

A Foodscape of **West Queens**

UHF Neighborhood #402 (zip codes 11368, 11369, 11370, 11372, 11373, 11377, 11378)

Includes parts of City Council Districts 20, 21, 22, 25, 26, and 30



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](#).

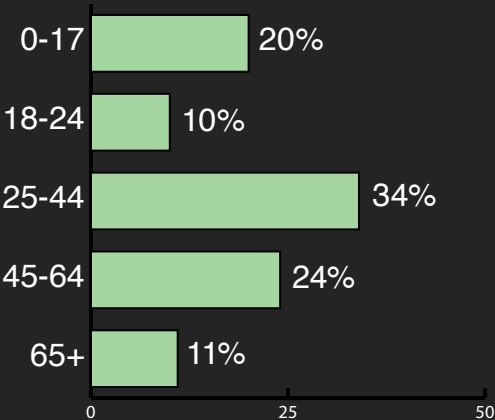
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

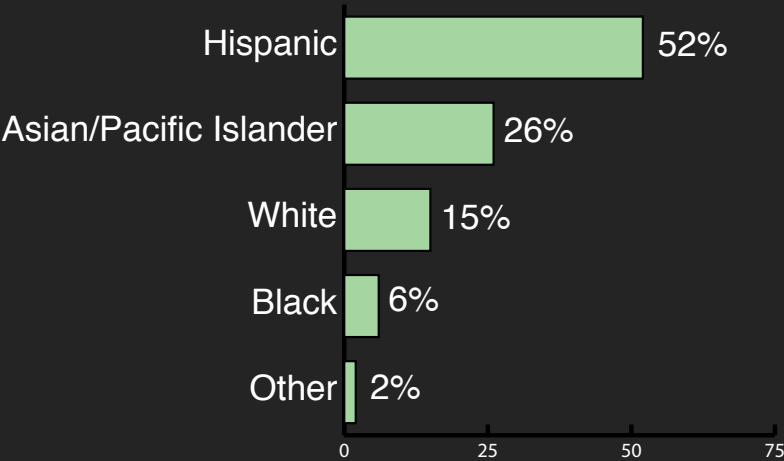
Population: 472,896



Age



Race

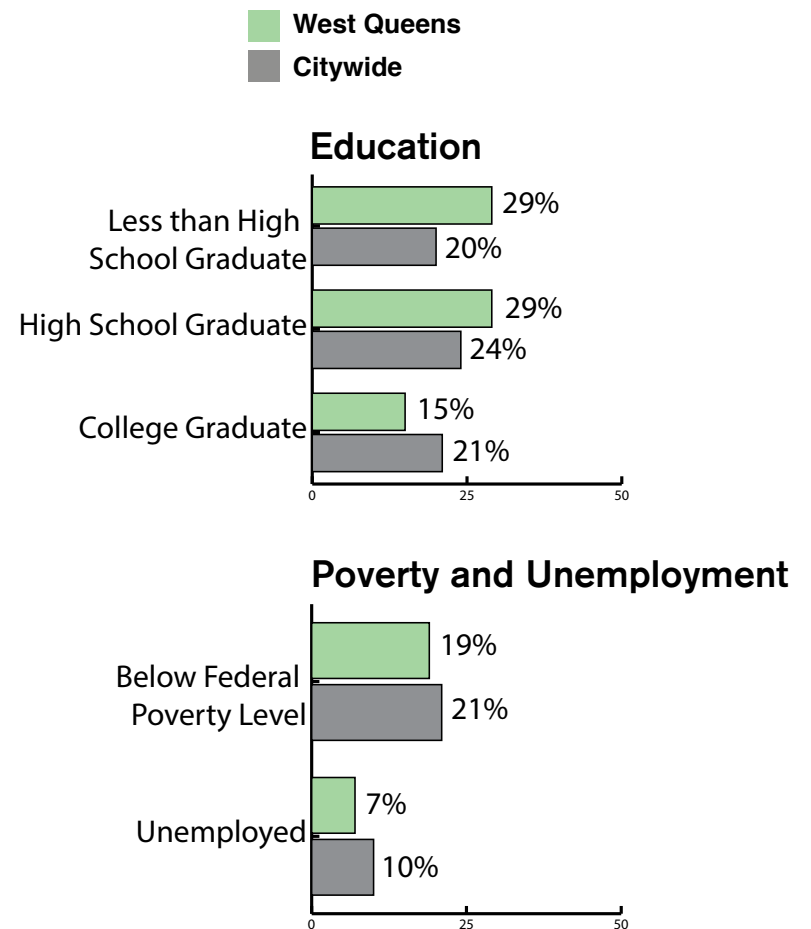


West Queens is primarily **Hispanic**.



Educational attainment levels in West Queens are generally lower than New York City as a whole; 15% of neighborhood residents are college graduates (vs. 21% citywide), and 29% have less than a high school education (vs. 20% in NYC).

In this neighborhood, nearly one in five residents lives in poverty and 7% are unemployed, slightly lower than citywide.



Food and Beverage Consumption in West Queens

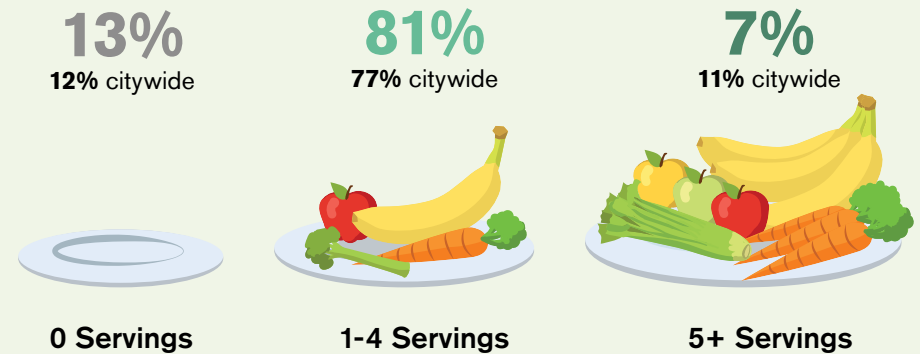
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

A slightly lower percentage of West Queens residents are meeting this standard (7% 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%.**²

Sugary drink consumption patterns are similar in West Queens and New York City. About one quarter of residents both in this neighborhood and citywide consume one or more sugary drinks per day.

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



42% live 5 minutes or less
49% citywide



26% live between 5-10 minutes
18% citywide



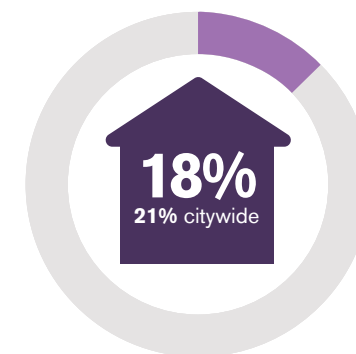
32% live 10 minutes or more
32% citywide

Access to Healthy Food and Food Security in West Queens

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 West Queens, 42% 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 West Queens, 18% of households receive SNAP benefits, slightly lower than New York City as a whole (21%).

Nutrition-Related Chronic Diseases in West Queens



In West Queens, the prevalence of childhood obesity is slightly higher than New York City as a whole—24% of children are obese (vs. 21% citywide). 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

In contrast, adult obesity in this neighborhood is slightly lower than citywide (21% vs. 24%). Obesity

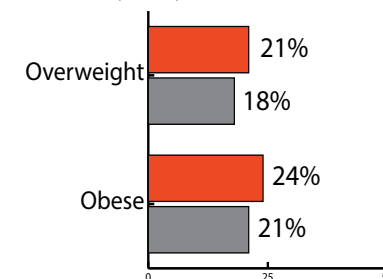
can lead to serious health conditions, including diabetes and heart disease.

Diabetes prevalence is slightly lower in West Queens than in New York City overall (10% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

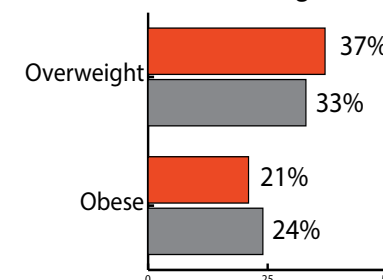
Additionally, **a slightly lower percentage of neighborhood residents have high blood pressure (26% vs. 29% in NYC),** a leading risk factor for heart disease.

West Queens
Citywide

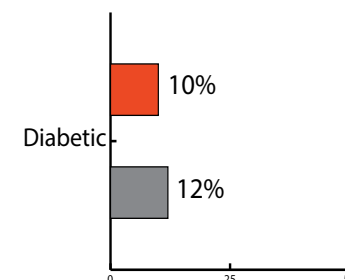
Children (5-14) Who Are Overweight or Obese



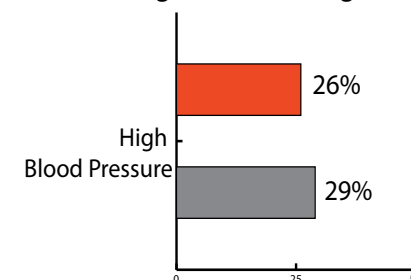
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in **West Queens**

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In West Queens, there are **six GreenThumb Gardens** (which total more than 39,000 square feet), four 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 West Queens, there are **22 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 and search "farmers markets" or text "SoGood" to 877-877.

Corona Greenmarket -- Roosevelt Ave & 103rd St

Jackson Heights Greenmarket -- 34th Ave & 78th St

Elmhurst Hospital Greenmarket -- 41st Ave bet 80th & 81st Sts

SNAP Enrollment Sites

There are no SNAP enrollment sites in West Queens. The closest site is in Long Island City.

Queens -- 32-30 Northern Blvd, 2nd Fl, LIC, 11101

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 West Queens:

I.S. 061 Leonardo Da Vinci -- 98-50 50th Ave, Queens, 11368

Queens Library Lefrak City -- 98-30 57th Ave, Queens, 11368

Queens Library Langston Hughes -- 100-01 Northern Blvd, Corona, 11368

(Mobile Unit) Flushing Meadow Park -- 53-51 111th St, Queens, 11368

(Mobile Unit) Corona Plaza Library -- Roosevelt Ave & 102nd St, Queens, 11368

NYC Parks Fisher Pool -- 99th St between Northern Blvd & 32nd Ave, Queens, 11369

P.S. 149 Christa McAuliffe -- 93-11 34th Ave, Queens, 11372

P.S. 007 Louis F. Simeone -- 80-55 Cornish Ave, Queens, 11373

P.S. 013 Clement C. Moore -- 55-01 94th St, Queens, 11373

The 51 Avenue Academy (The Path To Academic Excellence) -- 76-05 51st Ave, Queens, 11373

I.S. 125 Thom J. McCann Woodside -- 46-02 47th Ave, Queens, 11377



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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