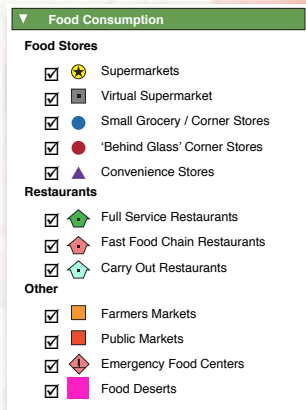


Results from a Community Food Assessment : Clifton Park

What is a Community Food Assessment?

A Community Food Assessment (CFA) is a collaborative and participatory process systematically examining a broad range of community food issues and assets, to take action to make the community more food secure. CFAs discover challenges in the local food system and food environment and also identify community assets to improve these weaknesses.



Assessment Objectives

- Recognize residents' current habits regarding how and where they currently access food.
- Identify reported barriers and readiness for change at the neighborhood level.
- Describe residents' satisfaction with food available in their neighborhood.
- Gauge residents' awareness of diet and disease.
- Determine how Real Food Farm can best market and provide produce to residents.

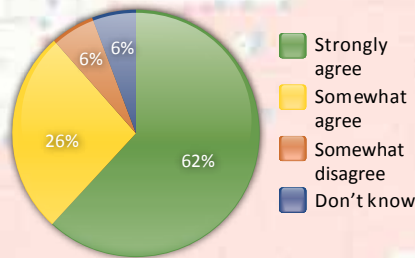
**145 people were surveyed for this report.*

Health Conditions

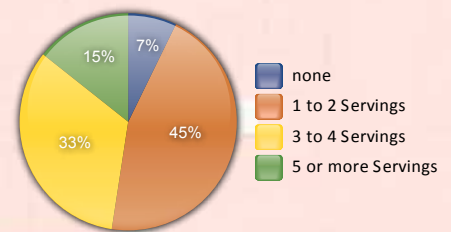
Reported in the household:

- Diabetes (26%)
- Obesity/overweight (31%)
- High blood pressure (37%)
- Heart disease (8%)
- Cancer (8%)
- No health conditions (33%)

Relationship of Health Conditions to Diet



Fruit and Vegetable Consumption per Day



Gardening

- 18% participate in a community garden.
- 57% of those who do not participate already would be interested in participating if a community garden was available.

Lifestyles and Diet

- 45% of the people surveyed eat 1-2 servings of fruits and vegetables per day; 33% eat 3-4 servings and 14% eat 5 or more servings of fruits and vegetables per day.

- 25% of respondents participate in SNAP (food stamp program).
- 30% are fairly interested in learning to prepare more healthy foods, and 39% are very interested in learning how to prepare more healthy foods.

Results from a Community Food Assessment : Clifton Park

Reported Barriers

to accessing healthy foods:

- affordability (35%)
- need more knowledge on how to prepare healthy food (22%)
- taste (12%)
- family preferences (18%)
- preparation time (25%)
- not easy to access (28%)

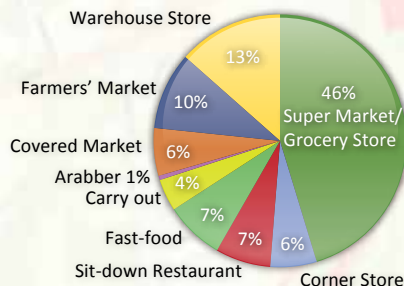
Current Habits

Cooking Habits: 19% prepare meals from scratch daily, 25% several times a week, 15% weekly, 12% monthly, 17% a few times a year, and 12% never prepare meals from scratch.

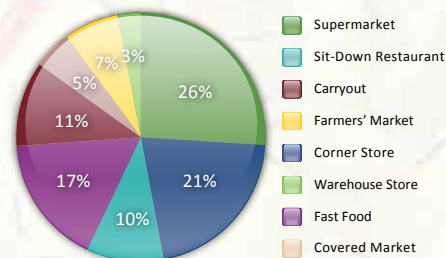
Transportation: When asked how they get to the supermarket 16% reported that they walk, 68% drive self, 18% get a ride, 13% ride the bus, 0.07 % hack, 0.02% other.

43% of 18-24 yr old reported it was fairly difficult to get to the supermarket compared to 10% of the 25-64 yr old

Average Monthly Shopping Expenditure



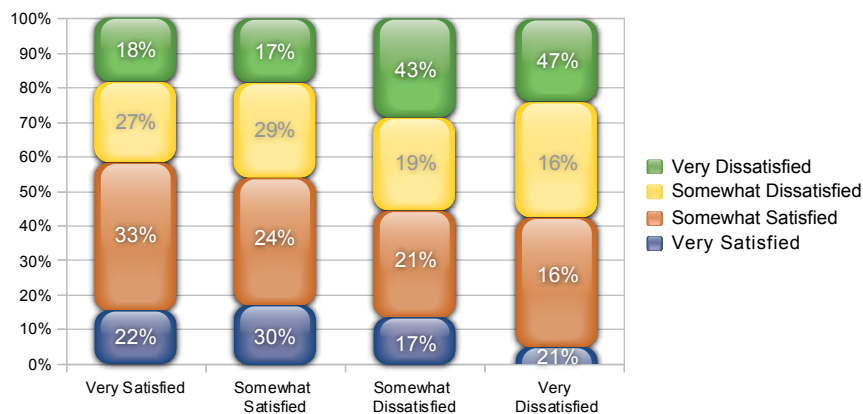
Average Monthly Shopping Frequency



Neighborhood Food Satisfaction

- 65% want to buy certain foods that are unavailable in their neighborhood.
- 37% are sometimes or often unable to buy healthy food because they are out of money or assistance. 63% reported never
- 43% of monthly food dollars were spent at supermarket 10% farmers market followed by 13% warehouse store

Neighborhood Food Satisfaction - Clifton Park



Ready for Change

When respondents were asked what they would change about the way that they eat, responses included:

- "more healthy if I have the money; if I can afford it – veggies"
- "food with no chemicals and all that stuff they're puttin' in food"
- "healthier and homemade food"
- eat more fruits and veggies, less fast food
- more organic and local!
- "I would like to eat the right amount of each food group."
- "I'd like to buy the most food at the farmer's market, eat more veggies/ fruit, less meat"
- "wish I could prep food from scratch more often"
- when asked a preferred method of buying produce: farm stand, weekly vegetable box and produce bus were the most popular

Find more maps at http://www.jhsph.edu/clf/programs/food_mapping/index.html