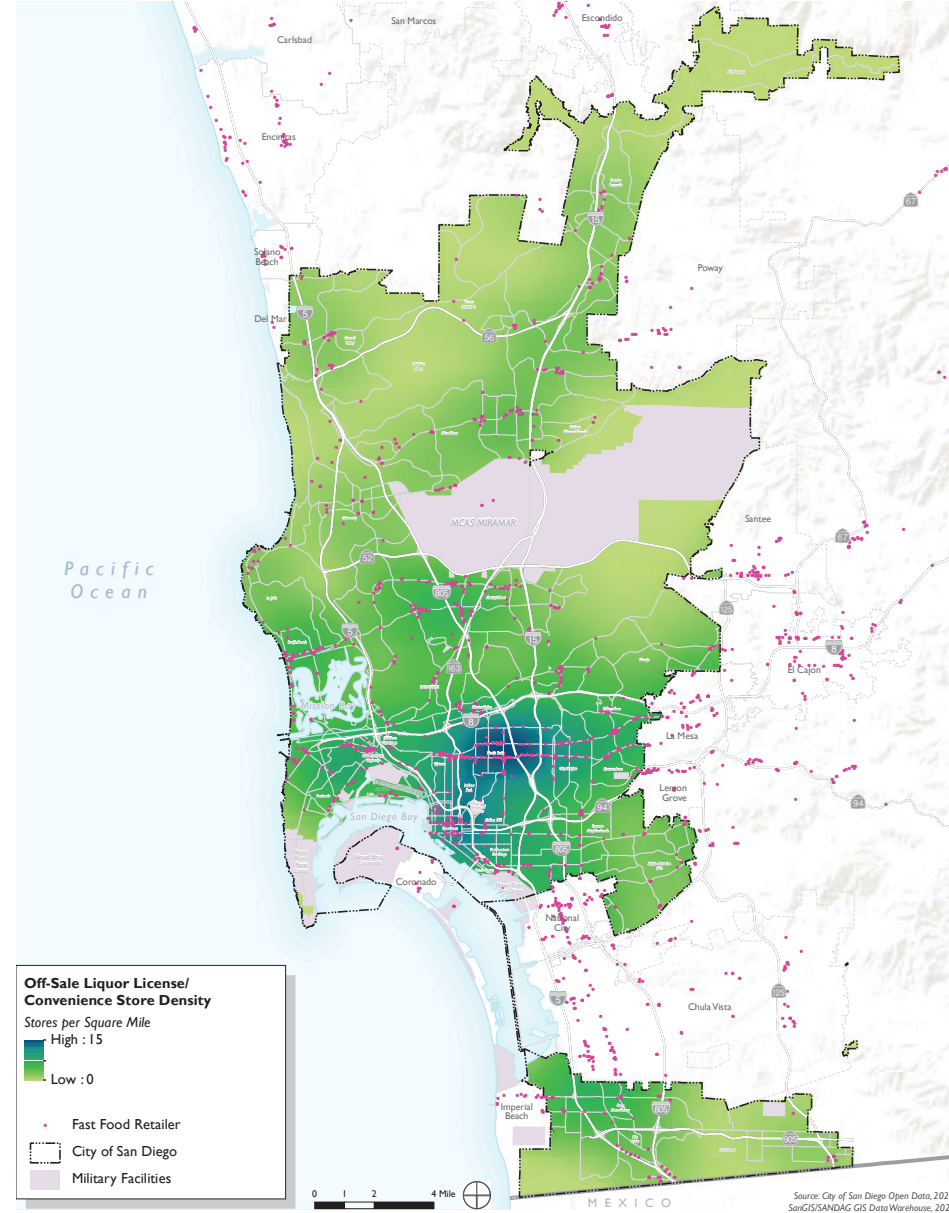


HEALTHY FOOD

Supply & Access to Healthy Food

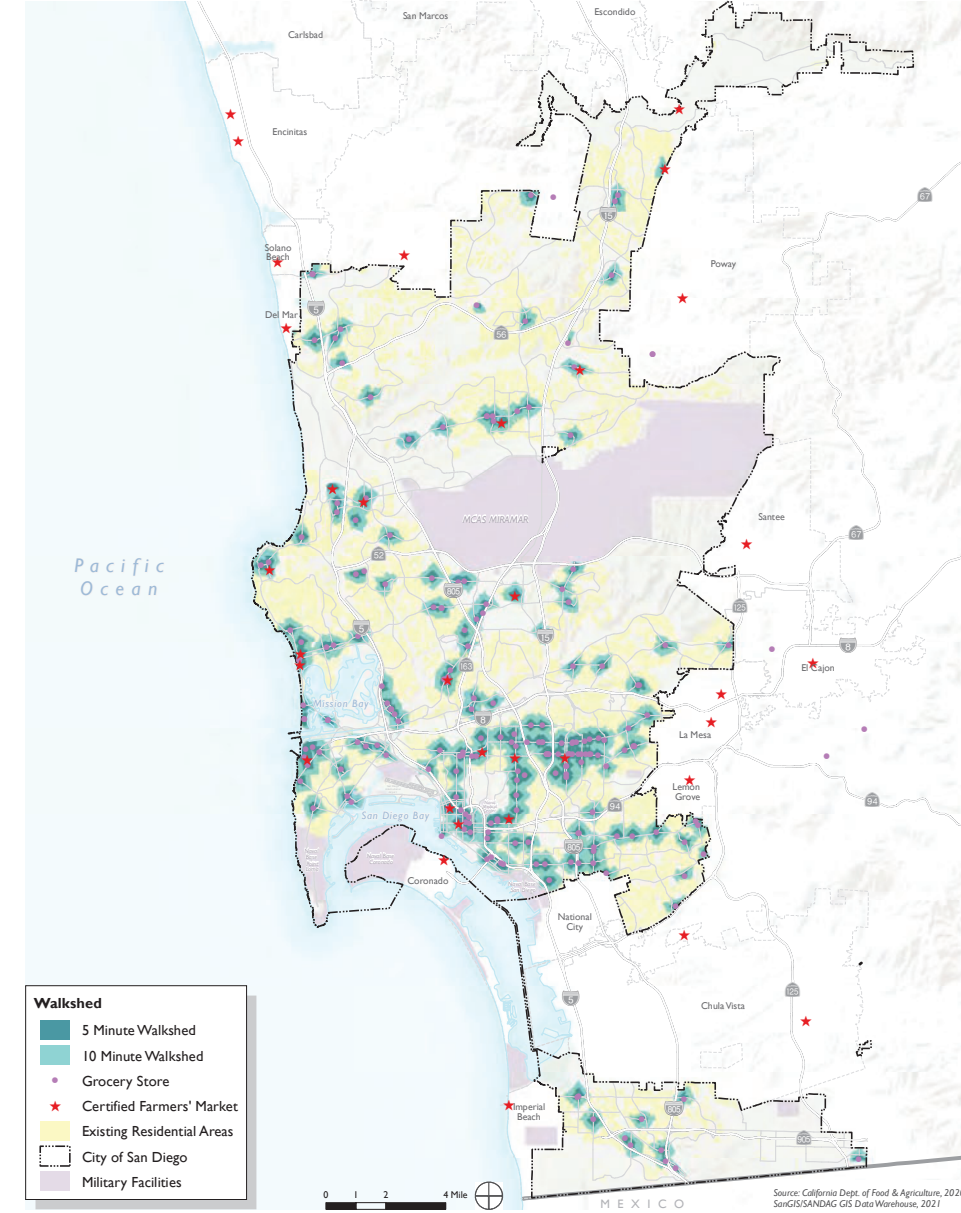
UNHEALTHY RETAIL FOOD ENVIRONMENT



Retail food environment has a large influence on a person's food choices, and oversaturation of unhealthy food retailers such as fast food outlets, convenience stores, and liquor licenses (for off-site consumption) can lead to greater incidences of negative health outcomes including obesity, high cholesterol, and diabetes.

The map above shows the density of off-sale liquor licenses and convenience stores per square mile, which is concentrated in the area around northern North Park and Normal Heights, with as many as 15 stores per square mile. Similarly, the most highly concentrated cluster of fast food establishments (pink dots) in the city is also located in this area.

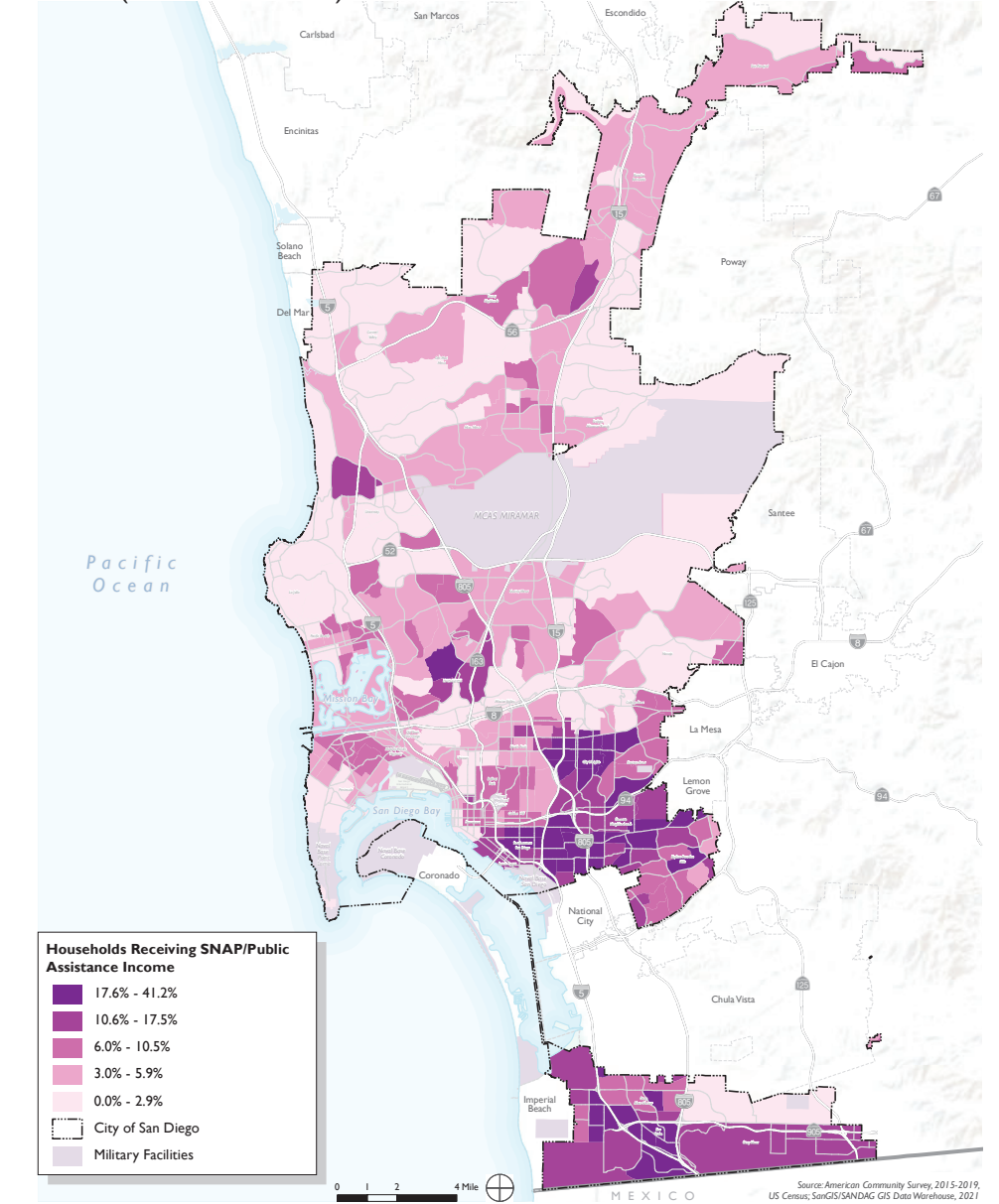
ACCESS TO HEALTHY FOOD SOURCES



The San Diego County Food Vision 2030 recently outlined a set of goals, objectives, and strategies to achieve a food system that cultivates justice, fights climate change, and builds resilience. The county foodshed is a unique system that features both active farming and fishing industries, but residents and local producers alike experience challenges to keep up with changing climate and market dynamics.

Healthy food sources offer fresh and nutritious foods including fruits and vegetables and are ideally locally produced and/or organic. The map above reveals that many areas of the city do not have walkable access to healthy food sources including grocery stores, farmers markets, and community gardens.

SNAP (FOOD STAMPS) OR PUBLIC ASSISTANCE INCOME



According to USDA, high food security means an individual does not have food-access problems or limitation. On the other hand, food insecurity can be described as a lack of consistent access to sufficient food and is a measure of how many people cannot afford food.

People experiencing food insecurity may participate in the Supplemental Nutrition Assistance Program (SNAP, formerly known as "food stamps") or receive public assistance income. Based on ACS 2019, 6.4 percent of households in San Diego receive SNAP and 1.8 percent are single mothers receiving SNAP. SNAP usage is particularly prominent in Southeastern, City Heights, and San Ysidro.