

Bronx Community Conversations for Change **Supporting Healthy Living in the Bronx**



Discussion Guide:

A Community Conversation About Healthy Eating

INTRODUCTION

Most people who live in the Bronx are overweight or obese. This is cause of great concern, because being overweight or obese puts you at greater risk of heart disease, diabetes, high blood pressure and a number of other chronic conditions. Meanwhile, there are many factors preventing people who live and work in the Bronx from being healthy. Financial concerns, lack of healthy food options, and personal food choices are the ones Bronxites point to all the time. Many neighborhoods are “food deserts,” which means it is hard to find healthy, fresh, affordable food within walking distance. By having community conversations, we can identify solutions to address these concerns and improve our health.

Communities need to find answers and take action on many different levels. The dialogue-to-change process brings all kinds of people together to share different views and experiences. In the process, they begin to build stronger relationships and work together to find solutions to address these concerns and improve our health. Community conversations are a chance for us to hear from each other and make a plan to create better, stronger, neighborhoods for our families and neighbors. Our hope is that by talking and listening to each other, we’ll start to build a better Bronx for and by the people that live in the Bronx.

Our conversations will focus on making our communities:

- Safer
- Healthier
- More beautiful
- Neighborhood friendly

We’ll think about ways to create opportunities for feeling good and staying healthy by creating more places where we can buy healthy, affordable, fresh food. And it all starts with a conversation.

Using this discussion guide

This guide is not meant just for reading; it’s meant for you to use. We want to have these conversations so we can tell the story of neighbors and organizations working together to solve problems and strengthen our community.

Here’s the basic outline of the discussion sessions in this guide:

- **Session One** gives participants in the group a chance to talk about their connections to the Bronx and hear about other people’s experiences. Also, it will offer some different viewpoints about the state of health in the Bronx and the root challenges for maintaining healthy eating habits in the borough.
- **Session Two** is an opportunity to talk about possible approaches for supporting healthy eating habits in the Bronx, come up with action ideas and think about which ones would work best for our community.

SESSION 1: GETTING TO KNOW ONE ANOTHER & HEALTHY LIVING IN THE BRONX

PART 1: Getting to Know One Another – Who are we and what is our vision for a healthier Bronx? (50 minutes)

Activity 1: Getting to Know One Another (10 minutes)

Welcome everyone and thank you for joining us today. In this session, we will get to know one another, talk about what is important to us, and see how we want to work together. Then, we will discuss about what other people are saying about healthy living in our community.

Let's go around the room and answer the following questions:

1. Who are you?
2. How long have you lived or worked in the Bronx?
3. Why did you come today?
4. What are your hopes for this effort?
5. What is your favorite food?

Activity 2: Setting ground rules and designating roles/responsibilities (5 minutes)

Creating some ground rules will help our discussion work well. Here are some ideas. Are there other rules that you would like to add?

1. Start on time. End on time.
2. Listen to one another. Treat each other with respect.
3. Each person gets a chance to talk.
4. Speak for yourself. Use "I" statements instead of trying to speak for your group.
5. One person talks at a time. Don't cut people off.
6. It's OK to disagree.
7. Stick to the issue.
8. If you talk about people who are not here, don't say their names.
9. Some of the things we talk about will be very personal. We will not tell these stories to other people, unless we all say it is OK. "What is said here, stays here."
10. Help the facilitator keep things on track.

Assigning specific roles for group members will make sure we get everything done that we want and everyone's voice is heard. Here are some ideas. Are we missing any?

1. Timekeeper
2. Note taker

Activity 3: What is your connection to the issue? (15 minutes)

1. Why is it important to talk about living a healthy lifestyle and having access to healthy food in your community?
2. What worries you the most about this issue?
3. How has living or working in the Bronx affected your ability to be healthy? Tell us about your experience finding affordable, healthy food in our neighborhood. Do you think it's easy to find it? If not, why?
4. Based on the discussion so far, what have you learned from others in this group?
5. What do we agree about? Where do we differ? Why?

Activity 4: Visioning Exercise - What Are Our Hopes for a Healthier Bronx? (20 minutes)

A "Vision" is an image of what we hope for the future, a goal to pursue.

"Visioning" is a process you can use to identify and name the values and beliefs that represent your hopes for your community. For example, if you say, "I hope we can create a community where everyone has an opportunity to succeed," the word that sums up this idea is opportunity.

Why it's important to hold up a vision for our community:

- Creating a vision motivates people. It gives them the energy and spirit to get the job done.
- A clear vision implies and promotes change.
- A vision that embodies cultural values and beliefs can inspire and guide the way community members treat one another.
- "You tend to move in the direction you're looking!"

Instructions

The goal of this exercise is to come up with 4 or 5 words that describe the group's hopes for the community. What kinds of positive things do we want to see in our community? What would show that we are living healthy lifestyles?

- Label a piece of newsprint: Our Community Vision. Set it aside to use at the end of the exercise.
- Label a piece of newsprint: Ideas to Start Our Visioning Process, and list words like: Opportunity, Respect, Safety, Health, Diversity, Spirituality, and Culture. Use this list to start the exercise.
- Ask the group to imagine that they are going to build a monument in the local park that stands for things they like about their community. Their job is to come up with 4 or 5 words that describe their vision of hope for the community. These words will be carved on the monument.

- Do a brainstorm. Write the ideas on the newsprint labeled Ideas to Start Our Visioning Process. (It's OK to include words that describe the community as it is today.)

Use these questions to help the group come up with ideas:

- What are the things that make a community a good place to live and be healthy?
- What words describe the things you like about this community and that make it easier to make good choices about food?
- How does having bodegas, supermarkets and farmers markets that sell healthy and affordable food support these ideas?

Once the brainstorm is complete, ask the group to talk about:

- What the words mean to them.
- Which ideas matter most.
- How others in the community might feel about these ideas.
- Words they would like to add.

Now, narrow the list to 4 or 5 top ideas:

- Ask group members to vote for their 3 top choices. They can do this with a show of hands, or put stickers next to the 3 words they prefer.
- List the top 4 or 5 words on the paper labeled Our Community Vision.

BREAK (5 minutes)

PART 2: What Are People Saying About Healthy Living in Our Community? (60 minutes)

During the first part of our meeting, we talked about our personal connection to the food and health in the Bronx. Next, we will talk about the issues and challenges related to maintaining a healthy lifestyle and eating healthy food in our neighborhoods, like whether we have access to stores and farmers markets that sell healthy and affordable food. We will also discuss a range of views to help us explore the roots of the problem. This will help us develop action ideas in later sessions.

Activity 1: Discuss the Information Sheet (15 minutes)

Please review the information sheet and use the following questions to talk about the data:

1. When you look at the information, what stands out? Why?
2. Does anything surprise you? Why?
3. What overall themes and trends do you see?

Activity 2: Exploring Different Viewpoints the State of Health in the Bronx (45 minutes)

How can we support healthy eating habits and living a healthy lifestyle in our neighborhood? Here are a range of views that some people might hold. People have different ideas about the situation so one view cannot tell the whole story. We may agree with each other on some points and disagree on others. That is OK.

And please remember that not all views are represented. These are just examples of what some people could be thinking.

Views

1. People are making bad personal choices.

We are responsible for our own food choices. If we decide to eat unhealthy foods instead of healthy foods we are causing our own health problems.

2. Certain neighborhoods have a lot of unhealthy food options and very few healthy food options.

Not everyone has equal access to healthy and affordable food. In addition, in many cases people in under-resourced areas have more access to unhealthy foods. This results in unhealthy eating habits and diet-related diseases such as diabetes and heart disease. They can't help it. The problem has to do with their neighborhood and out of their control.

3. Sometimes hunger and obesity are both results of poverty.

Poverty causes both hunger and obesity. Low-income households often choose unhealthy foods because they are cheapest. Cheap foods help make ends meet. The problem is cheap foods tend to have more fat and less nutritional value. So, eating cheap unhealthy foods leads to obesity, but people's bodies are still hungry for real nutrients. If workers were paid living wages and there were more opportunities for people to find work and/or start their own businesses, more people would be able to afford healthier and higher quality foods.

4. There is a stigma around receiving help.

It's embarrassing to receive food stamps/SNAP and other government help. The process of enrollment itself is demeaning and people look down on others who receive this kind of help. So, a lot of people reject the idea of seeking help altogether. Without help, unhealthy foods become their best option because they are the most affordable.

5. Historical racism and current day structural racism both play key roles in food and health disparity today.

Some people have faced centuries of racism: from being legally barred from purchasing land or growing their own food to lack of access to higher education, etc.

They have been denied basic rights that lead to economic opportunity. As a result, these communities have been forced to live in underdeveloped neighborhoods with limited access to healthy food.

6. Low-income people don't know about food and nutrition programs that are available to them, because the government often fails to educate people about them.

Government should do a better job advertising the benefits low-income people can receive, such as food stamps/SNAP, cash assistance, insurance plans such as Healthy New York, etc. As a result, programs such as food stamps/SNAP and cash assistance, as well as the free school breakfast program, are widely underutilized. Other programs that are not promoted enough include free cooking and nutrition education workshops. Low-income people are missing out on programs that help them receive proper nutrition, learn to cook and stay healthy.

7. Some people's culture or tradition predisposes them to unhealthy food choices.

Some people just like their traditional foods too much to give them up. Traditional foods hold a lot more meaning than just a meal. They can mean family cohesion, tradition, cultural connection, etc. So, folks are choosing family and culture over health. Plus, those foods tend to be filled with fat, carbohydrates, sugar, and salt, which makes them taste amazing. Yet, those same ingredients make them a big cause of health disparities in our community.

8. There are real obstacles to receiving help.

Many people who could qualify for food stamps--the elderly, especially those with Alzheimer's disease, the disabled, and those who are seriously ill--cannot physically "show up" for the fingerprinting required by New York State for food assistance applications. Developmentally disabled or mentally ill adults may not have the assistance nor the wherewithal needed to negotiate the system.

9. We should have a say in decisions that affect our health and our neighborhood.

Our homes and quality of life are affected by what happens in the neighborhood around us. We greatly appreciate the help of the Health Department and other organizations, but we should have a say in decisions being made about the stores and schools in our neighborhood that feed our families. By working together, we can make sure that everyone has access to healthy and affordable foods that they want.

10. The owners of bodegas and supermarkets only care about making money.

Bodegas and supermarkets are first and foremost businesses. Some storeowners have tried to sell healthier food in their stores, but no one bought it, so they stopped selling it. Also, many of them don't live in our neighborhood, so are not invested in making are communities healthier. The only way to convince the storeowners in our neighborhood to sell healthier food is by showing them it'll make them money.

11. We should focus on getting more supermarkets in our community that sell affordable and healthy food and improving the ones that we have.

Supermarkets are where people in our community buy food. They buy milk, coffee, sandwiches, cigarettes, and beer in the bodega and their weekly groceries at supermarkets. We need to work together to get more supermarkets in our neighborhood that sell affordable and healthy foods and stop putting pressure on bodegas to be the hub of healthy food.

Turn to your neighbor. Discuss the following questions for the next five minutes and then report back to the group

- Which views come closest to your own way of thinking? Why?
- Is there anything that you don't agree with or surprise you?
- What views do we agree about? What are things we disagree about?
- What other viewpoints do you think may be missing?

For next time: Think about these views. See if you hear them from others in the community. Also, look and listen for ideas about what we could do to improve the situation.

Activity 3: Wrap-Up (5 minutes)

To end this session, let's go around the circle and briefly answer the following (5 minutes)

- Name one thing that you enjoyed during this session.
- Name one thing that surprised you.
- Name one way we can improve the next session.

SESSION 2: WHAT CAN WE DO

Part 1: Approaches to Building a Healthier Bronx/Healthy Food System (45 minutes)

In Session 2, we talked about challenges to staying healthy and finding healthy and affordable food in our community. Today, we will talk about how we can start to solve some of these challenges through specific action ideas.

Activity 1: Getting Started (5 minutes)

1. Before we get started, let's review the ground rules. Does everyone still agree with the list? Do we need to add anything?
2. Since our last meeting, has anything happened that relates to this issue that you would like to share?
3. Here is a brief summary of what we discussed during Session 2 to help us to be ready for our work today.

Activity 2: Approaches to Change (40 minutes)

We've talked about how our neighborhood is doing. Now, we will explore some ways to improve things. What approaches will work well? What will help us deal with health and food gaps? What can we accomplish within one year?

Below is a list of possible approaches. Please take 5 minutes to review them and then turn to your neighbor to talk about them (15 minutes). Use these questions to think about the different approaches:

1. Have we already tried any of these approaches? If so, what happened?
2. Which approaches do you like best? Why?
3. What other approaches can you think of?
4. Which approaches address the food and health gap in different types of institutions (government, businesses, schools, nonprofits, etc)?
5. What approaches might we be able to help move forward because they already have traction in NYC?
6. What approaches won't work? Why?

Approaches

1. Increase access to healthy affordable foods.

In order to eat healthier foods, that kind of food needs to be available in the communities where people live and shop and work. Too many people in the Bronx live or work in food deserts, where healthy food is not available or costs too much. To

fix the problem, the government needs to make affordable healthy food like fruits, vegetables, and whole grain and low-fat dairy products more available in every community, rich or poor. It also needs to make sure that all Bronx residents are eligible for food benefits can actually get them.

Someone who supports this approach might like these action ideas:

- More farmers markets, food coops, community-supported agriculture projects (CSAs) or urban farms
- More supermarkets in poor neighborhoods
- More subsidies for fruits and vegetables in the Federal Farm Bill; less for corn and soy
- Expansion of food stamps/SNAP and lower barriers of enrollment
- Making sure there are a certain amount of healthy options available wherever public benefits can be spent
- Provide incentives to supermarkets and bodegas to sell healthy and affordable food

2. Decrease promotion and access of unhealthy foods.

In recent years, the availability of foods high in the fat, sugar, salt and calories that contribute to obesity, heart disease and diabetes has increased dramatically. Simply making healthy food more available will not lead to improvements in health if people are still eating a Big Mac every day or washing down their fruits and vegetables with a 32 ounce Coke. To make healthy choices easy choices, we need to make sure to protect people from deceptive or manipulative food advertising, restrict the ability of the food industry to profit by promoting unhealthy products, and reduce the number of places that sell the foods that contribute to disease.

Someone who supports this approach might like these action ideas:

- Restrictions on food advertising to children
- Zoning changes to limit density of fast food outlets in neighborhoods
- Taxes on unhealthy foods
- Restriction on use of public benefits to purchase unhealthy foods
- Rewarding use of public benefits to purchase healthy foods
- Take vending machines out of churches, community organizations and offices, or make sure there are only healthy options available in the vending machines

3. Focus on children.

By preventing children from experiencing hunger, obesity or other food-related health problems, we invest in their future—and our own. Offering children healthier diets helps them to do better in school, establishes lifetime health habits and shows our responsibility for protecting the next generation. Because so many children spend time in school, schools are a good place to start offering children healthier food.

Someone who supports this approach might like these action ideas:

- Better quality school food
- Free school breakfast and lunch for all
- School-based community gardens to grow their own fruits and vegetables
- Reinstate Home-economics class to teach healthy cooking in schools
- Protect children from unhealthy food advertising
- More and better nutrition education in schools
- Use more food from local farms in school food programs
- Empower parents with childhood nutrition education

4. Educate people about the benefits of eating healthy food.

Outreach and education can provide individuals with creative and engaging pathways toward healthy food choices. A food education system built by community groups and faith based organizations can provide the support and creative ideas many individuals need to maintain a commitment to lifestyle change. In addition, by making healthier food choices, communities can use their buying power to shift market demand toward healthier food options in their neighborhoods.

Someone who supports this approach might like these action ideas:

- Cooking classes that incorporate healthy versions of traditional meals in faith communities and community centers
- Health education classes offered in faith communities and community centers
- Food and health media campaigns
- Increase the number of nutrition and diabetes advocates and educators in the Bronx

5. Take personal responsibility to make healthy food choices for myself, my family and my community.

Ultimately, access, education, and affordability can only go so far toward changing our food system. Lifestyle changes and lifelong eating habits can only come from personal commitment. The road to a healthy food system for all Bronx residents starts with each of us. We can all take action to choose healthier food for our families and ourselves and to model healthier eating for our children.

Someone who supports this approach might like these action ideas:

- Eat a healthy balanced diet
- Exercise at least 20 minutes per day
- Start a walking club
- Start a healthy cooking club

6. Build an alternative food system in my community.

Trying to get more affordable, healthy food in our local supermarket and bodegas may not be the best solution for our community. Creative food system alternatives such as community gardens and CSAs (community supported agriculture) based on community needs and interests might be more successful. Local food systems that depend on healthy, affordable local food offer people choices and create an alternative to the mainstream food system, which emphasizes processed products that are often produced in ways that harm the environment and health.

Someone who supports this approach might like these action ideas:

- Join or start a food cooperative or CSA (Community Supported Agriculture) program
- Grow your own food
- Faith communities and community-based organizations start a CSA cooperative to help their community have greater access to fruits and vegetables
- Churches and schools with land start a community garden
- Faith communities and community-based organizations register with the NYC Health Department to get “Health Bucks” that can be used at their local farmers market to get more healthy, fresh food

7. Build a strong food workforce.

Food is a business. Individuals can participate in this business as growers, eaters, owners, and employees. The food industry is one of the biggest employers in New York and the nation. It protects every eater to have farmers and farm workers, chefs, food service workers, checkout clerks, and other workers in food business who earn a living wage, understand how good nutrition promotes health and who are given the skills to grow and prepare safe and healthy food. In addition, having a health workforce that can provide accurate and culturally relevant education and counseling on diet and health will help people make healthier food choices. A healthy food system will empower individuals to recognize each of their roles within the food system, their connectedness and their power to create change.

Someone who support this approach might like these action ideas:

- Support supermarkets and bodegas that pay a living wage and offer benefits to their workers
- Support supermarkets and bodegas that prepare their food workers for advancement into management positions
- Advocate that supermarkets receiving city or state benefits should be required to hire a percentage of their workers from the neighborhood

Now let’s report back to the whole group. What did you think of these approaches? (20 minutes)

BREAK (5 minutes)

PART 2: Moving From Conversation to Action. What Can We Do? (70 minutes)

In this session, we will move to action. First, we will look at the strengths or assets we have. Next, we will brainstorm action ideas. Then we will connect our action ideas with our assets. And, finally, we will set priorities for action to increase the availability of healthy and affordable food in our neighborhood.

Activity 1: Community Assets Brainstorm (15 min)

Every town or city has assets. Assets can be people, places, or organizations – whatever makes our community a better place is an asset.

"Brainstorming" is a creative way for a group to come up with lots of ideas in a short amount of time. Build on one another's ideas. All ideas are OK. Don't stop to discuss or judge them. The facilitator will write down every idea. Use these headings as a guide:

COMMUNITY ASSETS				
People	Places	Institutions/ Organizations	Funding Sources	Other

Use these questions to help people start the brainstorm:

1. Who has talents and skills that they might offer?
2. What groups in the community can help us out?
3. What sources of funding do we have in our community?
4. What groups do you belong to? How can they help?
5. Can you think of anything else?

Activity 2: Brainstorm Action Ideas (20 minutes)

Think about the approaches. Try to come up with specific actions that fit with these approaches. How many different ideas can we come up with?

Make a list of action ideas in the following categories:

- Things that you can do on your own
- Things you can do with other small groups of people

- New partnerships, collaborations, or projects
- New policies
- Institutional change

Activity 3: Connect Action Ideas with Assets (15 minutes)

Post list of action ideas beside the assets, and talk about which ones can be linked. Keep these connections in mind as we prioritize our action ideas.

Activity 3: Set Priorities for Action (10 minutes)

Look at our list of ideas for action. Now we are going to narrow it down to a few ideas to take to the action forum where people from all the discussion groups will meet to share their ideas.

These questions will help you set priorities for action:

- Which ideas are easiest to get done?
- Who would work with us on these ideas?
- Which ideas might do the most good?
- Which ideas might have a long-term impact?

As a group, choose two or three ideas that are important and doable. Then, consider the following questions:

- What would it take to make this happen?
- What community assets could we use to move this idea forward?
- What kind of support do we need to take these steps? Who else could we link up with?
- How do we begin?

Write the top two or three ideas on a flip chart labeled Priority Action Ideas.

Activity 5: Get Ready for the Action Forum (10 minutes)

The facilitator will explain the agenda for the action forum and the group will choose someone to present their top 2 or 3 ideas for action at the event.

ACTION FORUM

Community conversation programs lead to action in many ways. One way to do this is through an Action Forum. This is a large-group meeting at the end of a round of conversation. Ideas from all the conversation circles are presented at the Action Forum. There are usually several action ideas that many people support.

To move these ideas forward, people form action groups or task forces. Some people may join these action groups. Some may choose to help in other ways. In community conversation programs that continue over time, more and more people get involved, and many kinds of action occur.

Agenda: Action Forum (1.5 to 3 Hours)

1. Social time: Refreshments, Entertainment, Gallery Walk (time to read summaries from each circle posted around the room)
2. Welcome and Introductions
 - Moderator welcomes everyone and introduces sponsors.
 - Review agenda.
 - Talk about the study circle effort in the community.
 - Thank facilitators and other key volunteers.
3. Reports From the Community Conversations
 - A representative from each conversation circle speaks for a few minutes.
 - Be sure to include vision and community assets.
4. Moving to Action
 - Moderator identifies the most common themes for action from all community conversations, and invites participants to sign up for an action group or task force.
 - People choose action groups, and sign up.
 - Leader for each action group collects names, and sets a date for the first meeting.
 - People sign up for facilitator training, or to help organize future community conversation.
5. Closing remarks
 - Closing remarks. (Describe how the action efforts will be tracked and tied to further organizing.)
 - Next steps. (Include plans for another round of conversations, celebration, or check-in meeting.)

INFORMATION SHEET

The following information can help us understand what challenges and opportunities we have in our community, especially related to healthy eating.

Are Bronx residents healthy?

- Nearly 1 in 4 adults living in the Bronx rated their own health as fair to poor, with Hispanic or Latino residents more likely than other groups to rate their health as fair to poor.¹
- Obesity is a major health concern in the Bronx, where nearly 2 in 3 adults¹ and 3 in 10 public high school² students are overweight or obese. In the South Bronx, nearly 4 in 10 public elementary school students are overweight or obese.¹
- Among adults, Blacks and Latinos have higher levels of obesity than whites in the Bronx.¹ Among youth, Black and Latino youth are 3 times as likely to be obese than whites.²
- Diabetes disproportionately affects low-income people, ethnic minorities, and seniors. New Yorkers with the lowest incomes have diabetes rates twice as high as New Yorkers with the highest incomes. In the Bronx, 1 in 8 adults have been told by a health professional at some point that they have diabetes. This is the highest rate in NYC.¹

Are Bronx residents eating healthy?

- Three out of every 10 adults report that their diet is fair or poor.¹
- Nine out of 10 adults do not eat 5 or more servings of fruits and vegetables per day¹ and 9 out of 10 young people do not eat the recommended number of servings of fruits and vegetables.²
- About 2 out of 5 adults, drink one or more sugary drinks every day, the highest proportion reported for any borough in NYC.¹ More than 1 out of every 5 youth drink one or more sodas per day.²

Why is eating healthy so important?

- In adults, obesity is linked to a 2-4 year decrease in life expectancy. The younger the person is when s/he becomes obese, the more years of life are lost.²
- Diet and health are linked to academic achievement and educational attainment in children,⁴ with overweight and are associated with poorer levels of academic achievement.⁵

Where are Bronx residents getting their food?

- Approximately one-third of adults must walk ten or more minutes to buy fresh fruits and vegetables.¹
- In 2012, 87% of Bronx's emergency food providers (EFPs), such as soup kitchens and food pantries, reported an increase in the number of people they served over the past year. Forty-nine percent were families with children. Eighty-percent of EFPs did not have food to meet demand.⁶
- Currently, 1.76 million New Yorkers rely on SNAP/food stamp benefits.⁷ The average food stamp benefit is \$3 per day.⁸

- There are 11,600 food retailers in NYC: 550 are traditional grocery stores that carry healthy, affordable food. 10,000 are bodegas. 800 are pharmacies like Rite Aid and Walgreens.⁹
- In the Bronx, there are no Community Districts that achieve the ratio of supermarkets to people recommended by the Department of City Planning.¹⁰
- The Bronx has had the highest growth of fast food restaurants in all 5 boroughs from 2011-2012.¹¹

Where are Bronx residents getting messages about eating?

- Food companies spend \$2 billion per year marketing to children.¹²
- In 2009, African American youth viewed 50% more fast food ads on TV than white youth.¹³

Where can people get healthy food in the Bronx?

Over the last few years, there have been a number of programs introduced in the Bronx that aim to increase the availability and affordability of fresh, healthy food. Below is a list of some of these programs. These programs were designed and are run by a number of organizations, including the NYC Health Department, community residents, and community-based and faith-based organizations in the Bronx.

- FRESH
- Green Carts
- Farmers Markets
- Health Bucks
- Adopt a Shop
- Community Gardens
- School Food Initiatives
- Community Supported Agriculture (CSAs)
- Food Co-Ops
- Food Banks

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