



Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention

CX³ – LBDHHS, HEALTHY ACTIVE LONG BEACH PROJECT



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 Project** 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.



SNAPSHOT OF EDISON

- 7,803 population
- 61-77* percent of people living in poverty (at or below 185 percent federal poverty level)
- 52 percent of adults in the county overweight or obese
- 1 schools in the Whittier area
- 1 parks and playgrounds in the Whittier area
- 90 percent of population living within a half mile of a supermarket or large grocery store
- 1/1 proportion of supermarkets or large grocery stores with convenient public transit
 - 1 supermarkets or large grocery stores
 - 0 farmers markets
 - 5 small markets and other food stores
 - 2 convenience stores
 - 2 fast-food outlets
- 1:3902 ratio of fast-food outlets to population

*Multiple census tracts and/or block groups

NEIGHBORHOOD NUTRITION INDICATOR PERFORMANCE

The City of Long Beach Department of Health and Human Services (LBDHHS) **Healthy Active Long Beach Project** partnered with youth from the **LBDHHS Weed and Seed Food Justice Team** and students from the **CSU Long Beach Nursing Program** and conducted an audit of nutrition resources in the Whittier neighborhood from May – August, 2010.

A wide range of indicators were used to understand Whittier's nutrition environment. Using Geographic Information Systems software, local knowledge of the neighborhood, site visits, interviews and store surveys, Healthy Active Long Beach staff and community partners 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