

A Foodscape of the **Upper West Side**

UHF Neighborhood #304 (zip codes 10023, 10024, 10025, 10069)
Includes parts of City Council Districts 6 and 7



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

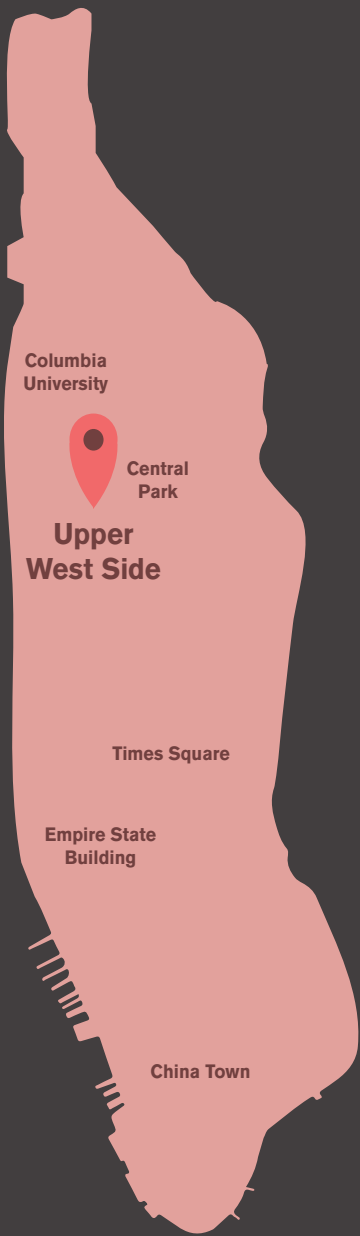
This Foodscape provides a community-level snapshot of that environment, including data on healthy and unhealthy food consumption, food access, and nutrition-related diseases. Additionally, the report details a sampling of the many resources available to residents within their neighborhoods to support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

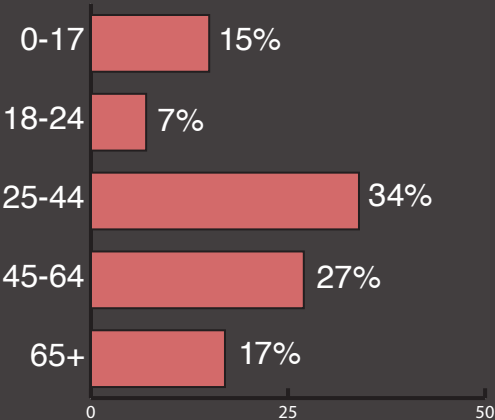
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

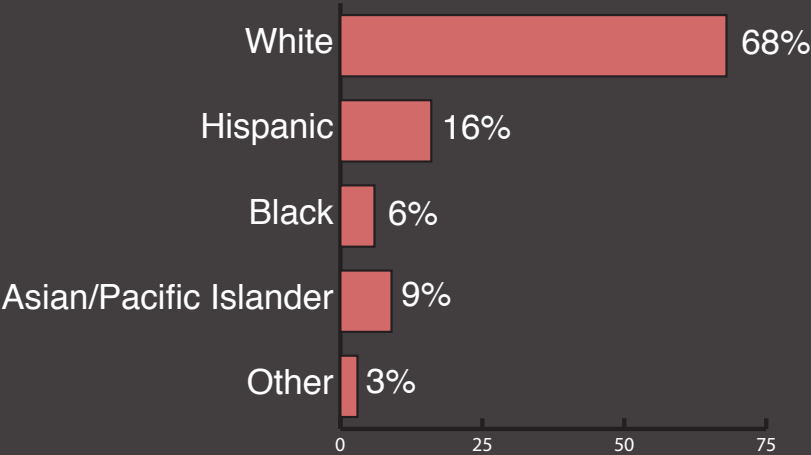


Population: 220,571

Age



Race

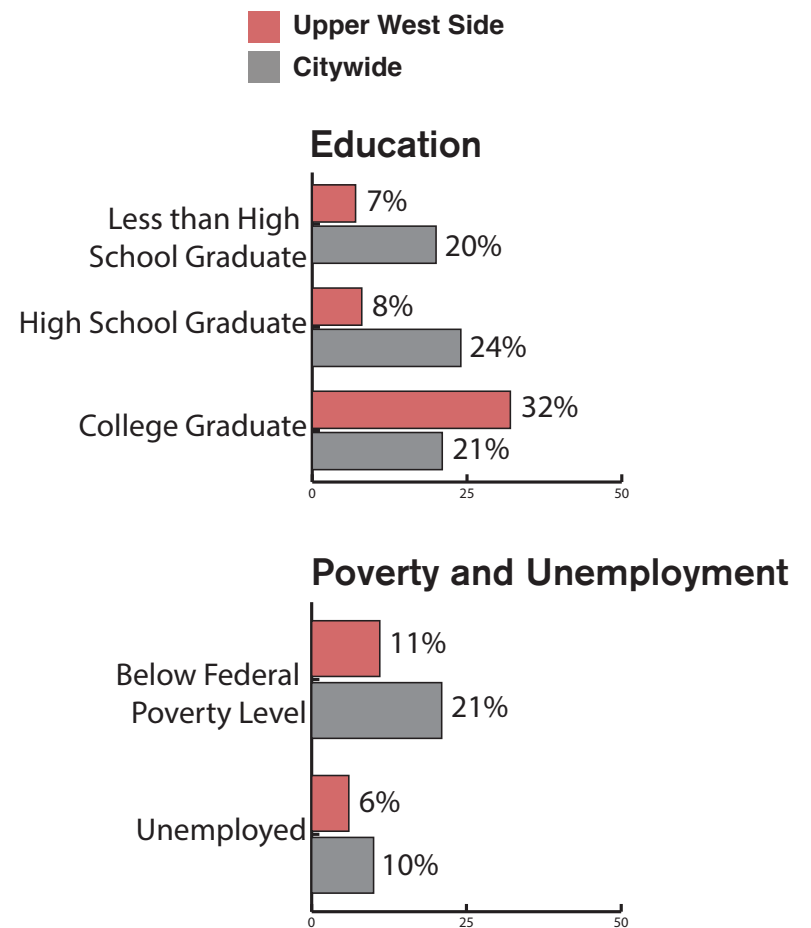


The Upper West Side is primarily **White**.



Levels of educational attainment in the Upper West Side are higher than New York City as a whole; nearly one third of neighborhood residents are college graduates (vs. 21% citywide).

In this neighborhood, only 11% of residents live in poverty (vs. 21% citywide) and 6% are unemployed, slightly less than the citywide rate of 10%.



Food and Beverage Consumption in the Upper West Side

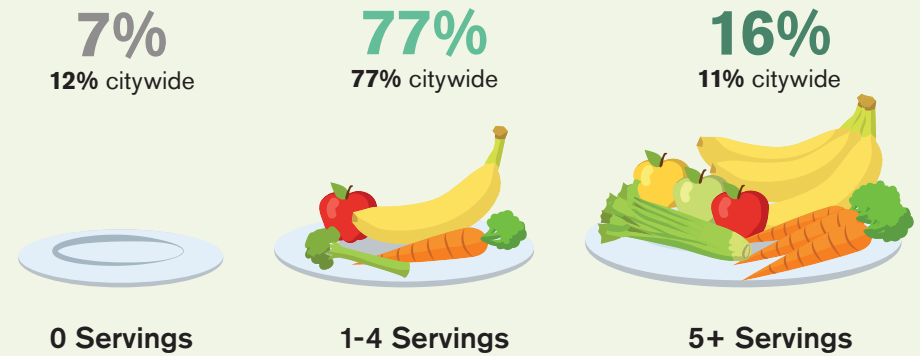
According to the 2015 U.S. Dietary Guidelines,¹ Americans should eat **five or more servings of fruits and vegetables each day**.

A greater percentage of Upper West Side residents are meeting this standard (16% 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

The majority (54%) of Upper West Side residents consume no sugary drinks, higher than citywide (45%). In this neighborhood, only 11% of residents drink one or more sugary beverages daily, lower than New York City as a whole (24%).

Daily Consumption of Fruits and Vegetables



Daily Consumption of Sugar-Sweetened Drinks



Walking Distance to Fresh Fruits and Vegetables



75% live **5 minutes or less**
49% citywide



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



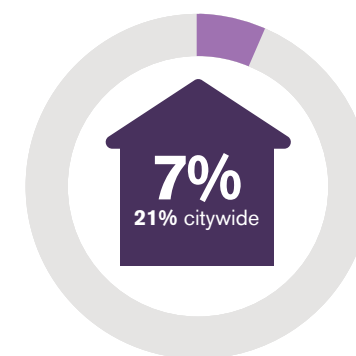
8% live **10 minutes or more**
32% citywide

Access to Healthy Food and Food Security in the **Upper West Side**

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 the Upper West Side, the majority (75%) 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 the Upper West Side, 7% of households receive SNAP benefits, lower than New York City overall (21%).

Nutrition-Related Chronic Diseases in the **Upper West Side**

In the Upper West Side, the prevalence of childhood obesity is lower than New York City as a whole—12% 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

Adult obesity in this neighborhood is also lower, with less than half the citywide prevalence (8% vs.

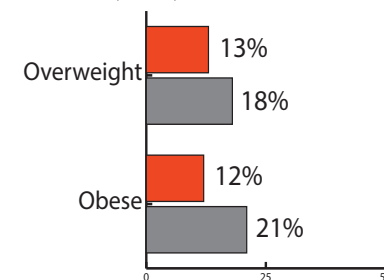
24% in NYC). Obesity can lead to serious health conditions, including diabetes and heart disease.

Diabetes prevalence is lower in the Upper West Side than in New York City overall (7% vs. 12%). Uncontrolled diabetes can cause blindness, renal disease, and amputations.

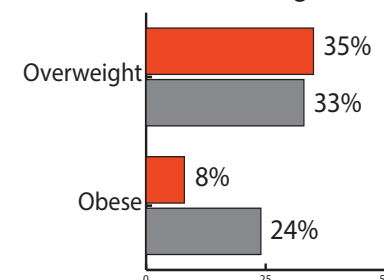
Additionally, **a lower percentage of neighborhood residents have high blood pressure (19% vs. 29% in NYC),** a leading risk factor for heart disease.

■ **Upper West Side**
■ **Citywide**

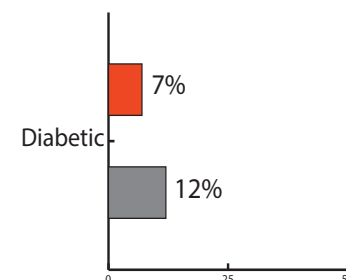
Children (5-14) Who Are Overweight or Obese



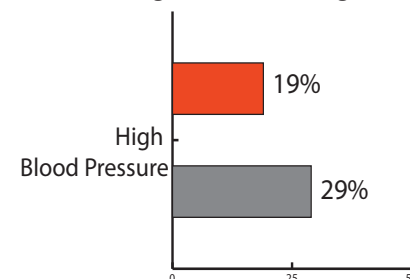
Adults Who Are Overweight or Obese



Adults Diagnosed With Diabetes



Adults Diagnosed With High Blood Pressure





Citywide Initiatives to Increase Access to Healthy Foods in the **Upper West Side**

GreenThumb Gardens

There are over 600 **GreenThumb** community gardens across the city, and any resident can join a garden. In the Upper West Side, there are **six GreenThumb Gardens** (which total more than 34,000 square feet), three 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 Upper West Side, there are **18 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.

Tucker Square Greenmarket -- 66th St & Columbus Ave

79th Street Greenmarket -- Columbus Ave bet 78th & 81st Sts

97th Street Greenmarket -- 97th St bet Columbus & Amsterdam Aves

Project EATS Frederick Douglas Houses Farmers' Market -- 100th St bet Amsterdam and Columbus Aves

SNAP Enrollment Sites

There are no SNAP enrollment sites in the Upper West Side. The closest site is in Central Harlem.

St. Nicholas -- 132 W. 125th St, 3rd Fl, NY, 10027

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 Upper West Side:

J.H.S. 054 Booker T. Washington -- 103 West 107th St, New York, 10025

P.S. 333 Manhattan School for Children -- 154 West 93rd St, New York, 10025

P.S. 145, The Bloomingdale School -- 150 West 105th St, New York, 10025

Frederick Douglass Mini Pool -- Amsterdam Ave between 100 and 102 St, New York, 10025



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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Page 3

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Page 6

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Page 7

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