

Investigating the Impact of Limited Healthy Food Options on Homewood Residents



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Introduction

Research shows that healthy food can benefit individuals in various ways. Despite the well defined benefits, many communities and individuals lack access to healthy produce. This is often due to a lack of stores and expensive prices. Scholars suggest that the greater availability of healthy food providers in low-income neighborhoods, the greater overall health of the community residents and the lower the risks of weight gain and obesity. Unfortunately, this is not the case in many low-income areas where food deserts are the primary reality for residents.

Research Question

How are Homewood residents impacted by limited healthy food options?

Purpose

This study's purpose is to investigate the perceived impact of Homewood residents' limited access to healthy food options.

Targeted Population

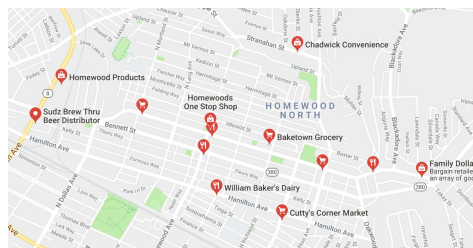
Our study's targeted population are Homewood community members of all ages, races, and genders

Race	Black (97%)
Age	15 & under (36%)
Gender	Female (76%)
Education	9th - 12th (62%)
Household Status	Single-parent (45%)
Household Income	Uncertain (50%)

Hypotheses

Null - Homewood residents are not impacted by limited healthy food options.

Alternative - Homewood residents are impacted by limited healthy food options.



Results

Our average survey respondent was a black female, 15 and under, in grades 9 - 12, living in a single-parent household with an unknown income.

Results suggest that many community members are satisfied with the Homewood community and can denote several positive things about their neighborhood. Despite these positive findings, residents do believe limited healthy food options influence their health and the overall health of the community. Despite Homewood being identified as a food desert, residents note that there are healthy stores near them. Although some healthy stores are in driving distance, many residents admit to purchasing unhealthy food regardless.

Discussion / Conclusion

There is a lack of healthy food in Homewood. It is very unfortunate that residents are unable to access healthy options within walking distance. Residents are negatively impacted by this. Future scholars should explore residents' motivation for purchasing unhealthy food and the barriers to developing healthy grocery stores in the community. Key influencers should also push current businesses to invest in residents' health, regardless of its profitability.

Survey Question(s)	Respondents	Total	Percentage
Do you think it is important to have healthy food available in your community?	17 (YES)	27	63%
Is there a store that sells healthy food near you?	11 (YES)	27	41%
Do you think healthy food influences your physical health?	7 (YES)	27	26%
How likely are you to purchase unhealthy food in Homewood?	8 (Likely)	27	30%