

Urban Retail Food Markets and Health Status in Buffalo's East Side Neighborhoods

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Description of Project:

This project looks to answer the question “how do urban food markets impact health outcomes of Buffalo’s East Side Neighborhood residents?” Health outcomes in Buffalo’s East Side neighborhoods are worse than in other parts of Erie County where residents have greater access to healthy food and health providers. To date research has not adequately addressed the impact of East Side residents’ access to healthy food and health providers and how this information impacts health outcomes. The data from this study will be made available to health agencies that serve the East Side so as to help them with service planning.

Research Methodology:

All markets outlined on the GIS database and located in the East Side neighborhoods will be surveyed by the PI and/or his assistant who will review each store to assess the preponderance of healthy foods that are part of the DASH Diet Plan. This diet plan has been promoted by the National Institutes of Health as being affordable, healthy and promotes a diet rich in vegetables, fruit, whole grains, and low-fat dairy. The researchers will check if the stores sell foods on the DASH plan and if the stores sell items known to promote poor health outcomes such as cigarettes, lottery tickets, and alcohol. Further analysis from the GIS database will look to assess the proportion health providers to residents in the East Side neighborhoods to assess how adequately serviced the neighborhoods are by health providers.