



WASHINGTON NEIGHBORHOOD

CX³

Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention

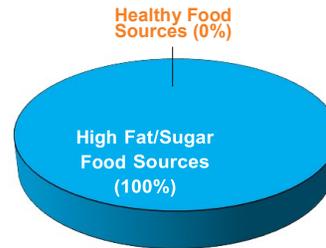
CX₃ – LBDHHS HEALTHY ACTIVE LONG BEACH PROGRAM

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 Program** participated in the CX³ 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.



NEIGHBORHOOD NUTRITION INDICATOR PERFORMANCE

The City of Long Beach Department of Health and Human Services **Healthy Active Long Beach Program** partnered with local residents, students, and community leaders to conduct an audit of nutrition resources in the Washington neighborhood in the summer of 2009.

A wide range of indicators were used to understand Washington’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.

For additional information, visit us at www.longbeach.gov/health/halb or call the Healthy Active Long Beach Program at (562)570-4294.

SNAPSHOT OF WASHINGTON NEIGHBORHOOD

Description	
Population	9,234
Percent of people living in poverty (at or below 185 percent federal poverty level) **	80-86%*
Percent of adults in the county overweight or obese	52%
Schools in the Washington area	3
Parks and playgrounds in the Washington area	1
Percent of population living within a half mile of a supermarket or large grocery store (within neighborhood)**	0%
Proportion of supermarkets or large grocery stores with convenient public transit within the neighborhood	0/0
Supermarkets or large grocery stores	0
Farmers' markets	0
Small markets and other food stores	13
Community gardens	0
Convenience stores	7
Fast-food outlets	11
Ratio of fast-food outlets to population	1:839

* Multiple census tracts and/or census block groups

** FPL based on 2000 Census Data

Neighborhood Profile	
Fast food outlets visible from school	2
Fast food outlets visible from park/playground	1
Percent of stores that accept Cal Fresh (EBT) and WIC	45%
Percent of stores that meet the standards for selling a range of quality fruits	20%
Percent of stores that meet the standards for selling a range of quality vegetables	20%
Percent of stores that meet the standards for safe, walkable streets	5%

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

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