

Food Access analysis of the Euclid Ave. Transportation for Livable Communities Initiative study area

Existing Conditions

Demographic data	Maps and tables	Community input
<p>There are over 13,000 people in Euclid living in a “food desert” (both low income and far from a grocery store). This includes over 7,000 people within the TLCI census tracts.*</p> <p>1,614 households in the study area (the 6 census tracts included in the TLCI plan) participate in SNAP (food stamps).</p> <p>The aggregate income of Euclid households is 9th highest in the county, at \$1,063,743,406.00, but 4th highest in the county for number of households (22,701)</p> <p>Aggregate income per acre is \$185,522 in Euclid overall and \$125,759 in the TLCI study area. The City of Euclid is the 14th highest city for aggregate income per acre in Cuyahoga County, and higher than the county average (\$131,790). Aggregate income per acre is a better tool for assessing purchasing power than “average household income” (Pawasaret)</p> <p>There is 1 farmers’ market located in Euclid, however it is over 2 miles from the TLCI plan area and does not accept subsidy program benefits.</p> <p>There are 3 community gardens in the city of Euclid, which includes about 75 people. There are approximately 15 people currently on a waiting list to get a garden plot.</p>	<p>Map of food access (dark purple areas are farther away from a grocery store)</p> <p>Map of Euclid showing locations of community gardens and farmers’ markets.</p> <p>Table showing aggregate income per acre among other urban core communities.</p>	<p>Of 118 residents polled in Euclid, 87% reported that they would like to see more community gardens in Euclid; 28% reported that they were interested in gardening now, and another 48% reported that they may be interested participating in a garden in the future.</p> <p>In a survey of 206 Euclid residents, almost 3% reported that they were sometimes or always worried about purchasing healthy food for their families.</p> <p>In the same survey, the majority of Euclid residents reported that Euclid Ave is a good location for community gardens and a farmers’ market.</p> <p>When asked what vacant property should be used for, the most popular response among residents was fruit and vegetable gardens (110 people or 56%)</p> <p>When asked what type of grocery store residents would like to see on Euclid Ave., 66% (or 135 people) requested larger scale, full service grocery stores with fresh produce, variety, and high quality, healthy foods.</p>

Findings: literature

<p>African Americans living in neighborhoods with at least one supermarket are more likely to meet dietary guidelines for fruit and vegetable consumption and fat intake than African Americans living in neighborhoods without supermarkets.(Zenk)</p> <p>Among adults in Baltimore, New York City, and North</p>	<p>Community gardens have shown to increase nearby property values. In New York, neighborhoods surrounding a community garden saw a 9.4 percent increase in property values within the first five years of its opening. (Been and Voicu).</p>
--	---

Food Access analysis of the Euclid Ave. Transportation for Livable Communities Initiative study area

Carolina, those with no supermarkets within a mile of their homes are 25 to 46 percent less likely to have a healthy diet than those with the most supermarkets near their homes; this remained true after adjustment for age, sex, race/ethnicity, and socioeconomic status. (Moore)

Close proximity to a grocery store is associated with a healthier diet. (Grocery Gap, Morland, Policy Link).

There is a link between the retail food environment and the prevalence of obesity and diabetes in California adults. Even after accounting for individual characteristics and community income, adults with a higher Retail Food Environment Index (RFEI)—that is, with greater availability of fast-food restaurants and convenience stores relative to grocery stores and produce vendors near their homes—are more likely to be obese and to have diabetes than those with lower local RFEIs. The highest prevalence of both obesity and Diabetes is among adults who have higher local RFEIs and live in lower-income communities. (Designed for Disease, PolicyLink)

Farmers’ markets and community gardens likely increase intake of fruits and vegetables, especially in food desert areas. (McCormack, Litt, Alaimo, Armstrong)

Community gardens and farmers’ markets assist with community building and mental health and improve social well-being (Litt, Alaimo).

Nutritious, high quality, affordable food tends to be lacking in lower income communities and communities of color. (Treuhaft, Flournoy)

Community gardens can reduce crime and the perception of crime. “Community gardens build block clubs and increase eyes on the street” (Kuo & Sullivan).

Crime decreases in neighborhoods as the amount of green spaces increases; vegetation has been seen to alleviate mental fatigue, one of the precursors to violent behavior (Kuo&Sullivan).

“In Philadelphia, burglaries and thefts in one precinct dropped by 90% after police helped residents clean up vacant lots and plant gardens (Englander).

Residents in affluent neighborhoods consume higher quality foods and experience less obesity and better health. Economic deprivation (poverty) leads to “low diet cost” and has a causal relationship with obesity and health. Therefore, overall economic revitalization (through a new grocery, a farmers’ market, community gardens, and other economic revitalization efforts) and reduced poverty can lead to improved health. (Drewnowski)

Farmers’ markets improve the local economy. A nearby market (attracting residents in the TLCI study area) brought in \$1,267,890.36 in 80 market days for vendors, nearby businesses and the local community in a study performed in 2011. (Market Umbrella)

A large full-service supermarket creates between 100 and 200 full- and part-time jobs. (Prevention Research Center, Tulane University).

Predictions

Health: Locating a grocery store along Euclid will eliminate a food desert for potentially over 7,000 limited income residents.

Health: Locating a grocery store along Euclid Ave can increase the likelihood of a healthier diet for residents within a mile by up to 25-46 percent, and reduce the incidence of obesity.

Health: Locating farmers’ markets and community gardens/urban farms along Euclid Ave. can improve physical activity, healthy eating and improve mental health and social cohesion. Gardeners will be 3.5 times

Economy: Housing located nearby (within 1000 feet) to newly developed community gardens can expect to see about a 9% increase in property value within 5 years.

Economy: A new grocery store will provide approximately 100 to 200 jobs. Adding a new grocery store to the mix of nearby stores will improve competitiveness, making healthy food more affordable. Having a new grocery store on Euclid Ave will result in more of the \$89 Million spent on food retail to be spent in Euclid.

Economy: Adding a farmers’ market on Euclid Ave. will add to the economic revitalization of the area. A 14 stall,

Food Access analysis of the Euclid Ave. Transportation for Livable Communities Initiative study area

<p>more likely to consume 5 servings of fruits and vegetables each day and more likely to be more physically active than non-gardeners. Children who participate in gardening will be more likely to try fruits and vegetables.</p> <p>Crime: Revitalizing vacant property to greenspace and urban gardens can reduce certain crimes (vandalism, illegal dumping, theft, and violence).</p>	<p>seasonal market operating weekly from June through October can expect to bring over \$316,000.00 to the neighborhood.</p>
---	--

How Draft Plan Addresses Food Access

<p>Page 18: Potentials Analysis for Supermarket feasibility In the research conducted by Peter J Smith, the TLCI study area provides a retail gap for food and beverage stores of between \$37 million (among shoppers within 2 miles) and over \$89 million (among shoppers between 2 and 10 miles). The designers suggested an increase of over 25,000 square feet of food and beverage retail. This sector was cited as the most needed among different types of retail improvements.</p>	<p>Principle #5: "Promotes recreation and community health. Euclid Ave should focus on neighborhood services and convenient, quality food supply in development nodes (villages)".</p> <p>Page 29: Inclusion of major grocery store within the Euclid Woods Village plan.</p>
--	---

Recommendations

<p>Agree with recommendation for addition of a large grocery store along Euclid Avenue (in the Euclid Woods Village). Include health and economic rationale (income density) for this recommendation. Fresh Food Financing can be added to the Potential Funding section.</p> <p>Add a recommendation to include a farmers' market along Euclid Avenue. Since farmers' markets can operate on many types of properties, a farmers' market could be a temporary venue at a large parking lot or a business, at a park or community greenspace, or developed as a standalone business with a structure. Include health and economic rationale, as identified above, with this recommendation. Fresh Food Financing and USDA Community Food Projects can be added to the potential funding section.</p> <p>Include vacant land reuse practice and policy for gardens/farms within land use plan (see recommendations on use of vacant lands, brownfields, and water quality).</p>	<p>Recommend to include one larger scale (1/2 acre or larger) community garden and/or urban farm within the community greenspace and/or habitat corridor sections of Euclid Ave TLCI plan. Include health and economic rationale.</p> <p>Recommended to include community gardens in residential districts on streets off of Euclid that will be directly accessible to neighbors. Include health and economic rationale.</p> <p>In zoning recommendations, include zoning for community gardens and urban agriculture.</p> <p>Partner with the Euclid Creating Healthy Communities coalition to for technical assistance and education related to starting and maintaining urban agriculture projects.</p> <p>Acknowledge the city on its existing legislation supporting reusing vacant land for urban agriculture and community gardens (interim use permit for land bank property).</p>
--	---

Food Access analysis of the Euclid Ave. Transportation for Livable Communities Initiative study area

Alaimo K. fruit and vegetable intake among urban community gardeners. *J Nutrition education and Behavior*. 2008 V 40; 94-101

Armstrong D. A survey of community gardens in update New York: implications for health promotion and community development. *Health and Place*: 2000 V 6 No 4 319-327.

Drewnowski, A. *Nutrition Reviews* Vol. 67(Suppl. 1):S36–S39

Englander, D. (2001). New York's community gardens – A resource at risk. Retrieved October 31, 2006, from <http://tpl.org>

Flournoy, R. *Healthy Food, Healthy Communities: Promising strategies to improve access to fresh, healthy food and transform communities*. PolicyLink, 2011.

Kuo, F. & Sullivan, W. (2001). "Environment and crime in the inner city: Does vegetation reduce crime?" *Environment and Behavior*, 33(3), 343-367.

Kuo, F. & Sullivan, W. (2001). "Aggression and violence in the inner city: Impacts of environment via mental fatigue." *Environment & Behavior*, 33(4), 543-571.

Litt, JS: The influence of social involvement, neighborhood aesthetics, and community garden participation on fruit and vegetable consumption. *American Journal of Public Health*: Aug 2011 V 101, No 8

Market Umbrella; Sticky Economy Evaluation Device; measuring the financial impact of a public market. Coit Road Farmers' Market 10/19/2011. www.marketumbrella.org

McCormack, LA: Review of the nutritional implications of farmers' markets and community gardens: a Call for evaluation and research efforts. *Journal of the American Dietetic Association*: March 2010 V 110, No 3

Moore, L. et al, "Associations of the Local Food Environment with Diet Quality – A Comparison of Assessments Based on Surveys and Geographic Information Systems: The Multi-Ethnic Study of Atherosclerosis," *American Journal of Epidemiology* 167 (2008): 917–924.

Morland K, Diez Roux AV, Wing S. 2006. Supermarkets, other food stores, and obesity—the atherosclerosis risk in communities study. *Am J Prev Med* 30(4):333–339.

Morland K, Wing S, Diez Roux AV. 2002. The contextual effect of the local food environment on residents' diets: the atherosclerosis risk in communities study. *Am J Public Health* 92(11):1761–1767.

Pawasarat, J. et al., *Exposing Urban Legends: The Real Purchasing Power of Central City Neighborhoods* (Washington, D.C.: The Brookings Institution, 2001), available from <http://www.brookings.edu/es/urban/pawasarat.pdf>; The Boston Consulting Group and The Initiative for a Competitive Inner City, *The Business Case for Pursuing Retail Opportunities in the Inner City* (Boston, MA: The Boston Consulting Group and The Initiative for a Competitive Inner City, 1998), available from http://imaps.indy.gov/ed_portal/studies/bcg_inner_city_retail.pdf.

PolicyLink. *Designed for Disease: The Link Between Local Food Environments and Obesity and Diabetes*.

Food Access analysis of the Euclid Ave. Transportation for Livable Communities Initiative study area

California Center for Public Health Advocacy, PolicyLink, and the UCLA Center for Health Policy Research. April 2008.

The Prevention Research Center, Tulane University, *Report of the Healthy Food Retail Study Group: Recommendations for a Louisiana Healthy Food Retail Financing Program* (New Orleans, LA: The Prevention Research Center, Tulane University, 2009).

Treuhaft, S, Karpyn, A. *The Grocery Gap: Who has access to healthy food and why it matters.* PolicyLink & The Food Trust. 2010.

Voicu, I. & Been, V. (2008) The Effect of Community Gardens on Neighboring Property Values. *Journal of Real Estate Economics*, 36 (2), 241-283.

Zenk, S. et al., "Fruit and Vegetable Intake in AfricanAmericans Income and Store Characteristics," *American Journal of Preventive Medicine* 20:1 (2005).