

WHAT IS A FOOD DESERT?

A food desert refers to a residential area with no immediate access to quality foods that support a healthy diet but often served by plenty of fast food places.



Benefits of a healthy food community include:

- Supports local farmers
- Makes fresh produce available
- Promotes community unity
- Lowers health care cost due to healthier lifestyles

Creating a Healthy Food Community Includes:

- Having easy access to fresh fruits and vegetables
- Improving locations of grocery stores
- Improving selections of foods offered at convenience stores and gas stations
- Limiting the number of fast food outlets available
- Specifying land use in planning meetings

Creating a Healthy Food Community Includes:

- Physical access-Healthy food stores may be located in an area that is hard to get to for the general public.
- Financial access-Fresh produce may be seen as too expensive or the shopper cannot afford the bus fare to remote shops selling fresh foods.
- Knowledge-The consumer may lack cooking knowledge, or have the idea that eating a healthy diet isn't important.



STATE OBESITY TASK FORCE

MISSION: Working toward prevention and reduction of obesity for a healthier Alabama

RESOURCES FOR CREATING A HEALTHY FOOD COMMUNITY

Fresh produce access

- Information on local farmers' markets - www.fma.alabama.gov
- Starting a community garden
<http://home.howstuffworks.com/community-garden.htm>
<http://communitygarden.org/learn/starting-a-community-garden.php>

Grocery store locations

<http://www.ers.usda.gov/Publications/AP/AP036/AP036f.pdf>
<http://www.thefoodtrust.org/php/programs/super.market.campaign.php>

Convenience stores and gas station interventions

<http://www.iatp.org/iatp/publications.cfm>
<http://www.gpsworld.com/gis/health-and-education/food-access-and-community-health-5454>

Fast food outlet limitations

<http://www.preventioninstitute.org/SA/enact/neighborhood/ENACTneighborhoodenvironmentfastfood.php>

SmartCode Solution to Sprawl

http://faulkner.edu/admissions/jsl/faculty/emerson_chad.asp