

# Results from a Community Food Assessment : Southwest OROS

## 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.

OROSW (Operation ReachOut) is an umbrella organization of community associations in Southwest Baltimore.

## 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](http://www.mdfoodsystemmap.org)

**Food Consumption**

**Food Stores**

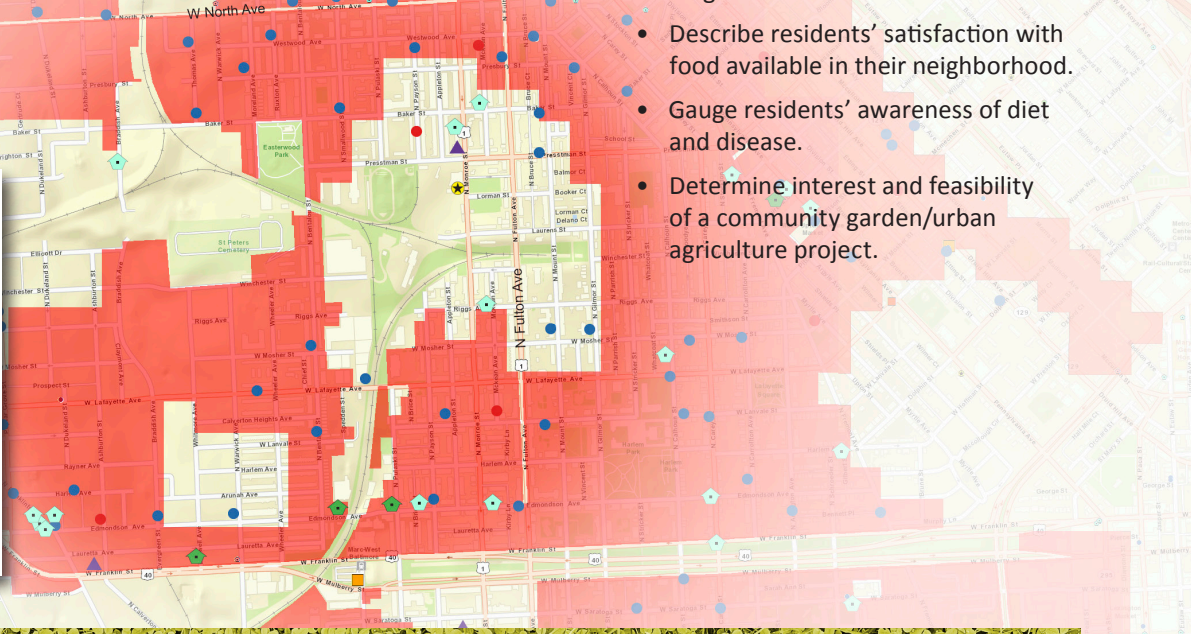
- Supermarkets
- Virtual Supermarket
- Small Grocery / Corner Stores
- 'Behind Glass' Corner Stores
- Convenience Stores

**Restaurants**

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

**Other**

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

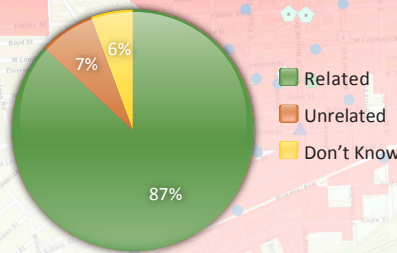


## Health Conditions

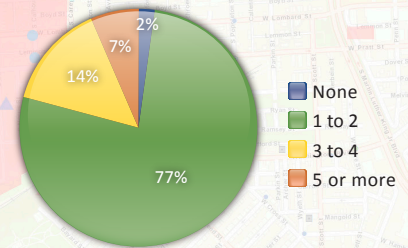
Reported in the household:

- Diabetes 25.5%
- High blood pressure 48.9%
- Heart disease 9.6%
- Obesity/overweight 23.4%

## Perceived Relationship of Health Conditions to Diet



## Fruit and Vegetable Consumption per Day



## Gardening

- The large majority of survey respondents don't know (45%) or believe (28%) that there is a community garden within the OROSW area.
- Of those respondents who thought that OROSW did not have a community garden or did not know about it, 38% were interested in growing their own food in a

community garden, and 31% were not interested.

- Among those who were interested, participants identified benefits such as "saving money" and enjoying healthy food.
- Respondents who were not interested cited lack of time, disability, and concerns about theft and the sustainability of community initiatives.

## Lifestyles and Diet

- 35% surveyed participate in SNAP (food stamp program).
- 77% reported eating 1-2 servings of fruits and vegetables per day.
- 14% reported eating 3-4 servings of fruits and vegetables per day.
- 7% reported eating 5 or more servings of fruits and vegetables per day.

In 2008, 107 people were surveyed for this report.

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## Lifestyles and Diet (cont.)

Most respondents stated they knew how to read all (34%) or most (32%) of the nutrition facts labels.

## Current Habits

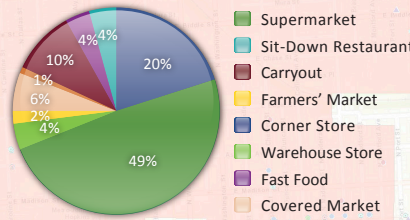
**Cooking Habits:** 29% prepare meals from scratch several times per week, and 20% prepare meals on a weekly basis, and 20% are interested in learning about healthy food preparation.

**Transportation:** When asked about the ease of getting to a supermarket or grocery store, most respondents felt it was very easy (51%) or fairly easy (28%). The youngest (25-34 years) and oldest (65+ years) age groups most often reported difficulty getting to a supermarket.

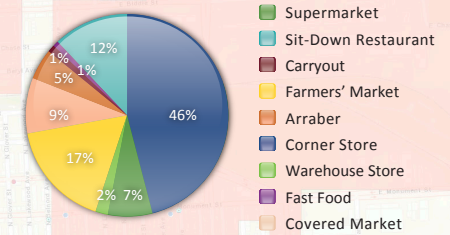
## Reported Barriers

- Fifty-two percent of respondents stated that they were sometimes (35%) or often (17%) unable to buy healthy food because they are out of money or cash assistance.

## Average Monthly Shopping Expenditure



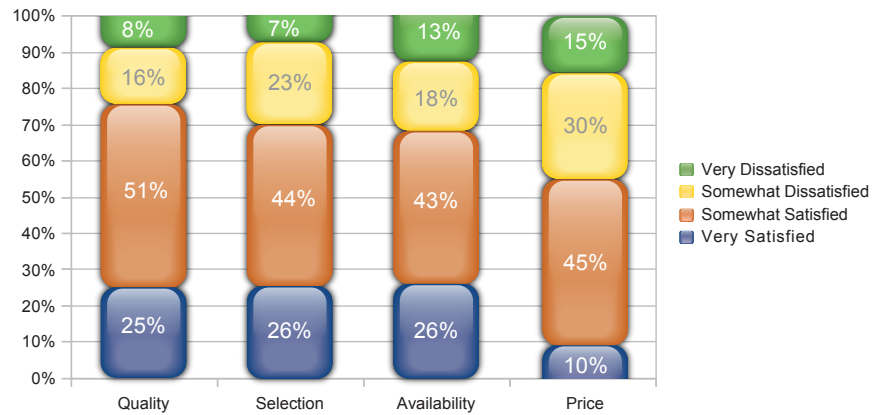
## Average Monthly Shopping Frequency



## Neighborhood Food Satisfaction

- Most popular shopping locations were Safeway and Superfresh, but Southwest participants named 29 different stores where they do their shopping; 27 of those were outside of the Southwest area.
- When asked if there were certain foods that they would like to buy but can not find, 60% of OROSW respondents reported 'No.' Of those who said 'Yes,' most noted that fresh fruits and vegetables and quality meat were not available in the OROSW area.

## Neighborhood Food Satisfaction - Southwest OROS



## Ready for Change

Over three-quarters (82%) of survey respondents said they would buy food that was grown in the OROSW area at a farmers' market in their neighborhood.

Of those 82%, about 22% noted they would buy at a farmers' market because it provides fresh food.

Others felt that the food from farmers' markets is more "natural" and "doesn't have all that sprayed pesticides." Others noted that buying at a farmers' market would help support the community/neighborhood.

76% say they are fairly interested or very interested in learning how to prepare more healthy meals.

67% responded that there is something they would like to change about the way they eat. About 10% of respondents wanted to incorporate more fruits and vegetables into their diet.