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Food Deserts

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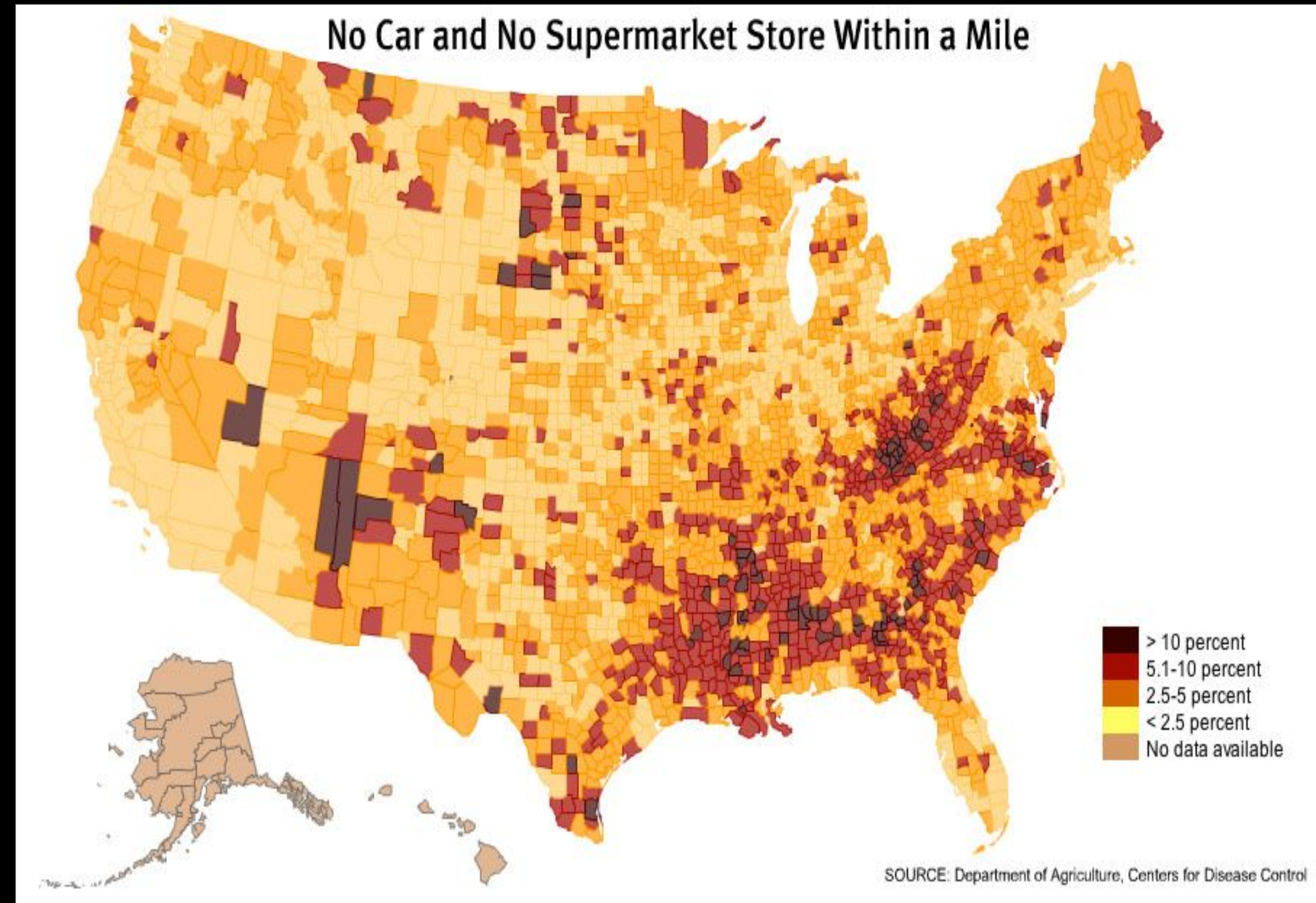
FOOD DESERTS IN AMERICA

WHAT ARE THEY?



WHAT IS A FOOD DESERT?

A food desert is known as an area of low income with limited access to healthy whole affordable foods. The residents living in this area face a harder time with travel time and cost when getting to a supermarket. The gas stations and convenience stores that are closer to these areas have limited access and higher costs of foods. Many residents homes are considered “food insecure” which ultimately means their food supplies is limited and they have lack of money and resources to get their meals.



AMERICA MAP ON SUPERMARKET DISTANCE

The map to the left of America in orange and red shows the percentage of homes that have no cars or access to supermarkets within a mile from their home. The red and brown parts on the map show that there are 5.1 to 10% of that state have limited access and are considered a food desert. These restrictions make it harder on these civilians to purchase healthy foods because they are not affordable and not easily accessible. It is easier to just go to a quick stop and buy cheaper foods that have little to no nutritional value

CHALLENGES OF LIVING IN A FOOD DESERT

- Restriction of availability & affordable foods that benefit health
- Residents in food desert areas are less likely to consume fresh fruits and vegetables
- Higher likelihood of developing chronic diseases such as diabetes, cancer and heart disease
- presence of convenience stores is associated with higher obesity levels in children
- limited access to nutritious food choices is thought to be related to poor health and economic well-being
- food desert residents have less access to non-profit meal providers

DEMOGRAPHICS OF PEOPLE IN FOOD DESERTS

- 20 percent of it's individuals have an income below federal poverty level
- The median family income is at or below 80% than the median family income
 - The cost of transport to supermarket is \$5-\$7
- Average distance from food desert to supermarket is up to 10 miles or more
- Living in a food desert makes it harder to keep up dietary restrictions for chronic illnesses like diabetes

WHAT NEEDS TO BE DONE?

There are a few things that Americans can do to resolve this crisis. First thing we can do it raise awareness about what demographics make up a food desert and how common they are. Next there needs to be new ways that these people can get healthy foods easily at an affordable cost. But how? The Healthy Food Financing Initiative's goal is to make grocery stores and retailers selling healthy food more accessible. People can also donate to Nonprofit organizations like Fresh Express which is a mobile food truck that makes healthy food more accessible.

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