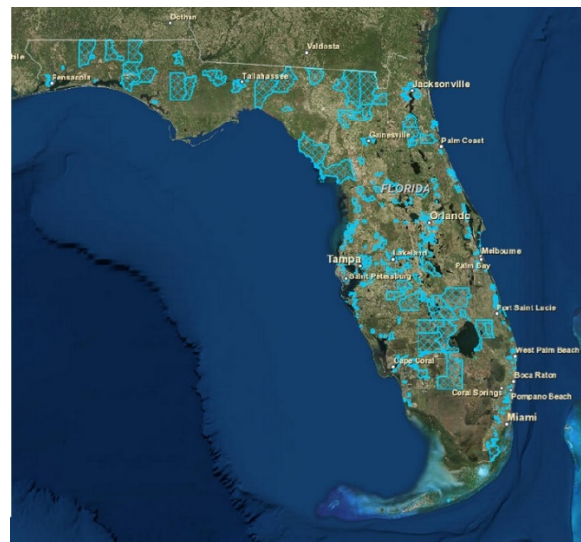




Florida has too Few Healthy Food Sources

- More than 2.5 million Floridians,ⁱ live in areas where it is difficult and sometimes impossible to buy fresh food – fruits and vegetables, low-fat dairy, whole grains, seafood and lean meats.
- Only 32.2 percent of Floridians live within ½ mile of a healthy food source – grocery stores, supermarkets and produce stands offering a wide selection of healthy options such as fresh fruits and vegetables.ⁱⁱ
- Nationally, low-income areas have significantly more convenience storesⁱⁱⁱ and far fewer supermarkets, limiting healthy options for our children and families.^{iv}
- Lack of access to healthy foods is a problem for 29.7 million Americans.^v



Lack of Healthy Food = Poor Health

- Individuals living in areas where the nearest full-service grocery store is more than a half-mile away and lack access to a vehicle, are more likely to die prematurely from:
 - diabetes
 - diet-related cancers
 - stroke and liver disease^{vi}

USDA-Designated Food Deserts

Communities with little or no access to fresh, healthy foods:

- Nothing but fast food and convenience stores.
- Easier to buy orange soda than an orange.
- High-calorie, unhealthy options are far more prevalent than healthy alternatives.

Diet-Related Diseases are on the Rise

- Without access to healthy foods, a nutritious diet and good health are out of reach. As a result, the number of diet-related illnesses is increasing – especially among children.^{vii}
- With an obesity prevalence of 26.4 percent, Florida ranks 10th among U.S. states for adult obesity.^{viii} Lack of access to healthy food is associated with obesity.^{ix}
- Twenty-eight percent of Florida children, ages 10 to 17, are overweight or obese.^x

Change Would Save Lives

- If the number of individuals with access to healthy foods in Florida's 200 USDA-designated food deserts increased by just 1 percent:
 - Nearly 650 premature deaths over a seven year period would be prevented.
 - 1.2 million Floridians living in food deserts would have improved health.
 - 780,000 rural Floridians living in food deserts would have improved health.

Health Care Costs are Increasing

- The costs of treating the chronic diseases associated with obesity – diabetes, heart attacks, congestive heart failure, kidney failure, blindness, neuropathy, and limb amputation – are enormous and rising.^{xi}
- Florida spends an estimated \$6.7 billion each year treating obesity related diseases. Providing Floridians with greater access to nutritious, affordable food will help alleviate these public health concerns.

What Would Increasing Access to Fresh, Healthy Foods Mean for Florida?

- **Improved Nutrition**
 - Living closer to healthy food retail is associated with better eating habits and decreased risk for obesity and diet-related diseases.^{xii}
- **Boosting State and Local Economies**
 - Each year, independent grocery stores in Florida are responsible for more than \$3.45 billion in sales and more than \$405.91 million in state and local taxes. Bringing grocery stores to underserved communities can stimulate the local economy, revitalize neighborhoods and generate more revenue for local governments to use to provide basic services and programs for residents.^{xiii}
- **Enormous Cost Savings**
 - Reducing obesity rates by five percent could lead to more than \$29 billion in health care savings in five years.^{xiv}

ⁱ Florida Roadmap to Healthy Living, analysis by Brian R. Norris, OPS Systems Analyst, Division of Food, Nutrition and Wellness, Florida Department of Agriculture and Consumer Services, March 31, 2015.

ⁱⁱ http://www.floridahealth.gov/about-the-department-of-health/about-us/state-and-community-health-assessment/state-health-assmt/_documents/HS-SHACommEnv.pdf

ⁱⁱⁱ Powell, Lisa M., Sandy Slater, Donka Mirtcheva, Yanjun Bao, and Frank J. Chaloupka. "Food Store Availability and Neighborhood Characteristics in the United States." *American Journal of Preventive Medicine* 44.3 (2007): 189-95.

^{iv} Moore, Latetia V., Ana V. Diez Roux, Jennifer A. Nettleton, and David R. Jacobs, Jr. "Associations of the Local Food Environment with Diet Quality—A Comparison of Assessments Based on Surveys and Geographic Information Systems: The Multi-Ethnic Study of Atherosclerosis." *American Journal of Epidemiology* 167.8 (2008): 917-24.

^v U.S. Department of Agriculture. Economic Research Service. *Access to Affordable and Nutritious Food: Updated Estimates of Distance to Supermarkets Using 2010 Data*. USDA, 2012. Web. 15 Oct. 2013. <<http://www.ers.usda.gov/publications/err-economic-research-report/err143.aspx>>.

^{vi} http://www.floridahealth.gov/about-the-department-of-health/about-us/state-and-community-health-assessment/state-health-assmt/_documents/HS-SHACommEnv.pdf

^{vii} http://www.floridahealth.gov/about-the-department-of-health/about-us/state-and-community-health-assessment/state-health-assmt/_documents/HS-SHAHealthStatus2015.pdf

^{viii} U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/obesity/data/table-adults.html>

^{ix} The Food Trust, "Who has access to healthy food and why it Matters," http://thefoodtrust.org/uploads/media_items/grocerygap.original.pdf

^x Kids Count, <http://datacenter.kidscount.org/data/tables/27-children-and-teens-overweight-or-obese-by-gender?loc=1&loct=2#detailed/2/2-52/false/1021,18,14/14,15,16/296>

^{xi} http://www.floridahealth.gov/about-the-department-of-health/about-us/state-and-community-health-assessment/state-health-assmt/_documents/HS-SHAHealthStatus2015.pdf

^{xii} The Food Trust, http://thefoodtrust.org/uploads/media_items/grocerygap.original.pdf

^{xiii} National Grocers Association, <http://www.nationalgrocers.org/docs/default-source/economic-impact-quick-pdfs/florida-nga-impact.pdf?sfvrsn=7>

^{xiv} Trust for America's Health, Issue Brief, "Bending the Obesity Cost Curve: Reducing Obesity Rates by Five Percent Could Lead to More than \$29 Billion in Health Care Savings in Five Years," January 2012, <http://healthyamericans.org/assets/files/TFAH%202012ObesityBrief06.pdf>