



## A Foodscape of the **Upper East Side/Gramercy**

UHF Neighborhood #305/307 (zip codes 10010, 10016, 10017, 10021, 10022, 10028, 10044, 10065, 10075, 10128, 10162, 10165, 10170, 10171)

Includes parts of City Council Districts 2, 4, and 5



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.

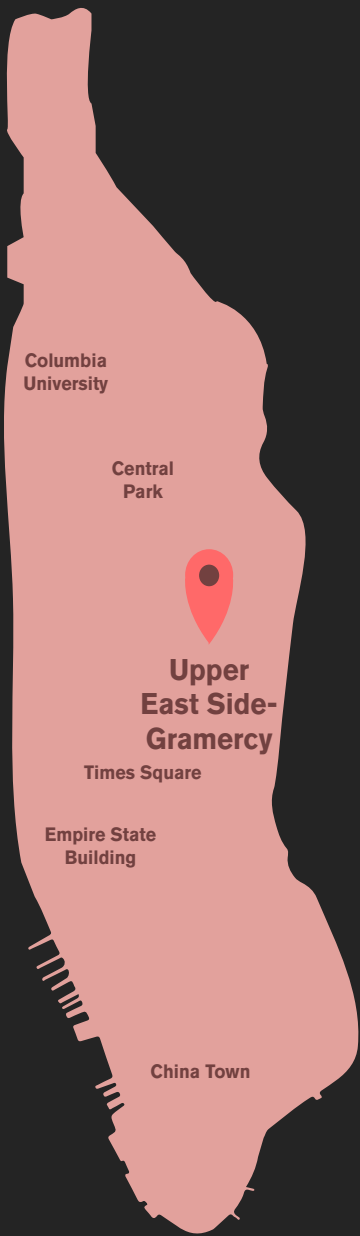
## The Data

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](#).

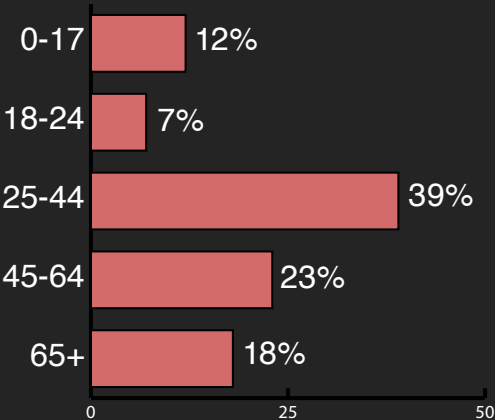
The reports also specify the City Council Districts that are part of each UHF, and districts often span several UHF neighborhoods. Council members and residents can then view the distinct neighborhoods within their districts, to compare and contrast both the needs and assets within each area. Recognizing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

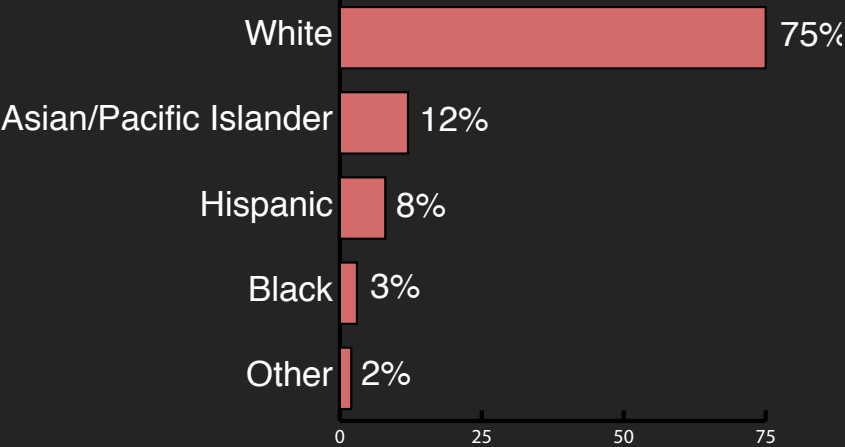
Population: 350,615



## Age



## Race



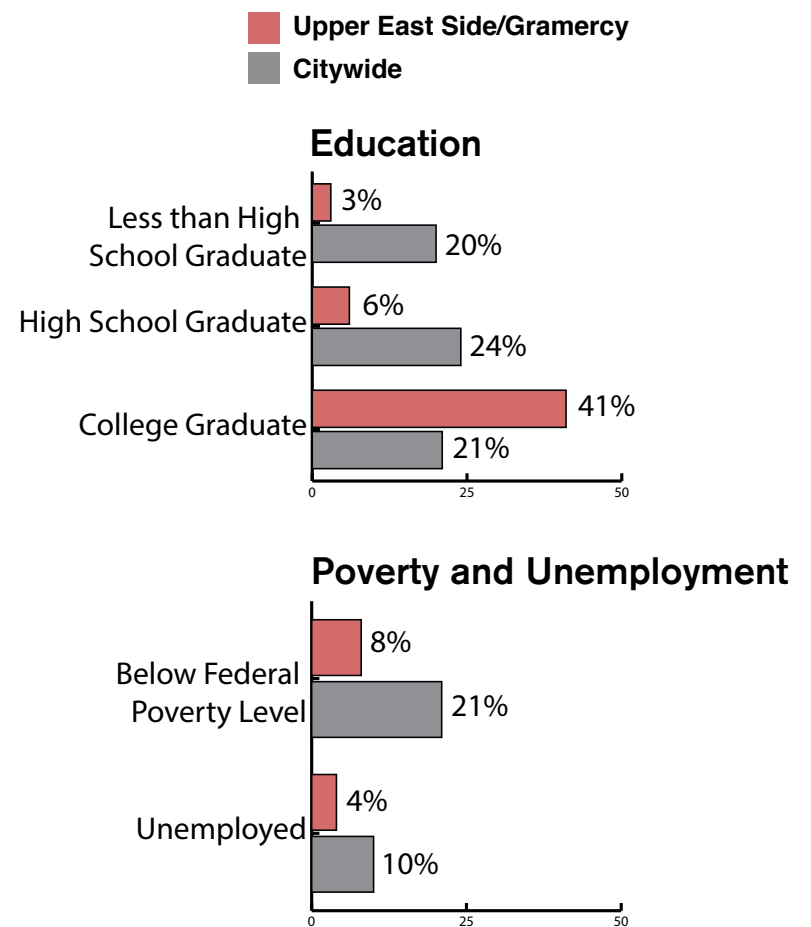
The Upper East Side/Gramercy is primarily **White**.





Levels of educational attainment in the Upper East Side/Gramercy are higher than New York City as a whole; 41% of neighborhood residents are college graduates (vs. 21% citywide).

In this neighborhood, only 8% of residents live in poverty (vs. 21% citywide) and 4% are unemployed, less than the citywide rate of 10%.



## Food and Beverage Consumption in the **Upper East Side/Gramercy**

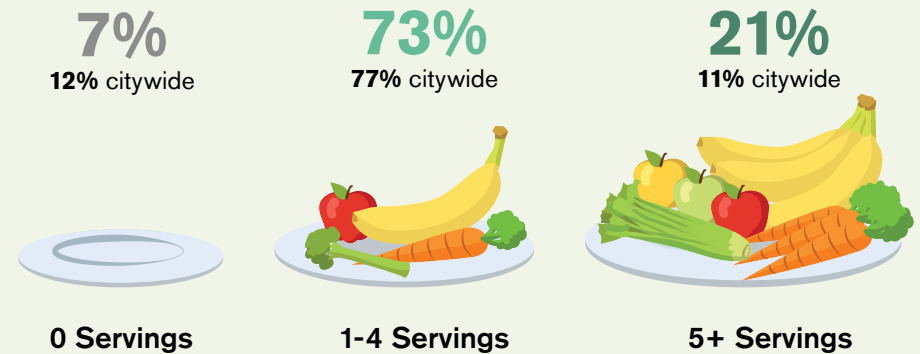
According to the 2015 U.S. Dietary Guidelines,<sup>1</sup> Americans should eat **five or more servings of fruits and vegetables each day**.

**A greater percentage of Upper East Side/Gramercy residents are meeting this standard (21% vs. 11% in NYC).** The vast majority of individuals 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>

**The majority (52%) of Upper East Side/Gramercy residents consume no sugary drinks**, higher than citywide (45%). In this neighborhood, 14% 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



**78%** live **5 minutes or less**  
49% citywide



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



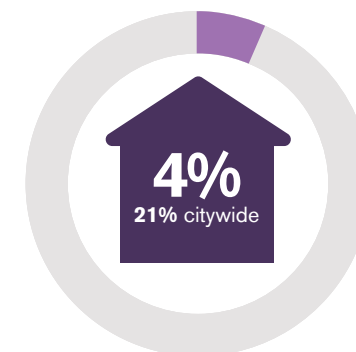
**11%** live **10 minutes or more**  
32% citywide

## Access to Healthy Food and Food Security in the **Upper East Side/Gramercy High**

**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 the Upper East Side/Gramercy, the majority (78%) of residents live within a five-minute walk to fresh produce—the highest of any UHF neighborhood—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 the Upper East Side/Gramercy, only 4% of households receive SNAP benefits—the lowest of any UHF neighborhood** (vs. 21% in NYC as a whole).

## Nutrition-Related Chronic Diseases in the **Upper East Side/Gramercy**



**In the Upper East Side/Gramercy, the prevalence of childhood obesity is lower than New York City as a whole—8% of children are obese (vs. 21% citywide).** 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 lower than citywide (13% vs.**

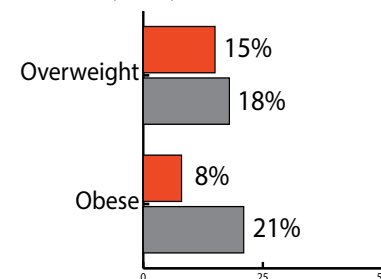
**24%).** Obesity can lead to serious health conditions, including diabetes and heart disease.

**Diabetes prevalence is the lowest of any UHF neighborhood—at 4%.** Uncontrolled diabetes can cause blindness, renal disease, and amputations.

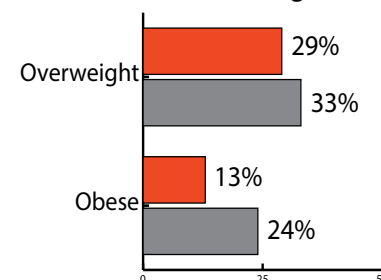
Additionally, **a lower percentage of neighborhood residents have high blood pressure** (21% vs. 29% in NYC), a leading risk factor for heart disease.

■ **Upper East Side/Gramercy**  
■ **Citywide**

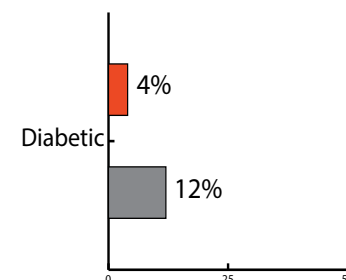
### Children (5-14) Who Are Overweight or Obese



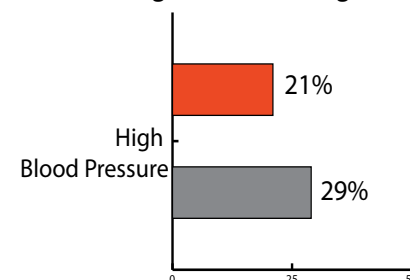
### Adults Who Are Overweight or Obese



### Adults Diagnosed With Diabetes



### Adults Diagnosed With High Blood Pressure







## Citywide Initiatives to Increase Access to Healthy Foods in the **Upper East Side/Gramercy**

### **GreenThumb Gardens**

There are over 600 [GreenThumb](#) community gardens across the city, and any resident can join a garden. In the Upper East Side/Gramercy, there are **no GreenThumb Gardens**. The closest gardens are in East Harlem or Union Square/Lower Manhattan. 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 East Side/Gramercy, there are **nine 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](https://nyc.gov/health) and search "farmers markets" or text "SoGood" to 877-877.

**Dag Hammarskjold Plaza Greenmarket** -- 47th St & 2nd Ave

**82nd Street Greenmarket** -- 82nd St bet 1st and York Aves

**92nd Street Greenmarket** -- 92nd St & 1st Ave

### **SNAP Enrollment Sites**

There are no SNAP enrollment sites in the Upper East Side/Gramercy. The closest site is in East Harlem.

**East End** -- 2322 Third Ave, 3rd Fl, NY, 10035



## 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 the Upper East Side/Gramercy:

**Asser Levy Pool (NYC Parks)** -- 392 Asser Levy Place and 23rd St, New York, 10010

**Tony Dapolito Recreation Center & Pool** -- Clarkson St & 7th Ave South, New York, 10021

**John Jay Pool** -- 77th St & Chrokee Place, New York, 10021

**P.S./I.S. 217 Roosevelt Island** -- 645 Main St, New York, 10044



## 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.

<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.