

Results from a Community Food Assessment : Lexington Market

Old as the nation itself, Lexington Market has been a wonderful Baltimore tradition since 1782 at the original site it occupies today, on Lexington Street, between Eutaw and Greene Streets. Today, this west side historic landmark houses one hundred and forty merchants, offering a full range of food and beverage, grocery and non-food merchandise, and is preparing to undergo a major renovation.



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 weaknesses in the local food system and food environment and also identify community assets to improve the weaknesses.

Assessment Objectives

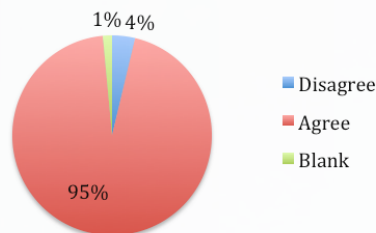
- Recognize residents’ current habits regarding how and where they currently access food.
- Identify reported barriers and readiness for change at the neighborhood level.
- Describe residents’ satisfaction with food available in their neighborhood.
- Gauge residents’ awareness of the relationship between diet and disease.

Health Conditions

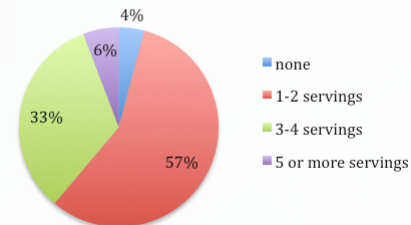
Reported in the household:

- Diabetes (26.5%)
- Obesity/overweight (18.9%)
- High blood pressure (59.8%)
- Heart Disease (6.8%)
- Other health conditions (18.18%)

Perceived Relationship of Health Conditions to Diet



Fruit and Vegetable Consumption per day



Reported Barriers

- Nothing (57.5%)
- Rent (23.1%)
- Utilities (22.4%)
- Medical (12.7%)
- Child Support (2.2%)
- Transportation (19.4%)
- Other (10.4%)

Lifestyles and Diet

66% are somewhat or very interested in learning to grow their own food, and 47% were aware of the community garden nearby.

Explanations for interest in the community garden included residents who “used to garden and want to

again” and who would be interested “if someone taught me how”.

69.23% report that they are sometimes or often unable to buy healthy food because they are out of money or assistance.

In the Spring of 2012, 134 people were surveyed for this report

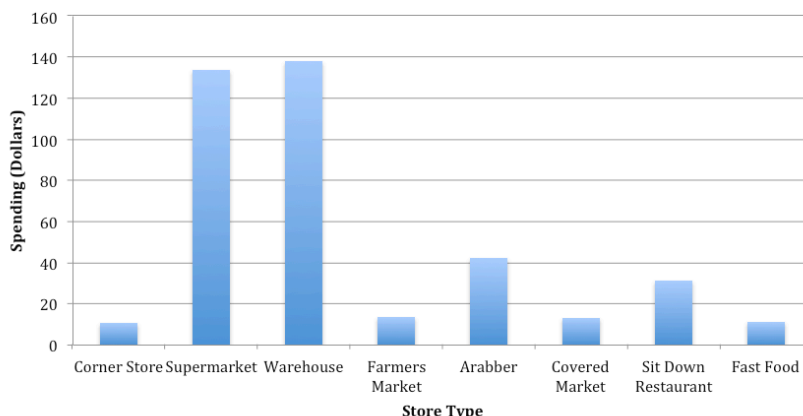
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Current Habits

Cooking Habits: 46.9% prepare meals from scratch daily, 23.4% several times a week, 4.7% weekly, 17.1% monthly, 2.3% a few times a year, and 5.4% never prepare meals from scratch. 48% eat meals with their families 4-7 times per week, and another 26% eat with their families 1-3 times per week.

Transportation: When asked how they get to the supermarket, 32.8% reported that they walk, 26.1% drive themselves, 15.7% get a ride from someone else, 41.0% take the bus, 44.8% take the circulator, 8.2% take a taxi, 12.7% hack, and 3.0% use other transportation.

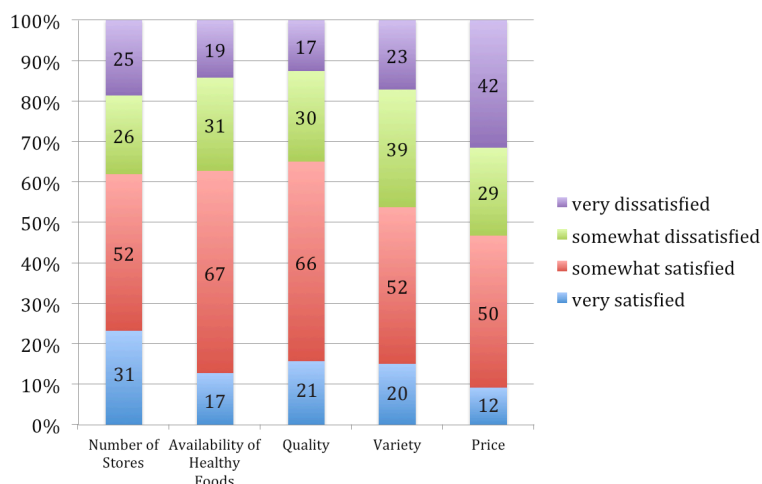
Average Amount Spent Per Visit



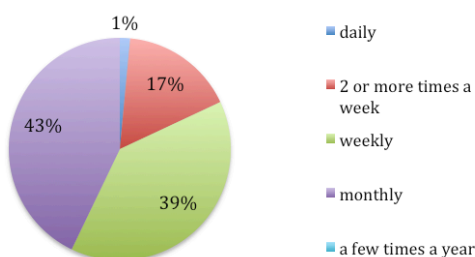
Neighborhood Food Satisfaction

38% of those surveyed want to buy food that is unavailable in their neighborhood. Of that 38%, 10.5% want to buy fresh fruits that are unavailable, 12.0% want fresh vegetables that are unavailable, 21.1% want fresh meats, 17.2% want ethnic foods, and 18.0% want other foods that are unavailable in their neighborhoods. These included quiche, sushi, seafood, spices, and prepared foods, among other responses.

Neighborhood Food Satisfaction



Frequency of Supermarket Visits



Ready for Change

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

- stick to diet, eat more fiber and more grains, no more pure sugar
- portion sizes, more organic food
- would like to cook all meals from scratch, eat organic
- more balanced dinner, more veggies, eat 3 meals a day
- not a lot of greasy foods