

# St. Mary



Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention

## CX<sup>3</sup> – LBDHHS, HEALTHY ACTIVE LONG BEACH PRO>97H

Communities all over the state are working to address key nutrition issues shaping the health of their residents. The City of Long Beach Department of

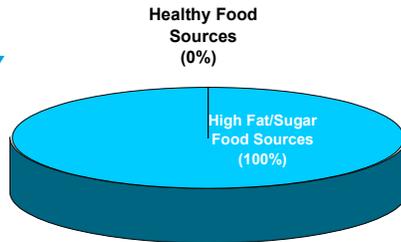


Health and Human Services **Healthy Active Long Beach Pro>97H** participated in the CX<sup>3</sup> program to assess neighborhoods in relation to a variety of healthy nutrition and physical activity benchmarks. The program goal is to inspire communities to work with

consumers and partners to change their neighborhoods to become healthier places to live.

### RATIO OF HIGH FAT/SUGAR FOOD SOURCES TO HEALTHY FOOD SOURCES\*

\*High fat/sugar food sources include fast-food outlets and convenience stores. Healthy food sources include supermarkets or large grocery stores and farmers markets.



## SNAPSHOT OF ST. MARY

- 8,912 population
- 69 percent of people living in poverty (at or below 185 percent federal poverty level)
- 52 percent of adults in the county overweight or obese
- 3 schools in the St. Mary area
- 0 parks and playgrounds in the St. Mary area
- 98 percent of population living within a half mile of a supermarket or large grocery store (within neighborhood)
- 1/1 proportion of supermarkets or large grocery stores within the neighborhood with convenient public transit
  - 1 supermarkets or large grocery stores
  - 0 farmers markets
  - 10 small markets and other food stores
  - 2 convenience stores
  - 5 fast-food outlets
- 1:1782 ratio of fast-food outlets to population

## NEIGHBORHOOD NUTRITION INDICATOR PERFORMANCE

The City of Long Beach Department of Health and Human Services **Healthy Active Long Beach Pro>97H** conducted an audit of nutrition resources in the St. Mary neighborhood from October, 2008 – June, 2009.

A wide range of indicators were used to understand St. Mary's nutrition environments. Using Geographic Information Systems software, local knowledge of the neighborhood, site visits, interviews and store surveys, Healthy Active Long Beach staff and volunteers examined factors ranging from healthy food access and availability to marketing practices and product quality.

This data provides a realistic picture of areas in need of improvement and offers residents, merchants, decision makers, health advocates and neighborhood groups a focal point as they work to build a healthier community.

Below is a brief summary of a few of the neighborhood indicators included in the audit.

### Total Neighborhood Food Store Quality

What percent of local stores offer healthy, affordable foods? Are those stores easily and safely accessible to neighborhood residents?

**0% meet standards**

### Fast Food

What type of marketing and presence do fast-food outlets have near local schools, parks and playgrounds? What percent offer and promote healthy food options and limit unhealthy food marketing practices?

**0% meet standards**

For additional information, visit us at [www.longbeach.gov/health](http://www.longbeach.gov/health)