



DISTRICT OF COLUMBIA COMMUNITY HEALTH NEEDS ASSESSMENT



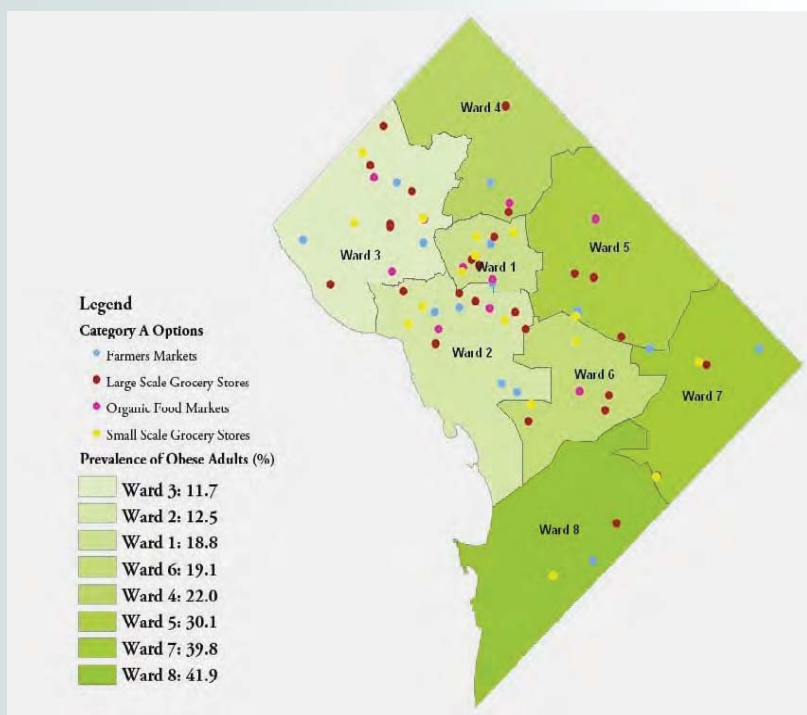
Prepared by
District of Columbia Department of Health
February 28, 2014

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DOH
DEPARTMENT OF HEALTH
Promote. Prevent. Protect.
ZONING COMMISSION
District of Columbia
CASE NO.13-14
EXHIBIT NO.896L

FOOD OPTIONS IN DISTRICT

The availability of healthy food options varies widely across the wards in the District. The abundance of Category A options (Farmers Markets, Organic Food Markets, Large Scale and Small Scale Grocery Stores) corresponds with areas where adult obesity levels tend to be lower, whereas, Category B options (Convenience Stores, Carry-outs, and Traditional Fast Food Restaurants) are highly prevalent in wards with higher obesity levels. Increasing availability of healthy food options could reduce environmental barriers for District residents to choose healthy behaviors.

Figure 55. Category A* Food Options by Adult Obesity Prevalence in the District of Columbia



*Category A Food Options include Farmers Markets, Organic Food Markets, Large Scale and Small Scale Grocery Stores.

Source: Obesity in the District of Columbia, Center for Policy, Planning, and Evaluation, 2009

The District of Columbia Overweight and Obesity Action Plan

In 2010, the District of Columbia developed the five-year District of Columbia Overweight and Obesity Action Plan to engage community partners and government agencies and address clinical as well as broader social and community-based determinants related to weight status, overweight and obesity. The plan calls for the District community to adopt policies and inform interventions that improve availability of healthy foods and physical activity in neighborhoods, schools, worksites, and places of worship. The following are some of the goals and objectives of the Action Plan:

- District children and adults are able to maintain healthy eating and physical activity to support a healthy weight while in schools and child care facilities.
- District residents consume a diet consistent with the Dietary Guidelines for Americans.
- District residents are physically active on a regular basis consistent with the Physical Activity Guidelines for Americans.
- District residents are able to maintain healthy eating and physical activity at their place of employment to support a healthy weight.
- District of Columbia Government agencies and community and professional non-government agencies collaborate to ensure that residents at risk of overweight and obesity have access to healthy foods, opportunities to be physically active, and supportive policies combined with information to regularly make healthy choices.



FOOD OPTIONS IN WARDS 4 AND 5

In Wards 4 and 5, obesity rates (25.8 and 29.9 percent, respectively) are higher than the city-wide average (22.4 percent), and residents are not likely to consume the recommended serving of fruits and vegetables when compared to wards with lower obesity rates. The following is an analysis of the geographic distribution and types of food options available in these wards. Food options are categorized into Category A (Farmers Markets, Organic Food Markets, Large Scale and Small Scale Grocery Stores), and Category B (Convenience Stores, Carry-outs, and Traditional Fast Food Restaurants). Figures 57 and 59 display the distribution of Category B food options in Wards 4 and 5, respectively. Conversely, Figures 56 and 58 show limited Category A food options for Wards 4 and 5, respectively, compared to the abundance of Category B food options in these wards.

Figure 56. Distribution of Category A Food Options in Ward 4

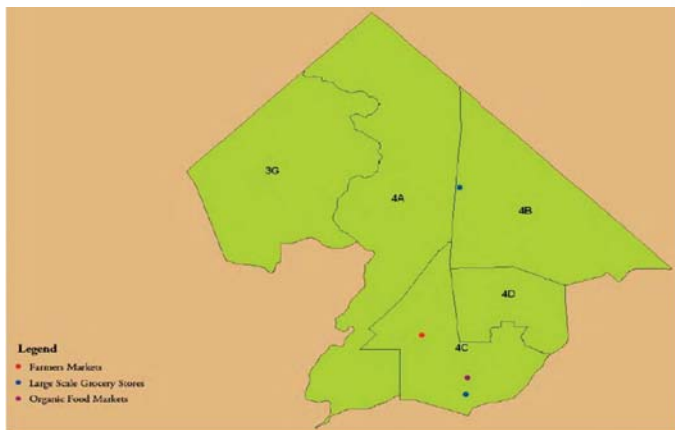
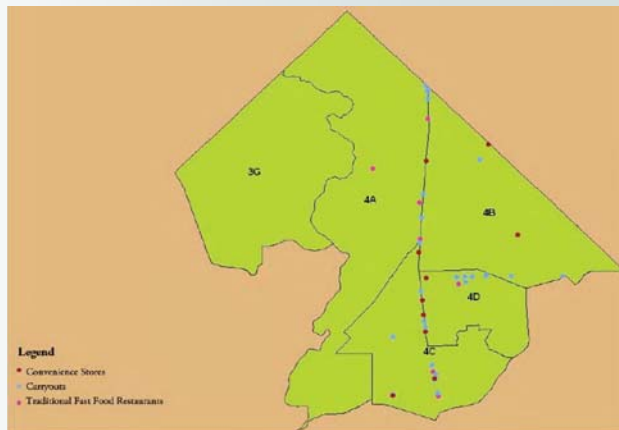


Figure 57. Distribution of Category B Food Options in Ward 4



Source: Obesity in the District of Columbia, Center for Policy, Planning, and Evaluation, 2009

Source: Obesity in the District of Columbia, Center for Policy, Planning, and Evaluation, 2009

Figure 58. Distribution of Category A Food Options in Ward 5

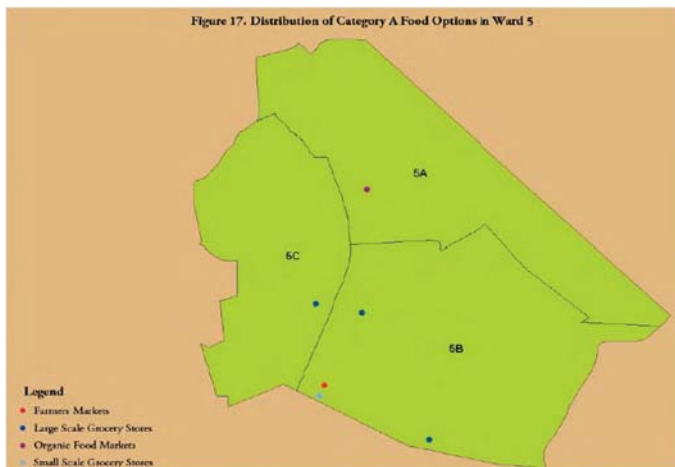
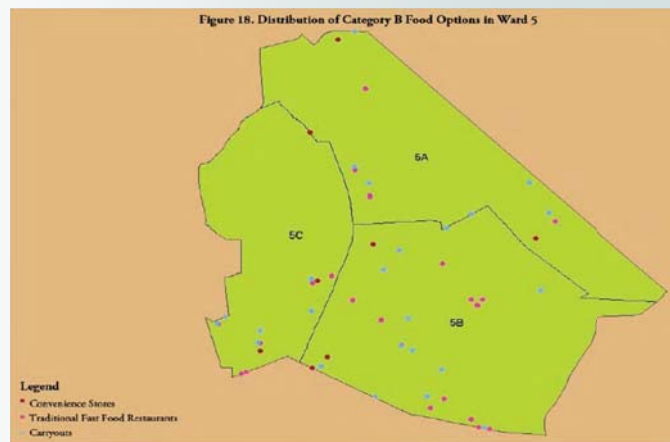


Figure 59. Distribution of Category B Food Options in Ward 5



Source: Obesity in the District of Columbia, Center for Policy, Planning, and Evaluation, 2009

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