

Community Food Assessment in East Flatbush

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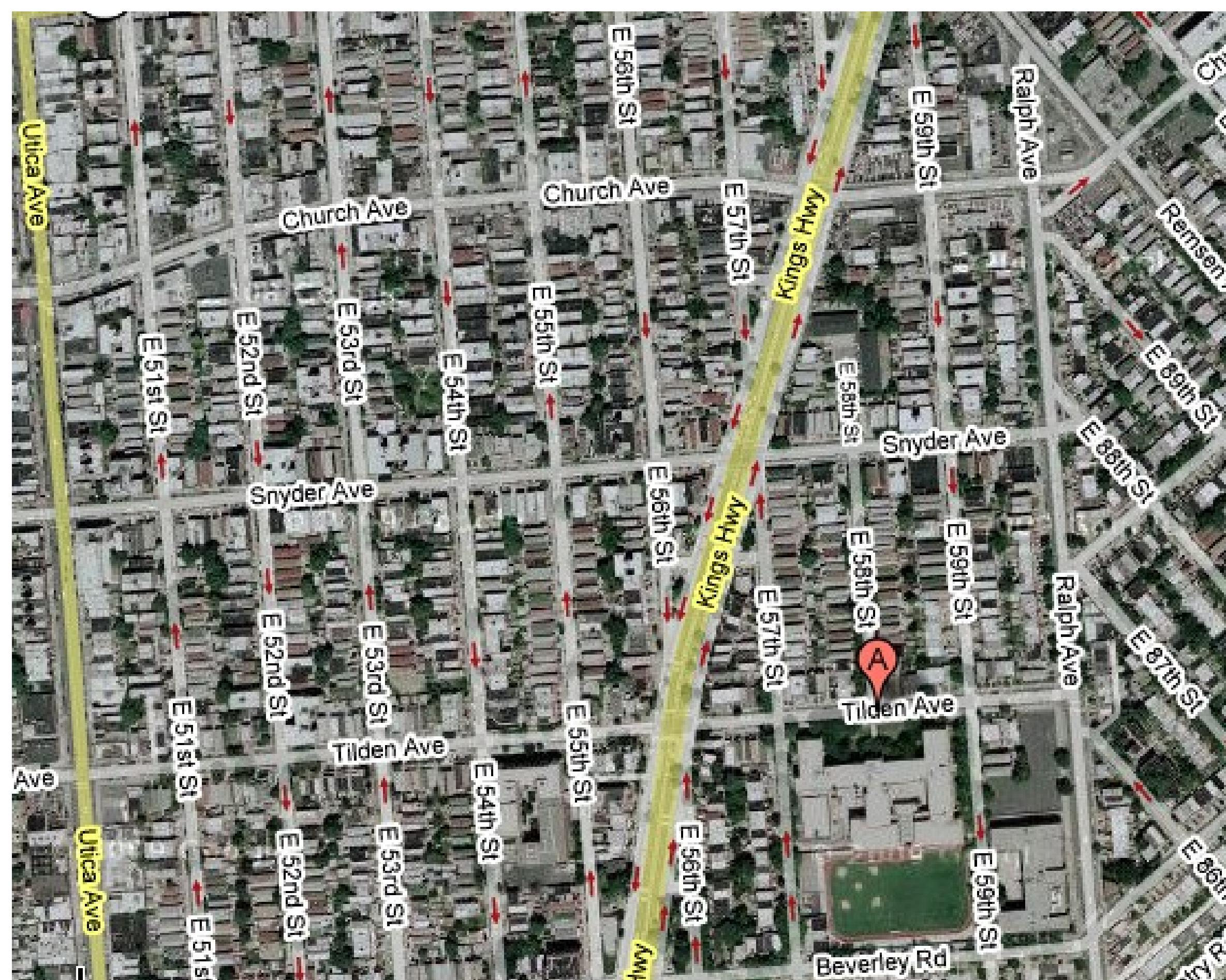


It Takes a Village Academy (ITAVA)

INTRODUCTION

Recent reports have shown that adults in Flatbush are more likely to be obese than other New Yorkers overall and, approximately 1 in 10 adults living Flatbush are diabetic [1]. By investigating the availability and prices of healthier foods in the East Flatbush area, we are hoping to determine how feasible and affordable it would be for local residents to eat sensibly and reduce the prevalence of diet related diseases in the community as a whole.

We have reason to suspect that most restaurants in our area have few healthy and affordable offerings. Also, grocery and specialty stores may lack sufficient inventory of healthy food items, or are unable to offer them at affordable prices. Finally, many people may choose less healthy alternatives due to time or convenience.



MATERIALS AND PROCEDURES

The equipment we used to carry out our experiment included GPS devices to record the exact locations our findings were collected from, as well as, surveys needed to record the name of the establishments under consideration, the prices of their offerings, the availability of certain foods [2], etc. (Please see sample surveys). Students themselves recorded the relevant data on the individual worksheets corresponding to the participating establishments under consideration. Finally, our results were compiled using computer spreadsheets and analyzed by way of averaging the entered data.

Sample data: Price comparison Below are some of the recordings obtained from the sampling of many stores.

name of facility	milk		Nuts & grains				
	store brand - 1%	store brand - 2%	peanut butter				
	name	gallon	name	gallon	Jif	Skippy	store label
ramos grocery		3.49			2.99 (12 oz)		3.49
marbelly food center		4.49					3.09
mike food center		4.49				3.29	3.19
meat warehouse	farmland	3.69	lactaid			3.29	
r.m grocery		4					
utica farm land	Organics		Tuscan		4.99		3.49
Utica finest deli corp	Roy Dairy		Clover Farms		4.5		
B&H Grocery Fruit & Vegetable						2.99 (12oz)	\$3.29
Lee Supermarket	Tuscan	\$3.99					
	Dry Beans/Peas						
	Goya						
	black beans	black-eyed peas	lentils	pinto beans	red kidney beans	small red beans	
ramos grocery		1.29		1.19			
marbelly food center	1.59	1.69	1.49	1.49	1.99	1.49	
meat warehouse	1.49	1.89	1.39	1.59	1.99	1.59	
utica farm land	1.79	1.99	1.79		2.29	1.99	
B&H Grocery Fruit & Vegetable	\$1.49	\$1.79	\$1.49	\$1.49	\$1.99	\$1.49	
	Store brand/private label -JACK RAABBIT						
	black beans	black-eyed peas	lentils	pinto beans	red kidney beans	small red beans	
ramos grocery				1.59	1.59		
mike food center	1.59	1.69	1.29	1.59	1.99	1.79	
meat warehouse	1.49					1.49	
Averages (where applicable)							
Milk-1% (gallon)		\$4.03			After tallying the offerings presented by the stores under co we were able to average out the prices of certain critical item		
Milk-2% (gallon)		\$4.75					
peanut butter (all brands)		\$3.17					
beans (all brands and varieties)		\$1.62					

RESULTS

Most of the establishments surveyed were opened by 7:00 a.m. and closed around 10:00p.m. Hence, we have no particular reason to believe that nearby residents are unable to visit the stores or restaurants during their operating hours. A significant number of storeowners reported that their busiest hours were in the afternoon, a time at which most people would have eaten breakfast, and quite possibly lunch. On average, the take-out and fast food restaurants offered an entire meal for \$6, whereas the majority of grocery stores had most of the healthy food items we were looking for but may have lacked a variety of competing brands to choose from.

CONCLUSION AND DISCUSSION

From the data collected, we've found that the operating hours of most stores are flexible enough to accommodate most customers and the prices of most foods considered "healthy" are actually somewhat affordable. The busiest hours reported by some storeowners would cause some to wonder if customers had been making sensible choices earlier in the day, or if it were a matter of "too little too late" - assuming that the customer were to shop reasonably at all!

According to the American Diabetes Association, 2 in 25 people are diabetic. In addition, more than 1 in 7 people are *pre-diabetic*, a medical condition in itself which can lead to type 2 diabetes and is link to a variety of diet related medical complications^[3]. Both of these diseases can be managed with proper care, allowing the possible reduction of complications in diabetics, and, in pre-diabetics, the avoidance or delay of developing type 2 diabetes^[4].

REFERENCES

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3. "Pre-Diabetes". *American Diabetes Association*. 12 May 2009. <http://www.diabetes.org/pre-diabetes.jsp>.
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