

# A Foodscape of **Central Harlem**

UHF Neighborhood #302 (zip codes 10026, 10027, 10030, 10037, 10039)  
Includes parts of City Council Districts 7 and 9



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

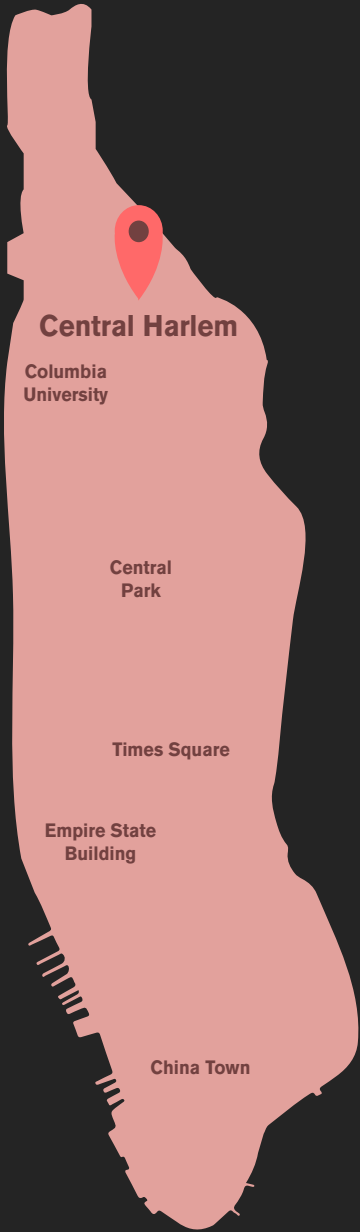
This Foodscape provides a community-level snapshot of that environment, including data on healthy and unhealthy food consumption, food access, and nutrition-related diseases. Additionally, the report details a sampling of the many resources available to residents within their neighborhoods to support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

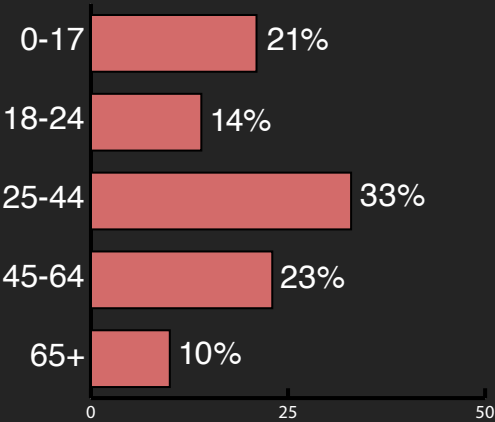
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

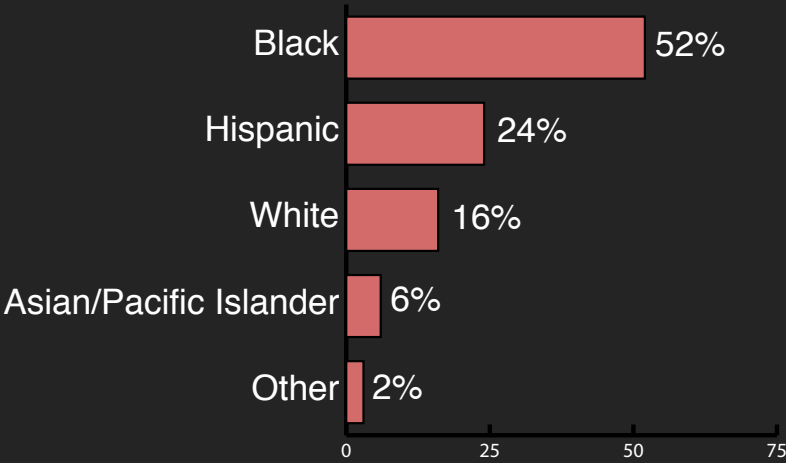


Population: 177,406

## Age



## Race



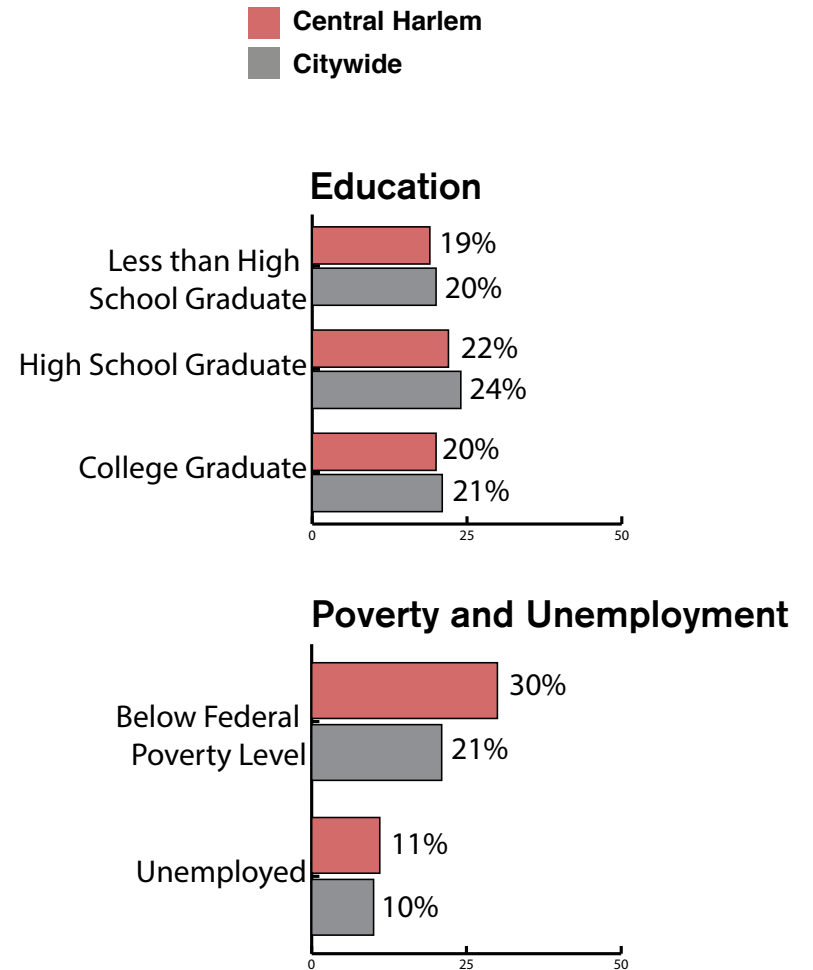
Central Harlem is primarily **Black**.





Levels of educational attainment in Central Harlem are similar to New York City as a whole; about one in five residents are college graduates.

In this neighborhood, 30% of residents live in poverty (vs. 21% citywide) and 11% are unemployed, similar to citywide.



## Food and Beverage Consumption in Central Harlem

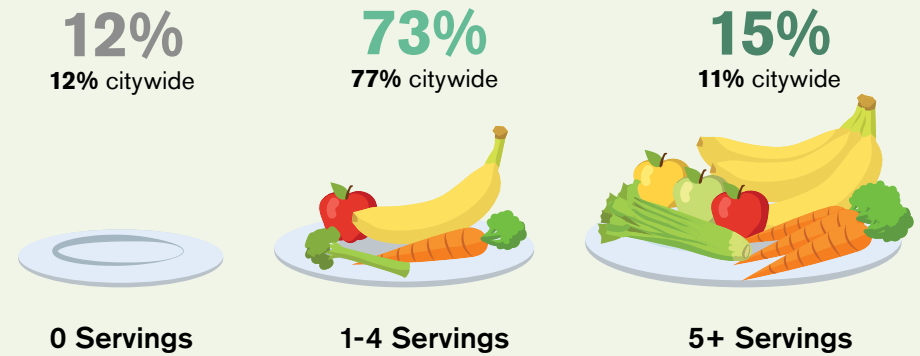
According to the 2015 U.S. Dietary Guidelines,<sup>1</sup> Americans should eat **five or more servings of fruits and vegetables each day**.

**A slightly greater percentage of Central Harlem residents are meeting this standard (15% vs. 11% 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>

**In Central Harlem, over one quarter of residents consume one or more sugary drinks 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



**52%** live 5 minutes or less  
49% citywide



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



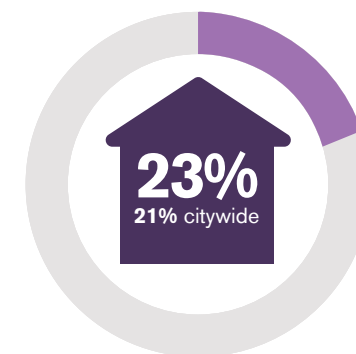
**30%** live 10 minutes or more  
32% citywide

## Access to Healthy Food and Food Security in Central Harlem

**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 Central Harlem, the majority (52%) of residents live within a five-minute walk to fresh produce, (vs. 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>

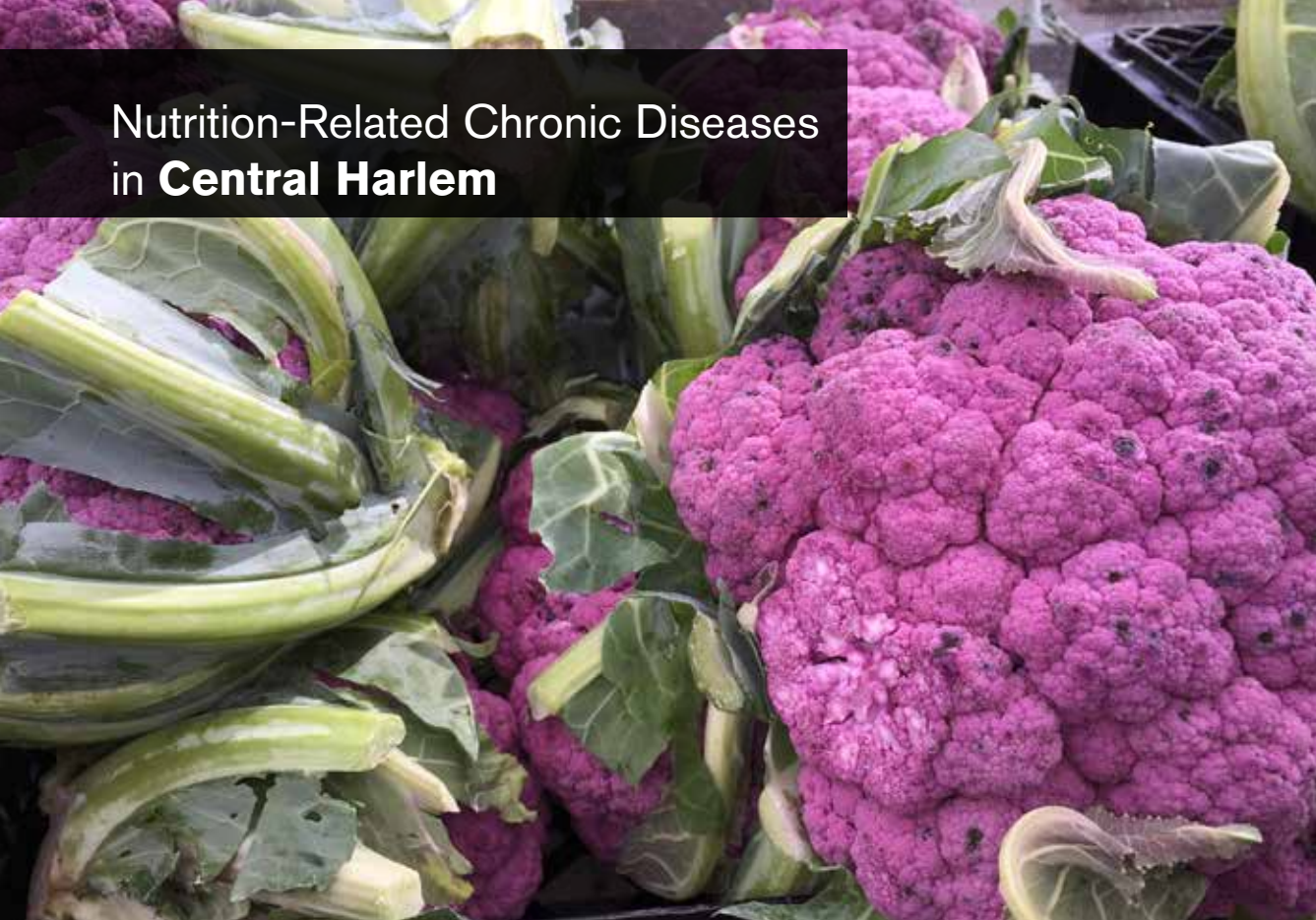


**Households Receiving SNAP Benefits**

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 Central Harlem, 23% of households receive SNAP benefits (vs. 21% citywide).**

## Nutrition-Related Chronic Diseases in Central Harlem



**In Central Harlem, 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 also higher than citywide (31% vs. 24%).** Obesity can lead to serious

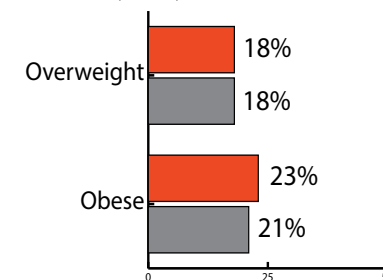
health conditions, including diabetes and heart disease.

**Diabetes prevalence is slightly higher in Central Harlem than in New York City overall (14% vs. 12%).** Uncontrolled diabetes can cause blindness, renal disease, and amputations.

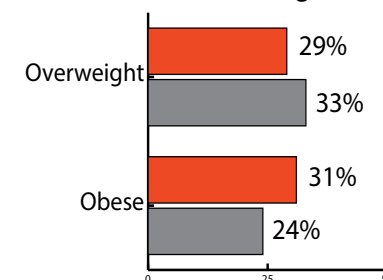
Additionally, **a higher percentage of neighborhood residents have high blood pressure (34% vs. 29% in NYC),** a leading risk factor for heart disease.

Central Harlem  
Citywide

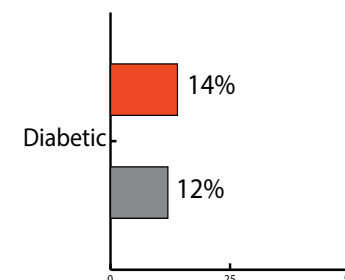
### Children (5-14) Who Are Overweight or Obese



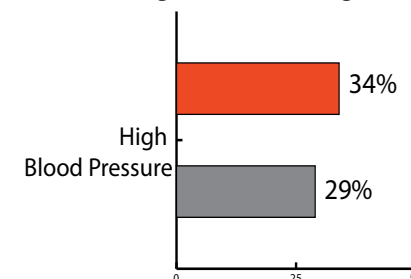
### Adults Who Are Overweight or Obese



### Adults Diagnosed With Diabetes



### Adults Diagnosed With High Blood Pressure







## Citywide Initiatives to Increase Access to Healthy Foods in **Central Harlem**

### **GreenThumb Gardens**

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In Central Harlem, there are **31 GreenThumb Gardens** (which total more than 140,000 square feet), 12 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 Central Harlem, there are **19 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](https://nyc.gov/health) and search "farmers markets" or text "SoGood" to 877-877.

**Morningside Park's Down to Earth Farmers' Market** -- 110th St & Manhattan Ave

**125th Street FreshConnect Farmers' Market** -- 125th St & Adam Clayton Powell Jr Blvd

**Columbia University Greenmarket** -- Broadway bet 114th & 116th Sts

**Harvest Home Lenox Ave Farmers' Market** -- Lenox Ave bet 117th & 118th Sts

**Project Harmony People's Market** -- 122nd St bet 7th and 8th Aves

**Harvest Home Harlem Hospital Farmers' Market** -- 506 Lenox Ave between 135th & 137th Sts

### **SNAP Enrollment Sites**

**Washington Heights** -- 4055 10th Ave, Lower Level, NY, 10034

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

### Meal Sites in Central Harlem:

**Riverbank State Park** -- 679 Riverside Dr, New York, 10031

**P.S. 153 Adam Clayton Powell** -- 1750 Amsterdam Ave, New York, 10031

**Carmansville Playground** -- 151st St and Amsterdam Ave, New York, 10031

**P.S. 128 Audubon** -- 560 West 169th St, New York, 10032

**M.S. 319 Maria Teresa** -- 21 Jumel Pl, New York, 10032

**Community Health Academy of the Heights** -- 504 West 158th St, New York, 10032

**Highbridge Pool** -- 2301 Amsterdam Ave & 173rd St, New York, 10032

**P.S. 048 P.O. Michael J. Buczek** -- 4360-78 Broadway, New York, 10033

**P.S. 115 Alexander Humboldt** -- 586 West 177th St, New York, 10033

**NYC Parks J. Hood Wright Park** -- 173rd St & Fort Washington Ave, New York, 10033

**Paula Hedbavny School** -- 421 West 219th St, New York, 10034

**Washington Heights Academy** -- 202 Sherman Ave, New York, 10034

**P.S. 189** -- 2580 Amsterdam Ave, New York, 10040

**I.S. 218 Salome Urena** -- 4600 Broadway, New York, 10040



## 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.

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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.

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<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.