenThumb community gardens across the city, and any resident can join a garden. In Williamsburg/Bushwick, there are **36 GreenThumb Gardens** (which total more than 201,000 square feet), 22 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 Williamsburg/Bushwick, there are 29 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.

Graham Avenue Farmers' Market -- Cook St & Graham Ave

Harvest Home Marcy Park Farmers'
Market -- Myrtle & Marcy Aves

Hattie Carthan After Church Farmers' Market -- 49 Van Buren St bet Tompkins & Throop Aves

Bushwick Farmers' Market at Maria Hernandez Park -- Knickerbocker Ave & Starr St

SNAP Enrollment Sites

Williamsburg -- 30 Thornton St, 4th Fl, Brooklyn, 11206

^{*}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 Williamsburg/Bushwick:

P.S. 250 George H. Lindsay -- 108 Montrose Ave, Brooklyn, 11206

P.S. 257 John F. Hylan -- 60 Cook St, Brooklyn, 11206

P.S. 297 Abraham Stockton -- 700 Park Ave, Brooklyn, 11206

Bushwick Pool -- 835 Flushing Ave, Brooklyn, 11206

Sternberg Park -- Lorimer St between Montrose Ave and Boerum St, Brooklyn, 11206

Brooklyn Public Library (Bushwick Branch) -- 340 Bushwick Ave, Brooklyn, 11206

NYCHA 303 Vernon Avenue -- 303 Vernon Ave 1st Floor St Entrance, Brooklyn, 11206

NYCHA Willoughby Court -- 300 Vernon Ave, Brooklyn, 11206

Williamsburg Kosher Meals Mobile Truck -- 1-49 Middleton St, Brooklyn, 11206

Brooklyn Public Library (DeKalb Branch) -- 790 Bushwick Ave, Brooklyn, 11206

P.S. 081 Thaddeus Stevens -- 990 DeKalb Ave, Brooklyn, 11221

P.S. 309 The George E. Wibecan Preparatory Academy -- 794 Monroe St, Brooklyn, 11221

P.S. 106 Edward Everett Hale -- 1328 Putnam Ave, Brooklyn, 11221

J.H.S. 291 Roland Hayes -- 231 Palmetto St, Brooklyn, 11221

I.S. 347 School of Humanities -- 35 Starr St, Brooklyn, 11221

Maria Hernandez Park -- Knickerbocker Ave & Starr St, Brooklyn, 11237

Brooklyn Public Library (Washington Irving Branch) -- 360 Irving Ave, Brooklyn, 11237



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.



About the New York City Food Policy Center at Hunter College

The New York City Food Policy Center at Hunter College develops intersectoral, innovative and evidence-based solutions to preventing dietrelated 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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