

Results from a Community Food Assessment : Clifton Park

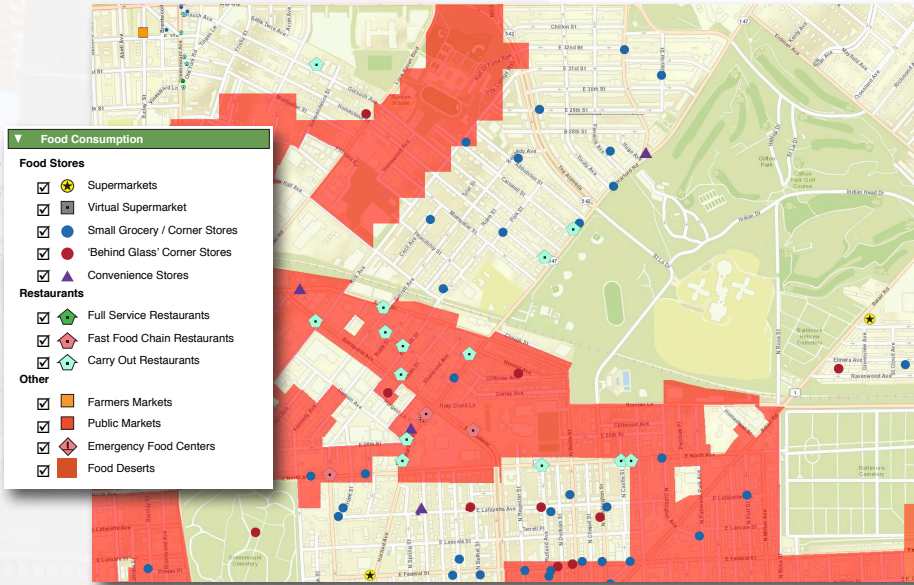
What is a Community Food Assessment?

A Community Food Assessment (CFA) is a collaborative and participatory process 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.

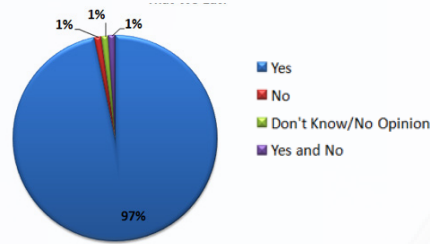
Find more maps at www.mdfoodsystemmap.org



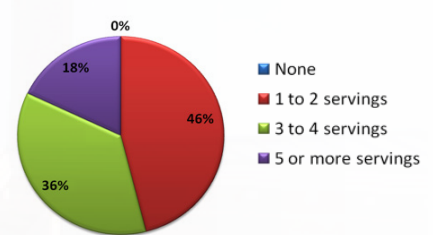
Health Conditions Reported in the household:

- Diabetes: 17%
- High Blood Pressure: 49%
- Heart Disease: 10%
- Cancer: 4%
- Obesity/overweight: 33%
- No health conditions: 33%

Perceived Relationship of Health Conditions to Diet



Fruit and Vegetable Consumption per day



Gardening

9.4% participate in a community garden
65% of those who do not participate already would be interested in participating if a community garden were available

Lifestyles and Diet

46% of people surveyed said they eat 1-2 servings of fruits and vegetables a day, 36% eat 3-4 servings and 18% eat 5 or more servings of fruits and vegetables per day.

Over 50% of respondents participate in some form of food assistance. 45% utilize food stamps.

68% are at least somewhat interested in learning more about how to identify healthy foods and 71% are at least somewhat interested in learning more about how to prepare foods in a healthy way.

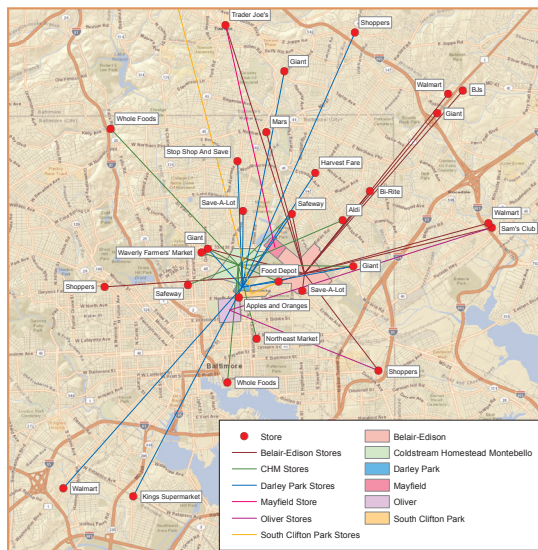
In the Spring of 2013, 98 people were surveyed for this report

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Current Habits

- **Cooking Habits:** 46% prepare meals from scratch daily, 27% several times a week, 12% weekly, 1% twice a month, 3% monthly, 5% a few times a year and 4% never prepare meals from scratch.
- **Transportation:** When asked how they get to the store where they buy food most often, 26% reported they walk, 71% drive themselves, 15% get a ride, 16% ride the bus and 10% use either the circulator, taxi or a hack.

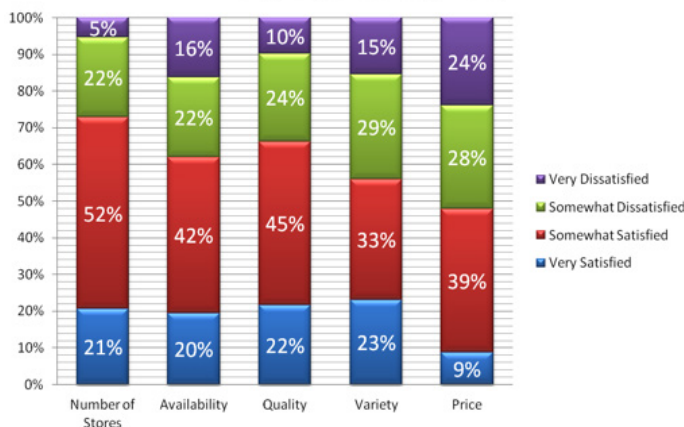
Where Clifton Park Residents Most Often Shop



Neighborhood Food Satisfaction

- 52% want to buy certain foods that are unavailable in their neighborhood.
- Over 50% state that they often, sometimes or rarely are unable to buy food because they are out of money or assistance.

Satisfaction with Neighborhood Healthy Food Among Respondents (N=92)



Ready for Change

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

- “Cut down on the junk food.”
- “Eat out less”
- “Portion control”
- “More vegetables and whole grains and more organic meats”
- “I would like to eat more healthy foods/be able to afford them.”

When asked what they would like to change about food available in their neighborhood, responses included:

- “lower prices for healthier foods”
- “more locally grown fruits and vegetables”
- “want it to be fresh everywhere”
- “what’s in season in continually on special sale”