

# Results from a Community Food Assessment : Reservoir Hill

## 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

- 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 Whitelock Community Farm can best market and provide produce to residents.

Find more maps at [www.mdfoodsystemmap.org](http://www.mdfoodsystemmap.org)

**Food Consumption**

**Food Stores**

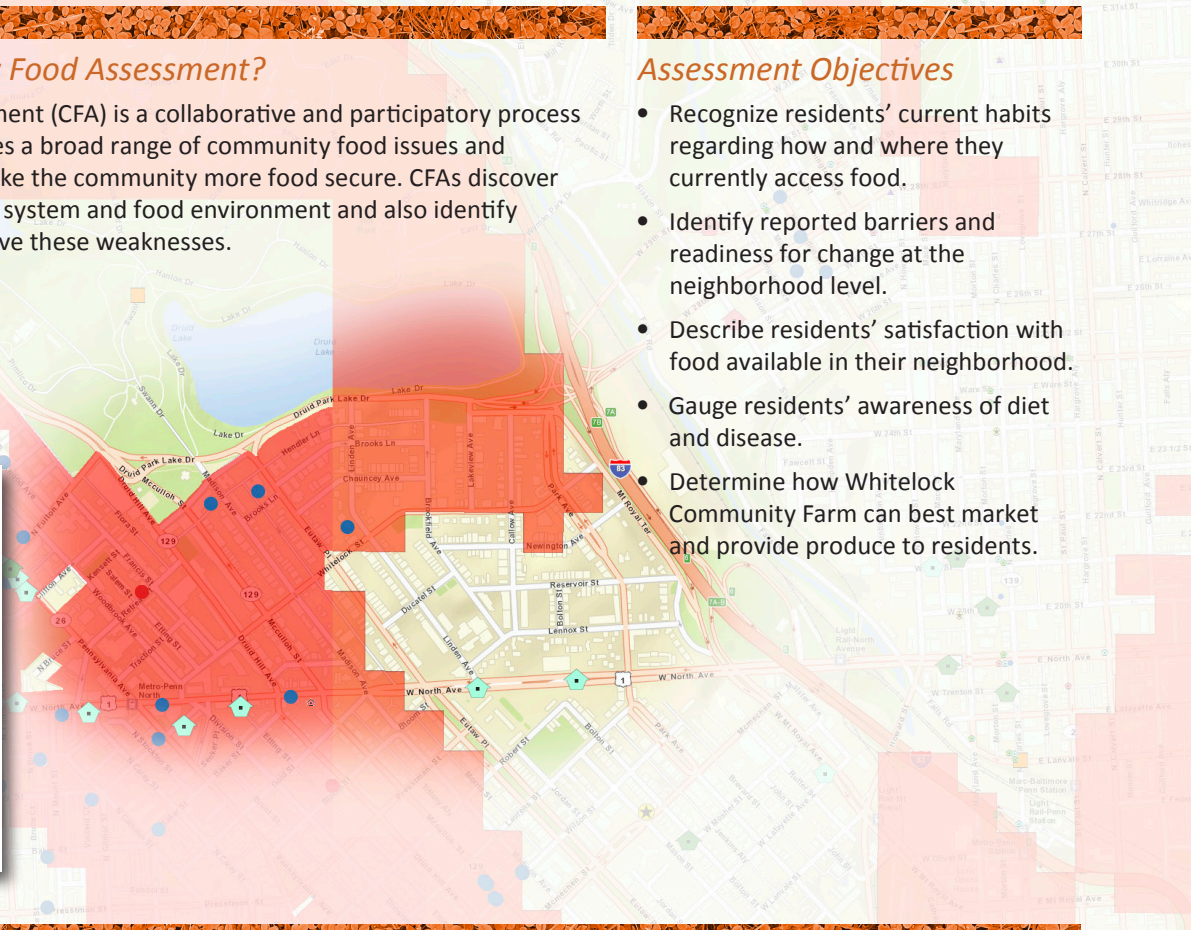
- Supermarkets
- Virtual Supermarket
- Small Grocery / Corner Stores
- 'Behind Glass' Corner Stores
- Convenience Stores

**Restaurants**

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

**Other**

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

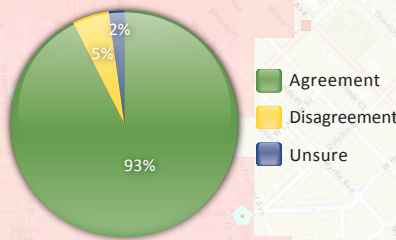


## Health Conditions

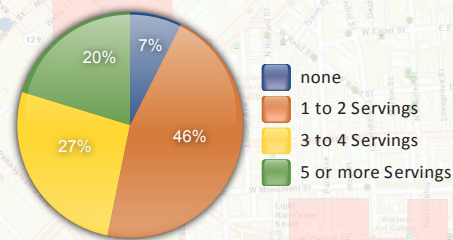
Reported in the household:

- Diabetes (19%)
- High blood pressure (40%)
- Heart disease (7%)
- Cancer (3%)
- Obesity/overweight (20%)
- No conditions (44%)

**Perceived Relationship of Health Conditions to Diet**



**Fruit and Vegetable Consumption per Day**



## Gardening

- 20% participate in a community garden.
- 65% of those surveyed would like to grow their own food.

## Lifestyles and Diet

- 49% of the people surveyed eat a meal with their family more than 3 times a week; 24% eat a meal with their family 1-2 times per week; 11% eat a meal with their family a few times per year, and 16% never eat with their family.

- 51% of respondents participate in SNAP (food stamp program).
- 24% are somewhat interested in learning more about cooking healthy and 48% are very interested in learning more about cooking healthy.

In 2012, 97 people were surveyed for this report.



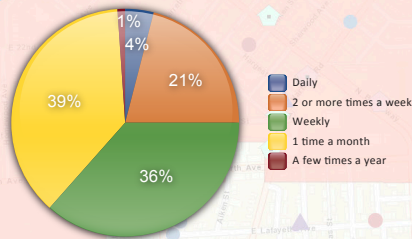
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## Reported Barriers

to accessing healthy foods:

- Rent (21%)
- Utilities (14%)
- Medical bills (11%)
- Child support (2%)
- Transportation (13%)

## Frequency of Supermarket Visits

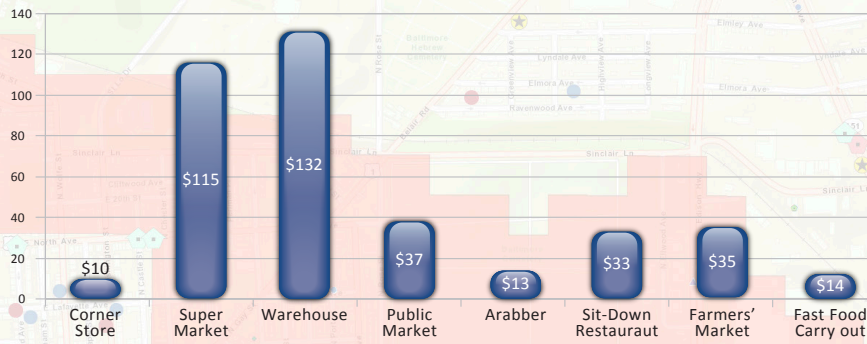


## Current Habits

**Cooking Habits:** 63% prepare meals from scratch daily, 23% several times a week, 2% weekly, 3% monthly, 3% a few times a year, and 6% never prepare meals from scratch.

**Transportation:** When asked how they get to the supermarket 25% reported that they walk, 54% drive themselves, 25% get a ride, 29% ride the bus, and 6% use a hack.

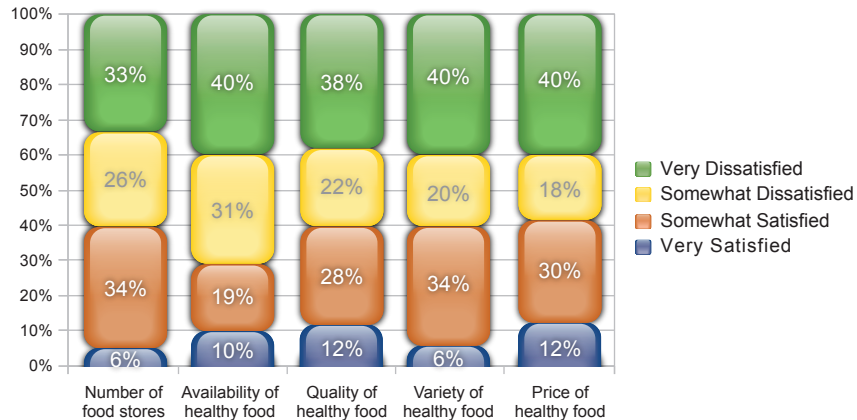
## Average Amount Spent Per Trip



## Neighborhood Food Satisfaction

- 47% want to buy certain foods that aren't available in their neighborhood.
- When asked, 9% reported that they are often unable afford food, 23% sometimes are unable to afford food, 23% are rarely unable to afford food, and 43% are never unable to afford food.

## Neighborhood Satisfaction with Healthy Food



## Ready for Change

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

- "Eat more leafy vegetables"
- "Cut out the fried foods"
- "Make more interesting food (variety)"
- "Learning to grow own food"
- "More organic food"
- "More food with less preservatives"
- "Less processed foods, better quality of fresh foods, reasonable prices"
- "Better selection of non processed food"
- "Farmers market"
- "More ethnic and international foods"
- When asked, 99% of respondents agreed or strongly agreed that Whitelock Community Farm is good for their neighborhood.
- When asked which produce items at Whitelock Community Farm they would like to buy, popular items included: lettuce, spinach, tomatoes, collards, potatoes, fruit and herbs.

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