

A Public Health Perspective on Obesity & Food Access

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Consequences of Obesity

- Increases the risk for many diseases/conditions including:
 - Heart Disease
 - Stroke
 - Some cancers
 - Type 2 Diabetes
 - Hypertension
 - Osteoarthritis
- Economic Costs of Obesity
 - Estimated at \$215 billion in the U.S. annually (includes direct medical costs and lost productivity from disease, disability, and death (indirect costs))
 - Annual direct medical and indirect costs in Georgia estimated at \$2.4 billion
 - Obesity-related hospitalizations of children in Georgia cost \$2.1 million a year



Obesity and Obesity-Related Diseases in Fulton County

Prevalence of Obesity Among Georgia & Fulton County Residents, 2007-09*				
	Georgia	Fulton County		
		All Races	African-Americans	Whites
Obesity	28.1%	21.3%	34.2%	13.3%

Age-Adjusted Hospital Discharge Data, 2004-2008 (Rates per 100,00)**						
	Georgia			Fulton County		
	All Races	African Americans	Whites	All Races	African Americans	Whites
Diabetes	135.4	265.6	92.6	132.9	252.1	48.4
Hypertension	64.1	155.0	33.0	68.8	140.1	19.7
Heart Disease	489.3	424.2	508.3	343.3	403.3	295.1

*Data Source: Georgia Behavioral Risk Factor Surveillance Survey

**Data Source: Georgia Division of Public Health Online Analytical Statistical Information System (OASIS)

The Road to Obesity?

- On a physiological/individual level:
 - Physiology
 - Behavior
 - Genetics
 - Psychology

Image Courtesy of the Centers for Disease Control and Prevention

The Road to Obesity

- On a Social Determinants of Health level:
 - Lack of access to safe places to play and exercise
 - High costs of healthy foods
 - Lack of access to supermarkets/ grocery stores

These factors contribute to increased obesity rates by **reducing the likelihood of healthy eating and active living.**

Relationship of Obesity to Food Access

- Greater access to nearby supermarkets is associated with healthier eating behaviors
- Better access to a supermarket is associated with **reduced risk of obesity**
- Better access to convenience stores is associated with **increased risk of obesity**

What is a Food Desert?

- A *low-income census tract* where a substantial number or share of residents has *low access* to a supermarket or large grocery store:
 - To qualify as a “low-income community,” a census tract must have either: 1) a poverty rate of 20 percent or higher, OR 2) a median family income at or below 80 percent of the area's median family income;
 - To qualify as a “low-access community,” at least 500 people and/or at least 33 percent of the census tract's population must reside more than one mile from a supermarket or large grocery store (for rural census tracts, the distance is more than 10 miles).

Mapping Food Deserts

“It’s a very useful thing to draw a map of where people are and the types of food available around them. You look at that map and wonder, are people getting what they need?”

Jim Herries, ESRI

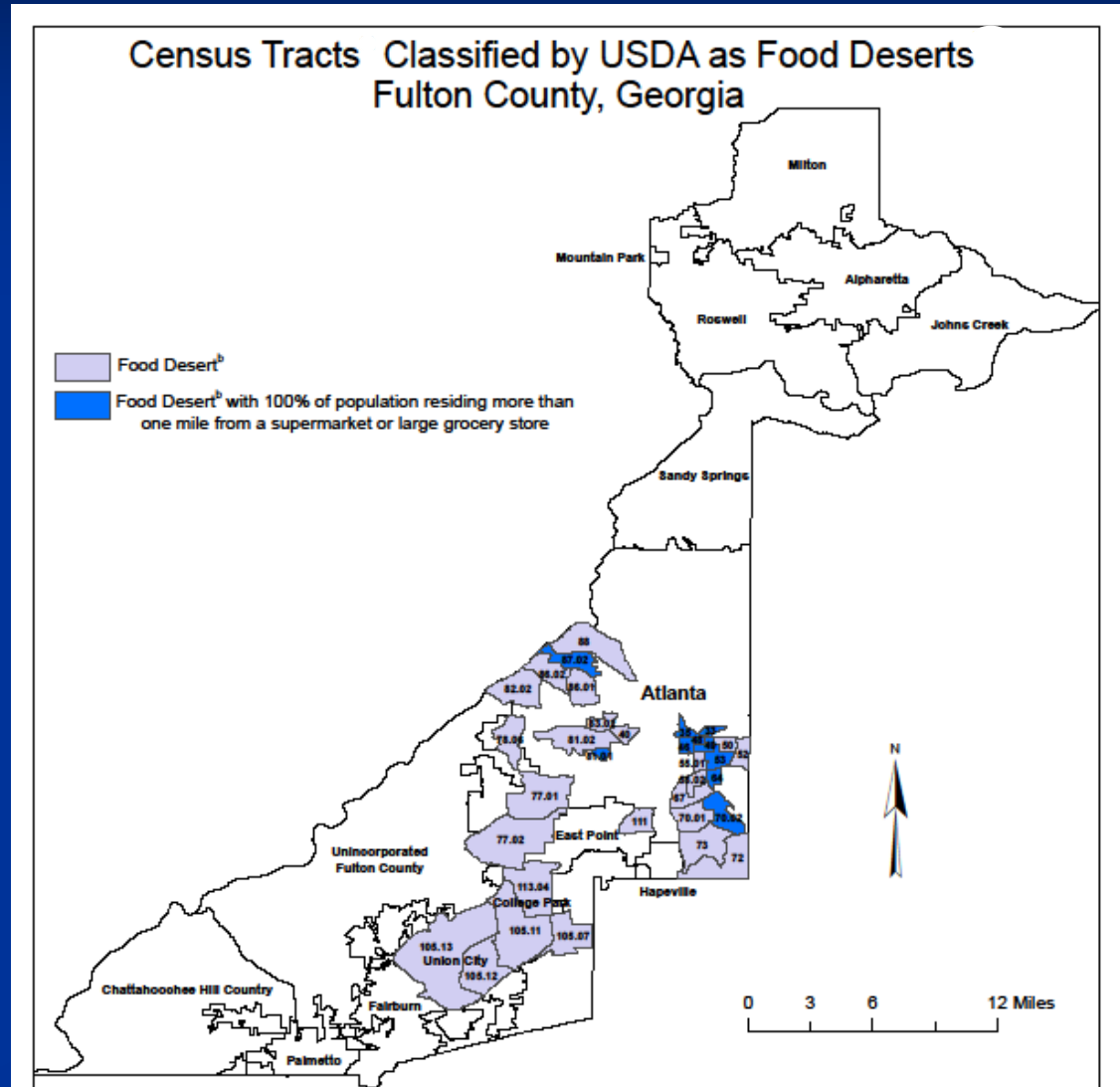
Food Access in Fulton County

- U.S.D.A. designated 34 census tracts* in Fulton County as *food deserts*.
- In 10 of the *food desert* census tracts, 100% of the population had low access.
- In 20 of the 34 food desert census tracts, greater than 50% of the population had low access.
- Nearly 18% (n=146,377) of the county's population reside in food desert tracts.

Food Desert Census Tracts are based on the 2000 census tracts. In 2000, there were a total of 167 census tracts in Fulton County and the total Fulton County population was reported as 816,006.

Food Access in Fulton County

Food Desert Census Tracts appear to be concentrated in the southern portion of Fulton County including Northwest Atlanta, Southeast Atlanta, College Park, and East Point, and Union City.

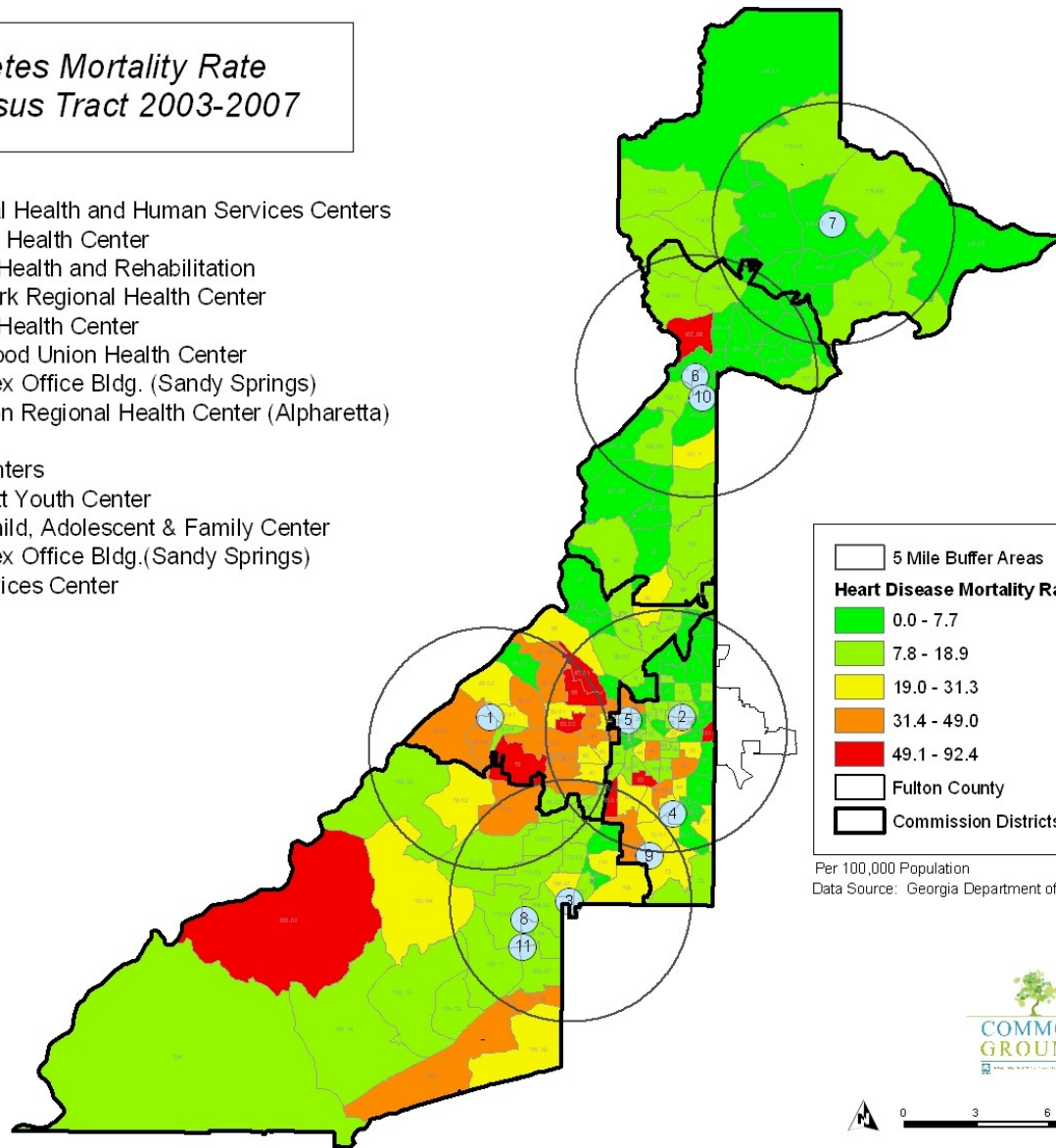


Source: U.S.D.A. Food Locator

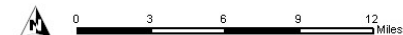
Diabetes Mortality Rate by Census Tract 2003-2007

- One Stop Regional Health and Human Services Centers
 - 1 Adamsville Health Center
 - 2 Center for Health and Rehabilitation
 - 3 College Park Regional Health Center
 - 4 Lakewood Health Center
 - 5 Neighborhood Union Health Center
 - 6 North Annex Office Bldg. (Sandy Springs)
 - 7 North Fulton Regional Health Center (Alpharetta)

- Youth Service Centers
 - 8 Camp Truitt Youth Center
 - 9 Oak Hill Child, Adolescent & Family Center
 - 10 North Annex Office Bldg. (Sandy Springs)
 - 11 Youth Services Center



Per 100,000 Population
Data Source: Georgia Department of Community Health



The County's Response

- The HHS/WIC program receives and distributes 2400 WIC vouchers and operates Farmer's Markets one day a week from June to September at the following locations:
 - North Fulton County Annex (in Sandy Springs)
 - North Fulton Regional (in Alpharetta)
 - College Park Health Center (in College Park)
 - Lakewood Health Center (in South Atlanta) Cooperative Extension
- Health and Human Services
 - Operates a community garden twice weekly at the North Fulton Health Center in Sandy Springs.
 - Operates a Farmer's Market twice weekly at the North Fulton Health Center in Sandy Springs that features locally grown produce.
 - Provides technical assistance to those seeking to cultivate home/community gardens
 - Piloted Fulton Fresh Mobile Fresh Market Pilot
 - June to August
 - Four Locations in the County
 - Cooking Demonstrations



The County's Response

- Increase the demand for fresh food options in high need areas by educating the public on the benefits of consuming nutritious foods.
- Support of policies to incentivize and attract grocers and supermarkets to relocate to high need areas.



The County's Response

- Regional Integrated Service Centers
 - Public Health
 - Behavioral Health
 - Housing
 - Workforce Development
 - Primary and Specialty Care
 - Library System

Questions & Answers



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