

## A Foodscape of **Flatbush**

UHF Neighborhood #207 (zip codes 11203, 11210, 11225, 11226)  
Includes parts of City Council Districts 35, 39, 40, 41, 45, and 48



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](#).

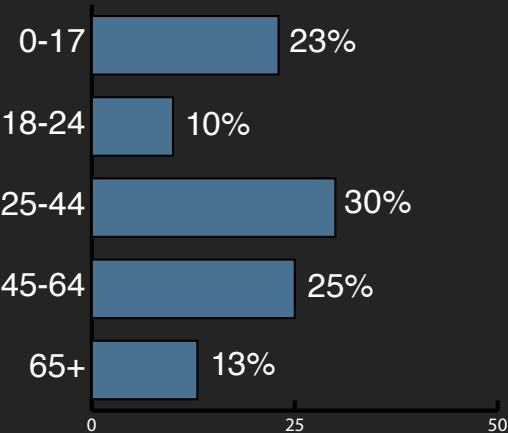
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

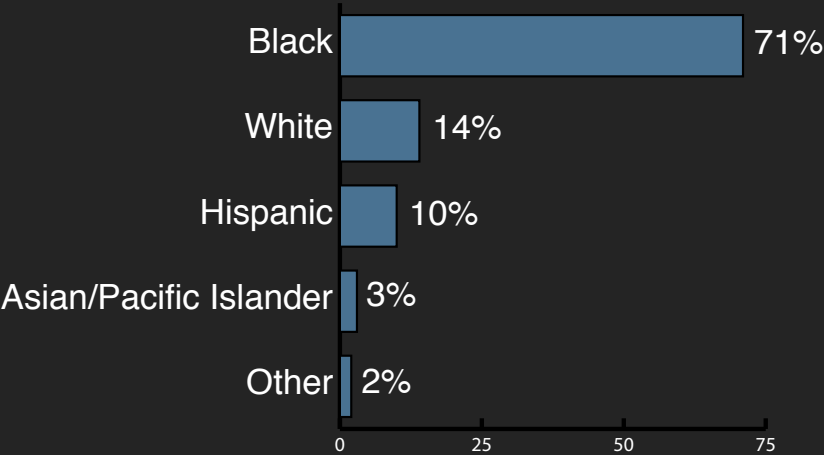
Population: 302,525



## Age



## Race



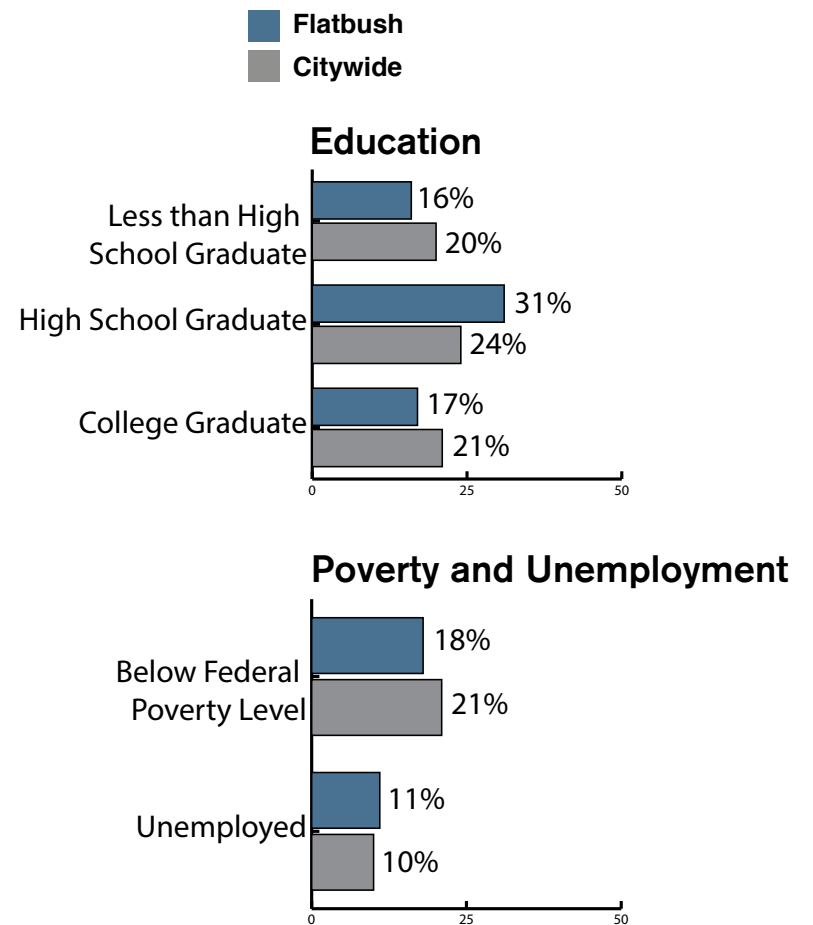
Flatbush is primarily **Black**.





Levels of educational attainment in Flatbush are similar to New York City as a whole, with a slightly lower percentage of neighborhood residents having graduated college (17% vs. 21%).

In this neighborhood, 18% of residents live in poverty (vs. 21% citywide) and 11% are unemployed, similar to the citywide rate of 10%.



## Food and Beverage Consumption in Flatbush

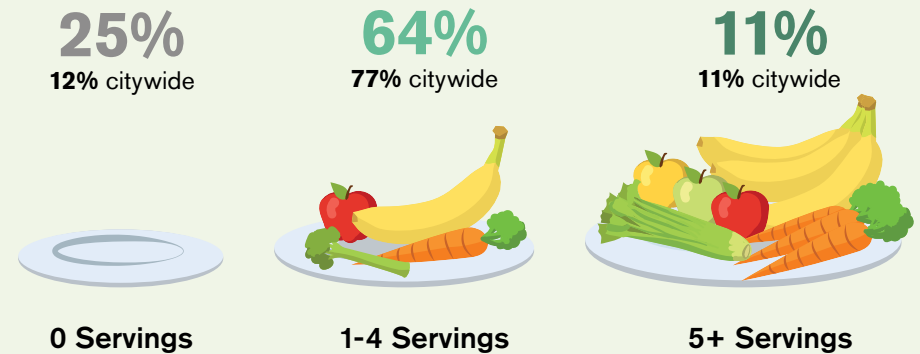
According to the 2015 U.S. Dietary Guidelines,<sup>1</sup> Americans should eat **five or more servings of fruits and vegetables each day**.

**One quarter of Flatbush residents consume no fruits or vegetables in a day—the highest of any UHF neighborhood and compared with 12% citywide.** The majority (64%) of residents in Flatbush consume between one and four servings of fruits or vegetables per day, lower than New York City overall (77%).

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 Flatbush, over one third of residents consume more than one sugary drink each day (vs. nearly one quarter in NYC).** In this neighborhood, 40% of residents consume no sugary drinks daily, lower than citywide (45%).

### Daily Consumption of Fruits and Vegetables



### Daily Consumption of Sugar-Sweetened Drinks





## Walking Distance to Fresh Fruits and Vegetables



**53%** live **5 minutes or less**  
49% citywide



**21%** live **between 5-10 minutes**  
18% citywide



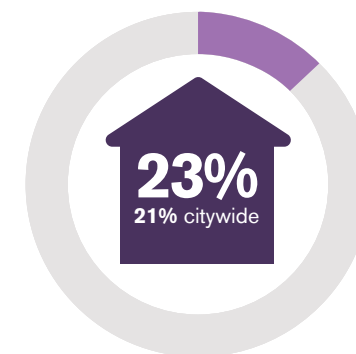
**23%** live **10 minutes or more**  
32% citywide

## Access to Healthy Food and Food Security in Flatbush

**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 Flatbush, the majority (53%) 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.**<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 Flatbush, more than 1 in 5 households receive SNAP benefits,** similar to citywide (21%).

## Nutrition-Related Chronic Diseases in Flatbush



**In Flatbush, the prevalence of childhood obesity is slightly higher than New York City as a whole (24% 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 (36% vs. 24%).** Obesity can lead to serious

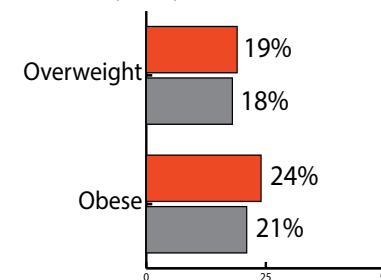
health conditions, including diabetes and heart disease.

**The prevalence of diabetes is slightly higher in Flatbush (14% vs. 12% in NYC).** Uncontrolled diabetes can cause blindness, renal disease, and amputations.

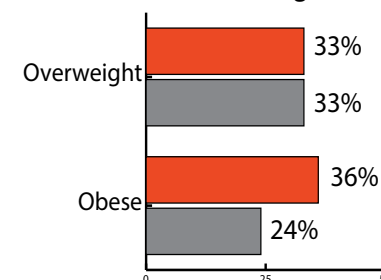
**Additionally, a higher percentage of residents have high blood pressure (35% vs. 29% citywide),** a leading risk factor for heart disease.

**Flatbush**  
**Citywide**

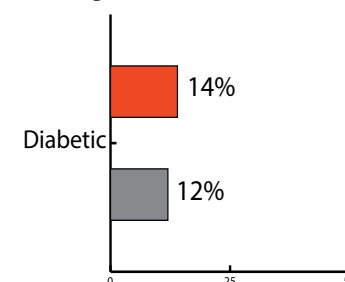
### Children (5-14) Who Are Overweight or Obese



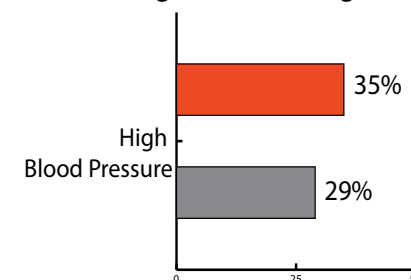
### Adults Who Are Overweight or Obese



### Adults Diagnosed With Diabetes



### Adults Diagnosed With High Blood Pressure







## Citywide Initiatives to Increase Access to Healthy Foods in **Flatbush**

### GreenThumb Gardens

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In Flatbush, there are **six GreenThumb Gardens** (which total more than 42,000 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 Greenpoint, there are **26 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.

**Harvest Home Kings County Hospital Farmers' Market** -- Clarkson Ave bet E 37th and E 38th Sts

**High School for Public Service Youth Farm Farmers' Market** -- 600 Kingston Ave bet Rutland Rd & Winthrop St

**Urban Oasis Farmers' Market** -- Clarkson & Troy Aves

**Flatbush Junction Youthmarket** -- Nostrand & Flatbush Aves by subway entrance

**Cortelyou Greenmarket** -- Cortelyou Rd bet Argyle & Rugby Rds

**Parkside Plaza Greenmarket** -- Parkside & Ocean Aves

### SNAP Enrollment Sites

There are no SNAP enrollment sites in Flatbush. The closest site is Fort Greene.

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

\*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](#).

### Free Summer Meal sites in this neighborhood:

**P.S. 181 Brooklyn** -- 1023 New York Ave, Brooklyn, 11203

**High School for Public Service: Heroes of Tomorrow** -- 600 Kingston Ave, Brooklyn, 11203

**New Heights Middle School** -- 790 East New York Ave, Brooklyn, 11203

**P.S. 135 Sheldon A. Brookner** -- 684 Linden Blvd, Brooklyn, 11203

**P.S. 244 Richard R. Green** -- 5404 Tilden Ave, Brooklyn, 11203

**P.S. 268 Emma Lazarus** -- 33 E 53rd St, Brooklyn, 11203

**Middle School of Marketing and Legal Studies** -- 905 Winthrop St, Brooklyn, 11203

**It Takes a Village Academy** -- 5800 Tilden Ave, Brooklyn, 11203

**School of Science & Technology** -- 725 East 23rd St, Brooklyn, 11210

**P.S. 269 Nostrand** -- 1957 Nostrand Ave, Brooklyn, 11210

**P.S. 241 Emma L. Johnston** -- 976 President St, Brooklyn, 11225

**Middle College High School** -- 1186 Carroll St, Brooklyn, 11225

**Clara Barton High School** -- 901 Classon Ave, Brooklyn, 11225

**Brooklyn Public Library (Crown Heights Branch)** -- 560 New York Ave, Brooklyn, 11225

**Parkside Preparatory Academy** -- 655 Parkside Ave, Brooklyn, 11226

**P.S. 006** -- 43 Snyder Ave, Brooklyn, 11226

**M.S. 246 Walt Whitman** -- 72 Veronica Place, Brooklyn, 11226

**P.S. 249 The Caton School** -- 18 Marlborough Rd, Brooklyn, 11226

**Brooklyn Public Library (Flatbush Branch)** -- 22 Linden Blvd, Brooklyn, 11226

**P.S. 139 Alexine A. Fenty** -- 330 Rugby Road, Brooklyn, 11226



## 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.

## Data Sources

### Page 3

U.S. Census Bureau / American FactFinder. S0101: Age and Sex; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. DP05: Demographic and Housing Estimates; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

### Page 4

U.S. Census Bureau / American FactFinder. S1501: Educational Attainment; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. S1701: Poverty Status in the Past 12 Months; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. S2301: Employment Status; 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

### Page 5

New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2015. Accessed January 2017. <http://nyc.gov/health/epiquery>.

### Page 6

New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2014. Accessed January 2017. <http://nyc.gov/health/epiquery>.

U.S. Census Bureau / American FactFinder. S2201: FOOD STAMPS/Supplemental Nutrition Assistance Program (SNAP); 2011-2015 American Community Survey 5-Year Estimates. <http://factfinder2.census.gov>. Accessed January 2017.

U.S. Census Bureau / American FactFinder. S2201: FOOD STAMPS/Supplemental Nutrition Assistance Program (SNAP); 2015 American Community Survey 1-Year Estimates. <http://factfinder2.census.gov>. Accessed February 2017.

### Page 7

New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2015. Accessed January 2017. <http://nyc.gov/health/epiquery>.

New York City Department of Health and Mental Hygiene. NYC Fitnessgram: Weight status by student home UHF, school year 2012-13.

## References

<sup>1</sup> U.S. Department of Health and Human Services & U.S. Department of Agriculture. Dietary Guidelines for Americans 2015-2020. (8th Edition). Accessed January 2017. <http://health.gov/dietaryguidelines/2015/guidelines>.

<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.

<sup>3</sup> Rahkovsky I, Snyder S. Food Choices and Store Proximity. ERS Report No. 195. U.S. Department of Agriculture, Economic Research Service, September 2015. [https://www.ers.usda.gov/webdocs/publications/err195/53943\\_err195.pdf?v=42276](https://www.ers.usda.gov/webdocs/publications/err195/53943_err195.pdf?v=42276). Accessed February 2016.

<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.