

Results from a Community Food Assessment : Oliver

What is a Community Food Assessment?

A Community Food Assessment (CFA) is a collaborative and participatory process that systematically examines 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

- Understand 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 interest and feasibility of a community garden/urban agriculture project.

Find more maps at www.mdfoodsystemmap.org

Food Consumption

Food Stores

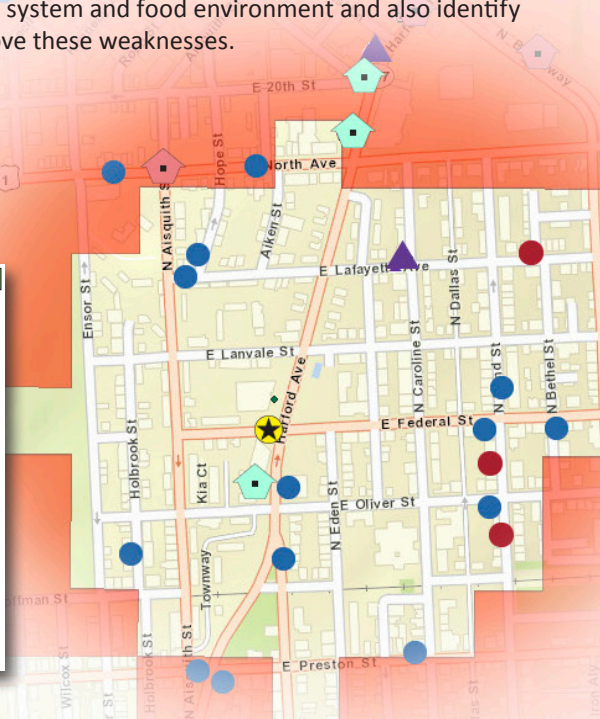
- Supermarkets
- Virtual Supermarket
- Small Grocery / Corner Stores
- 'Behind Glass' Corner Stores
- Convenience Stores

Restaurants

- Full Service Restaurants
- Fast Food Chain Restaurants
- Carry Out Restaurants

Other

- Farmers Markets
- Public Markets
- Emergency Food Centers
- Food Deserts

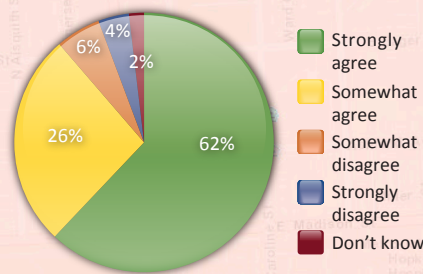


Health Conditions

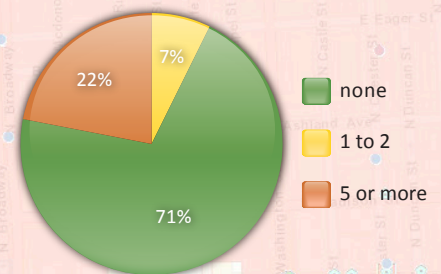
Reported in the household:

- Diabetes (50%)
- Obesity/overweight (6%)
- High blood pressure (12%)
- Heart Disease (13%)
- No health conditions (33%)

Perceived Relationship of Health Conditions to Diet



Fruit and Vegetable Consumption per Day



Gardening

- 51% are somewhat or very interested in learning to grow their own food.
- 6% already participate in a community garden.
- 37% were interested in growing their own food in a community garden specifically.

Lifestyles and Diet

- Only 21% report eating 5 or more servings of fruits and vegetables daily, while 67% eat 1-2 servings daily.
- 54% are sometimes unable to buy healthy food because of financial hardship.

- 74% were very or fairly interested in learning how to prepare meals from scratch.
- 53% believe that their or their family member's health condition is strongly related to diet. Another 35% believe that their or their family member's health condition is somewhat related to diet.

In 2009, 53 people were surveyed for this report.

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Reported Barriers

to accessing healthy foods:

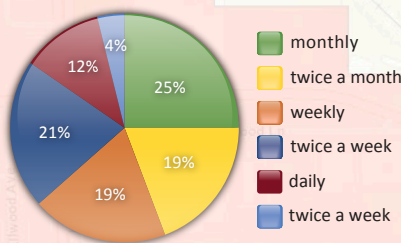
- Affordability (47%)
- Taste (28%)
- Preparation time (23%)
- Need more knowledge of how to prepare (30%)
- Family preference (11%)
- Other (6%)

Current Habits

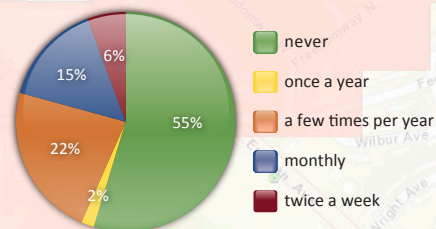
Cooking Habits: 19% prepare meals from scratch daily, 25% several times a week, 15% weekly, 12% monthly, 17% a few times a year, and 12% never prepare meals from scratch.

Transportation: When asked how they get to the supermarket, 68% reported that they walk, 13% drive themselves, 23% get a ride from someone else, 19% take the bus, 11% use a hack, and 2% use other transportation.

Food Purchased at Grocery Store/ Supermarket



Food Purchased at Warehouse Store



Neighborhood Food Satisfaction

Most visited shopping locations:

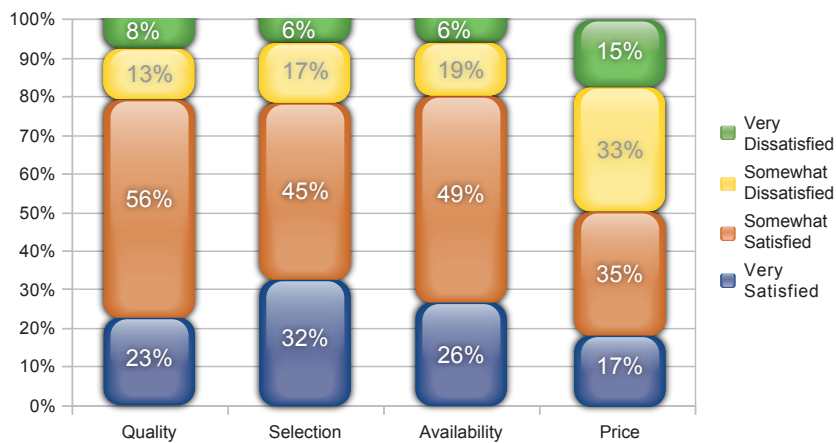
- Corner store/Convenience store (12.5 vpm)
- Supermarket/Grocery store (8.9 vpm)
- Carry-out Shop (3.05 vpm)

*vpm= visits per month

Average per month spent in:

- Supermarkets - \$267
- Corner stores - \$152
- Public markets - \$51

Neighborhood Food Satisfaction - Oliver



Ready for Change

45% are very interested in learning how to prepare meals, and 29% are fairly interested.

36% are interested in growing their own food in a community garden.

87% would buy produce from a farmers market if their were one in their neighborhood.