



A Foodscape of **The South Bronx**

UHF Neighborhood #105/106/107 (zip codes 10451, 10452, 10453, 10454, 10455, 10456, 10457, 10459, 10460, 10461)
Includes parts of City Council Districts 8, 14, 15, 16, 17, and 18





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.

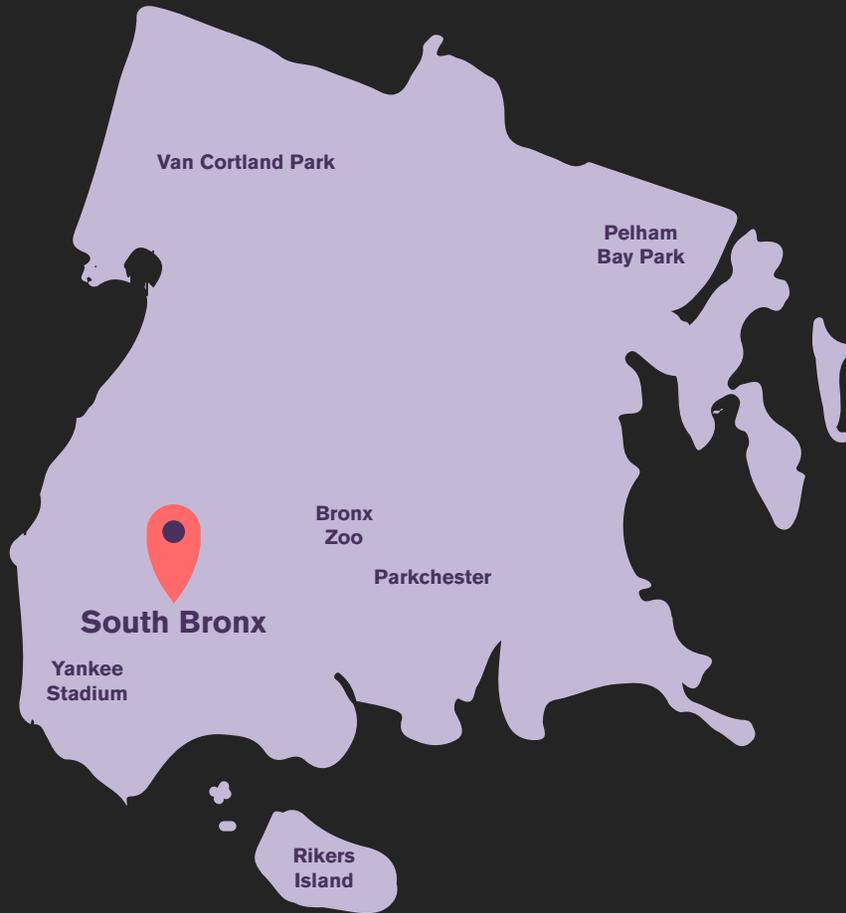
The Data

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](#).

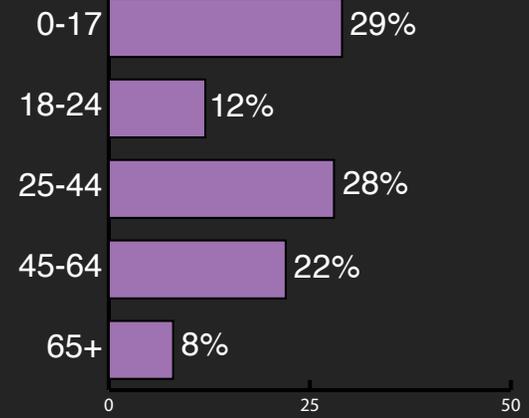
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

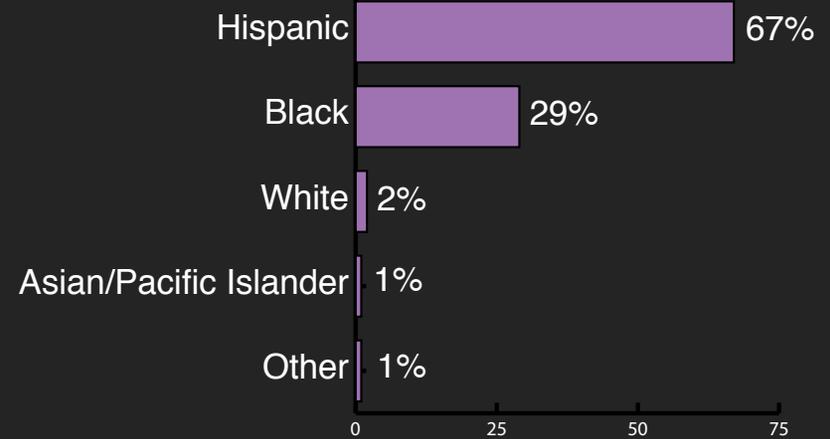
Population: **570,056**



Age



Race



The South Bronx is primarily **Hispanic**.

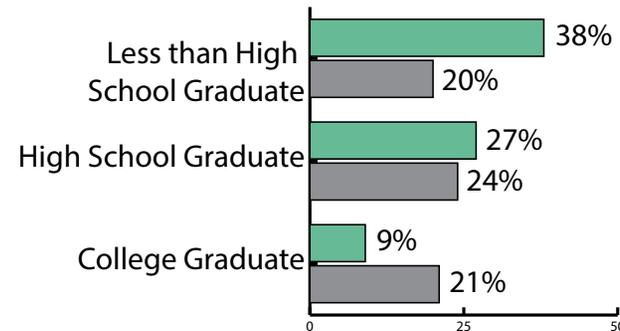


Education levels are generally lower in the South Bronx compared with New York City as a whole: nearly 40% of adults do not have a high school degree (vs. 20% citywide).

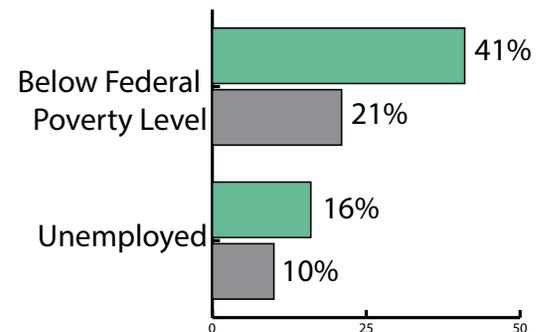
In this neighborhood, more than 40% of residents live in poverty, nearly twice the citywide level of 21%, and 16% are unemployed (vs. 10% citywide).

South Bronx
Citywide

Education



Poverty and Unemployment



Food and Beverage Consumption in the South Bronx

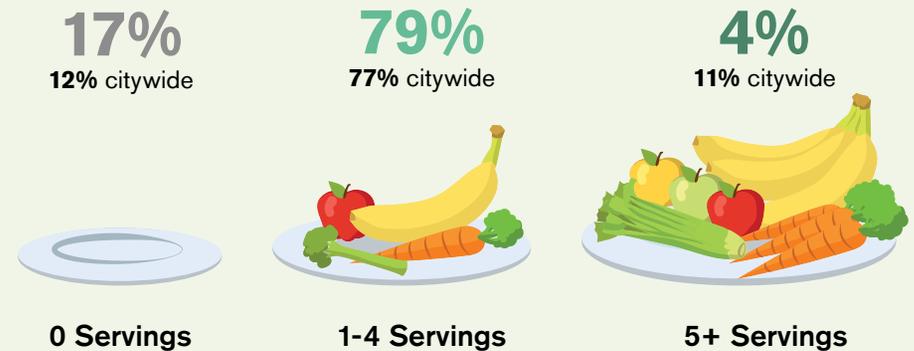
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

Only 4% of South Bronx residents are meeting this standard (vs. 11% in NYC), and 17% 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

More than one in three South Bronx residents consumes one or more sugary drinks each day, higher than New York City as a whole (24%). In this neighborhood, 35% of residents drink no sugary beverages, compared with 45% citywide.

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



47% live **5 minutes or less**
49% citywide



17% live **between 5-10 minutes**
18% citywide



34% live **10 minutes or more**
32% citywide

Access to Healthy Food and Food Security in the South 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

Walking distance to fresh fruits and vegetables is similar in the South Bronx and New York City. In this neighborhood, 47% of residents are within a five-minute walk (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.**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 South Bronx, half of households receive SNAP benefits, the highest percentage of any UHF neighborhood and more than twice the citywide level.



Nutrition-Related Chronic Diseases in the South Bronx

In the South Bronx, the prevalence of childhood obesity is the same as New York City as a whole—more than one in five 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 obesity in this neighborhood is higher than citywide (34% vs. 24%). Obesity can lead to serious

health conditions, including diabetes and heart disease.

One in five residents in the South Bronx has been diagnosed with diabetes (vs. 12% in NYC).

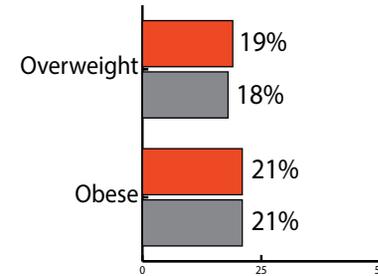
Uncontrolled diabetes can cause blindness, renal disease, and amputations.

Additionally, a higher percentage of neighborhood residents have high blood pressure (36% vs. 29% in NYC), a leading risk factor for heart disease.

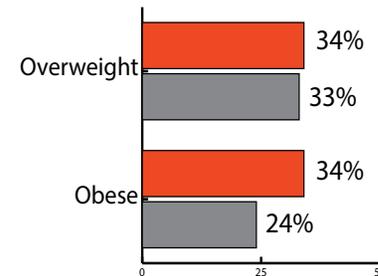
South Bronx

Citywide

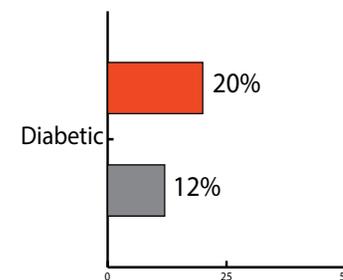
Children (5-14) Who Are Overweight or Obese



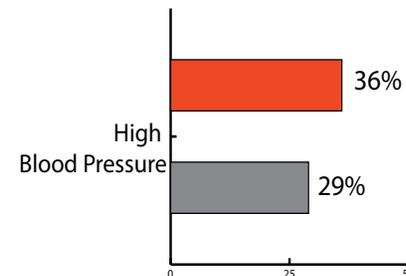
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





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

GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In the South Bronx, there are **91 GreenThumb Gardens** (which total more than 887,000 square feet), 56 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 South Bronx, there are **96 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.

Bronx Borough Hall Greenmarket -- Grand Concourse bet 161st & 162nd Sts

Lincoln Hospital Greenmarket -- 149th St bet Park & Morris Aves

Taqwa Community Farmers' Market -- 90 West 164th St bet Ogden & Nelson Aves

Mott Haven Farmers' Market -- 139th St & St. Ann's Ave, at Padre Plaza Success Garden

South Bronx Farmers' Market -- 138th St bet Willis & Alexander Aves

Harvest Home St. Mary's Park Market -- 149th St & St. Ann's Ave

Harvest Home Sunday Farmers' Market -- Bronx Museum, E 165th St & Grand Concourse

Learn It, Grow It, Eat It Youthmarket -- McKinley Sq at 169th St & Boston Rd

Harvest Home Mt. Eden Farmers' Market -- Mt. Eden & Morris Aves

La Familia Verde Farmers' Market -- E Tremont Ave bet LaFontaine & Arthur Aves

Harvest Home Hunts Point Market -- E 163rd St & Hunts Point Ave

SNAP Enrollment Sites

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

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

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

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 South Bronx:

Urban Assembly School for Careers in Sports -- 730 Concourse Village West, Bronx, 10451

Flynn Playground -- 3rd Ave between 157th & 158th St, Bronx, 10451

Mullaly Pool -- 165th St and River Ave, Bronx, 10451

P.S. 011 Highbridge -- 1257 Ogden Ave, Bronx, 10452

P.S. 064 Pura Belpre -- 1425 Walton Ave, Bronx, 10452

P.S. 073 Bronx -- 1020 Anderson Ave, Bronx, 10452

P.S./I.S. 218 Rafael Hernandez Dual Language Magnet School -- 1220 Gerard Ave, Bronx, 10452

West Bronx Rec. Center -- 1527 Jessup Avenue & 172nd Street, Bronx, 10452

P.S. 230 Dr Roland N. Patterson -- 275 Harlem River Park Bridge, Bronx, 10453

Richman (Echo) Park -- 178 St and Ryer Ave, Bronx, 10453

(Mobile Unit) Roberto Clemente State Park -- 301 West Tremont Ave, Bronx, 10453

NYCHA Sedgwick Houses -- 140 West 174th St, Bronx, 10453

P.S. X015 Institute for Environmental Learning -- 2195 Andrews Ave, Bronx, 10453

P.S. 279 Captain Manuel Rivera, Jr. -- 2100 Walton Ave, Bronx, 10453

P.S. 306 -- 40 West Tremont Ave, Bronx, 10453

South Bronx Preparatory: A College Board School -- 360 East 145th St, Bronx, 10454

P.S. 179 -- 468 East 140th St, Bronx, 10454

NYCHA Mitchell Houses -- 360 East 137th St, Bronx, 10454

Willis Playground (NYC Parks and Recreation) -- East 141th St between Willis Ave & Alexander Ave, Bronx, 10454



PFC Lozada Playground -- East 135th St between Willis Ave & Alexa Ave, Bronx, 10454

St. Mary's East Playground -- Jackson Ave. between St. Mary's St & E 149th St, Bronx, 10454

PS 5 Port Morris -- 564 Jackson Ave, Bronx, 10455

NYCHA Betances Houses -- 525 East 146th St, Bronx, 10455

M.S. 302 Luisa Dessus Cruz -- 681 Kelly St, Bronx, 10455

M.S. 301 Paul L. Dunbar -- 890 Cauldwell Ave, Bronx, 10456

P.S. 053 Basheer Quisim -- 360 East 168th St, Bronx, 10456

P.S. 055 Benjamin Franklin -- 450 Saint Paul's Place, Bronx, 10456

J.H.S.145 Arturo Toscanini -- 1000 Teller Ave, Bronx, 10456

NYCHA-Morris Houses -- 1481 Washington Ave, Bronx, 10456

NYCHA Claremont Clay (Consolidated) -- 1195 Clay Ave & 168th St, Bronx, 10456

Martin Van Buren Playground (Crotona Park) -- Crotona Park East and Claremont Pkway, Bronx, 10456

Claremont Pool -- East 170th & Clay Ave, Bronx, 10456

Behagen Playground -- Tinton Ave between East 165th and 166th St, Bronx, 10456

Crotona Pool -- 173rd St and Fulton Ave, Bronx, 10457

NYCHA Claremont/Franklin -- 3820 3rd Ave, Bronx, 10457

P.S. 3 Raul Julia Micro Society School -- 2100 Lafontaine Ave, Bronx, 10457

Tremont Playground -- East Tremont Ave & Arthur Ave, Bronx, 10457

P.S. 211 -- 1919 Prospect Ave, Bronx, 10457

P.S. 075 -- 984 Faile St, Bronx, 10459

P.S. 134 George F. Bristow -- 1330 Bristow St, Bronx, 10459

Horseshoe Playground -- East 165th Street & Rogers Place, Bronx, 10459

J.H.S. 098 Herman Ridder -- 1619 Boston Road, Bronx, 10460

M.S.129 Academy for Independent Learning and Leadership -- 2055 Mapes Ave, Bronx, 10460

P.S. 214 -- 1970 West Farms Road, Bronx, 10460

Mapes Pool -- 180th St and Prospect Ave, Bronx, 10460

The Hunts Point School -- 730 Bryant Ave, Bronx, 10474

Hunts Point Playground -- Spofford Ave between Faile St & Hunts Point Ave, Bronx, 10474

Barretto Point Park Floating Pool -- Corner Of Tiffany St and Viele Avenue, Bronx, 10474



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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