Mapping the Food Environment

On North End grocery and convenience stores offer healthy, good-quality, affordable foods?

The map below illustrates the availability, quality and price of various healthy food products available in 13 neighborhood grocery stores.

The goal of the map is to create awareness about local healthy foods options in order to start conversations about personal nutrition and form coalitions with local vendors and community organizations around how availability of healthy food affects our health.

The information was collected using a nationally tested measurement tool during November of 2008, by local community members, middle school students, and university students through in-store surveys. The three indicators (healthy food availability, quality and price) were used in calculating a score for each store, and the score was then categorized into "healthy", "less healthy" and "least healthy".

The images on the right depict what healthy foods (as defined by the measurement tool) are available at these local stores. They do not reflect price or quality of the items. Tell us your thoughts on this map and the food environment in the north end:

Stop by the neon office to let us know what you think!

Why should I care about healthy foods?

Eating healthy can help you:

• Have more energy
• Maintain a healthier weight
• Increase fitness
• Not miss work or school
• Increase self-confidence

Healthy foods are part of a balanced diet. Making healthier food choices can help reduce your risk of:

• Obesity
• Diabetes
• Cardiovascular disease

What are "healthy" foods?

In this context, healthy foods mean these foods which are:

- Lower in fat
- Lower in calories
- Higher in fiber
- Higher in vitamins & minerals

Healthy Food Availability

Here is a dot map of healthy food items at each store. The numbers in the food images indicate number of service available.

Healthy Foods

Low-fat milk
Lean ground beef
Low-fat hot dogs
Low-fat frozen dinners
Lean beef
Low-fat baked goods
100% fruit juice
100% vegetable juice
Wheat bread
Baked chips

Least Healthy Foods

Peanut butter
Cheese crackers
Low-fat milk
Lean ground beef
Low-fat hot dogs
Low-fat frozen dinners
Lean beef
Low-fat baked goods
100% fruit juice
100% vegetable juice
Wheat bread
Baked chips

Availability, Quality & Price of Healthy Food Options

Healthy

Less Healthy

Least Healthy

Food Vendors

1. J & J Deli
2. Puerto Rico Market & Bakery
3. Getty Mart & Gas
4. Old San Juan Bakery
5. Priscilla’s Bakery
6. Mimi & Andpa’s Market
7. Bethania Market
8. Gonzalez Market at Brightwood Clinic
9. Pepy’s Mini Market
10. El Fugon Market

More information on the tool can be found at: http://www.sph.emory.edu/nemS/index.html

This poster was made from data collected November 11 and 13, 2008 from willing North End food vendors by the MIT and North End Neighborhood Health Center. It is not a comprehensive and it did not include all stores. More information on the tool can be found at http://www.sph.emory.edu/nemS/index.html

Thanks, and we hope to hear from you!

Why should I care about healthy foods?

Eating healthy can help you:

• Have more energy
• Maintain a healthier weight
• Increase fitness
• Not miss work or school
• Increase self-confidence

Healthy foods are part of a balanced diet. Making healthier food choices can help reduce your risk of:

• Obesity
• Diabetes
• Cardiovascular disease

What are “healthy” foods?

In this context, healthy foods mean these foods which are:

- Lower in fat
- Lower in calories
- Higher in fiber
- Higher in vitamins & minerals

Healthy Food Availability

Here is a dot map of healthy food items at each store. The numbers in the food images indicate number of service available.

Healthy Foods

Low-fat milk
Lean ground beef
Low-fat hot dogs
Low-fat frozen dinners
Lean beef
Low-fat baked goods
100% fruit juice
100% vegetable juice
Wheat bread
Baked chips

Least Healthy Foods

Peanut butter
Cheese crackers
Low-fat milk
Lean ground beef
Low-fat hot dogs
Low-fat frozen dinners
Lean beef
Low-fat baked goods
100% fruit juice
100% vegetable juice
Wheat bread
Baked chips

Availability, Quality & Price of Healthy Food Options

Healthy

Less Healthy

Least Healthy

Food Vendors

1. J & J Deli
2. Puerto Rico Market & Bakery
3. Getty Mart & Gas
4. Old San Juan Bakery
5. Priscilla’s Bakery
6. Mimi & Andpa’s Market
7. Bethania Market
8. Gonzalez Market at Brightwood Clinic
9. Pepy’s Mini Market
10. El Fugon Market

More information on the tool can be found at: http://www.sph.emory.edu/nemS/index.html

This poster was made from data collected November 11 and 13, 2008 from willing North End food vendors by the MIT and North End Neighborhood Health Center. It is not a comprehensive and it did not include all stores. More information on the tool can be found at http://www.sph.emory.edu/nemS/index.html

Thanks, and we hope to hear from you!