Healthy Food Access: Policies and Lessons from Across the Nation

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Poorest, most obese and most at risk of diabetes.

1/3 live below the poverty line.

7 out of 10 adults
4 out of 10 kids
overweight or obese.

2 out of 10 adults
have diabetes.

African-Americans are 80% more likely to have diabetes.
Zip Code May Be a Better Predictor than Genetic Code
Redlining & Urban Disinvestment

A HOLC 1936 security map of Philadelphia showing redlining of lower income neighborhoods. Households and businesses in the red zones could not get mortgages or business loans.
WASHINGTON - Mortgage discrimination against black and Hispanic communities has led to a proposed $32.75 million settlement between Hudson City Savings Bank (HSBK) and the federal government.

The New Jersey-based lender located branches, chose mortgage brokers and marketed loans that discouraged borrowers in predominantly minority communities, said the Consumer Financial Protection Bureau and Justice Department Thursday.
The Social Determinants of Health are mostly responsible for health inequities.

- Social Circumstances: 23%
- Individual Behavior: 38%
- Genetics & Biology: 21%
- Medical Care: 11%
- Physical Environment: 7%
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<th>Income &amp; Perception &amp; Knowledge</th>
<th>SNAP Distribution &amp; Pantries</th>
<th>Culture</th>
<th>Time Crunch</th>
<th>Transportation</th>
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<td>Jobs are scarce in neighborhoods with struggling economies.</td>
<td>Healthier foods are often perceived as more expensive than less healthy products. Knowledge of what is healthy is uncertain given misinformation and confusing marketing. Knowledge on how to prepare fresh produce is a question.</td>
<td>Spoilage associated with fresh products is a risk for families with limited incomes. What is not eaten is wasted money. The risk is not getting their families enough to eat exists.</td>
<td>Certain kinds of food, sometimes very unhealthy, has been ingrained over the generations through necessity, family recipes, practices, and traditions. It is reinforced through the food environment in low-income neighborhoods as well as marketing that reinforces less healthy options.</td>
<td>Preparation time may also prove challenging in light of these other factors. For someone working multiple jobs, with unpredictable work schedules and long commutes, the time associated with healthy meals is often much greater than that associated with less healthy options.</td>
<td>Households without cars find it difficult to access healthy retail – convenience, reliability. Corner stores, gas stations, discount stores become the default shopping destination but most of these stores do not provide many healthy, fresh products of good quality at an affordable price.</td>
<td>For SNAP recipients, the once monthly distribution of funds often results in bulk buying at the start of the month, which makes healthy eating more difficult later in the month. Pantries are used to subsidized monthly food supply often lacks healthy options.</td>
<td>Lack of social integration &amp; support systems Americanization: For recent immigrants, the longer they settle in the U.S. the higher their risk of obesity. Discrimination and Racism Literacy &amp; Language Early Childhood Education Educational Obtainment</td>
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Map 1: Weekly Sales Volume for Supermarkets

Supermarkets by Weekly Sales Volume
- $0 - $150,000
- $150,000 to $962,000

Weekly Sales Volume for Supermarkets
- $0 - $300,000/sq.mile
- $300,000 to $600,000/sq.mile
- $600,000 to $900,000/sq.mile
- $900,000 to $1,200,000/sq.mile
- Non-residential
Map 3: Supermarket Sales and Income

- High sales & high income
- Low sales & low income
- High sales & low income
- Low sales & high income
- Non-residential
Map 4: Low Supermarket Sales & Low-Income Areas

Supermarket Sales and Low Income
- Low sales & low income
- Not low sales & low income
- Non-residential
Map 5: Income and Diet-Related Death

Income and Deaths
- Low income, high deaths
- Low income, low deaths
- High income, low deaths
- High income, high deaths
- Non-residential
Map 6: Areas with Greatest Need

- Low sales, low income, high death
- Other
- Non-residential
Findings

Philadelphia had the second lowest number of supermarkets per capita of major metropolitan areas.

There were large areas of the city with few supermarkets, and many neighborhoods where none exist.

This uneven distribution of food disproportionately affected large numbers of low-income people.

There is a direct correlation between diet-related diseases and lack of supermarkets.
STAKEHOLDERS FOR HEALTHY FOOD ACCESS CAMPAIGNS

- Government Leaders
- Community Leaders
- Financial Sector Representatives
- Economic Development Leaders
- Public Health Professionals
- Children's Health Advocates
- Food Access Advocates
- Supermarket Industry Leaders
Fresh Food Access Task Force

Barriers Identified

• Financing
• SNAP Benefits Distribution
• Land Assembly
  • Availability of suitable parcels
  • Parking and access
• High Rent
• Regulatory Environment & Zoning
• Workforce Training and Security
• Data on Demand for Healthy Food & Purchasing Power in Communities
• Perceptions of industry and of communities
• Transportation
• No Local Champions

Policy Recommendations

• Federal, state & local governments should provide & promote financial incentives.
• Reduce barriers to SNAP & WIC
• Accurately assess buying power in underserved communities.
• Fast track permits and reduce regulatory delays in target areas.
• Assist with land assembly.
• Government partners with workforce development agencies.
• Partner with law enforcement and civic groups to create safe environment.
• Work with transportation agencies to meet needs of community.
• Partner to provide nutrition education.
• Convene leaders.
Healthy Food Finance Initiatives: This public-private partnership creates jobs, spurs economic development, and helps combat America’s obesity epidemic by providing access to affordable, healthy, fresh food options.

Pennsylvania Accomplishments

- $30M State Investment
- 83 new or renovated stores
- Over 5,000 jobs
- Over 500,000 now with access
- 1.6 million square feet of retail
- $190 million total investment

National Momentum

- National Healthy Food Financing Initiative (HFFI)
- California, Colorado, Houston, Illinois, New Orleans, New Jersey, Michigan, Minnesota, Ohio, New York, Virginia, South Carolina and the mid-South states of Louisiana, Mississippi and western Tennessee.
New Orleans, LA

The average life expectancy for babies born to mothers in New Orleans can vary by as much as 25 years across neighborhoods just a few miles apart.
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