SENC Regional Food Systems Assessment

Capturing the Community Voice

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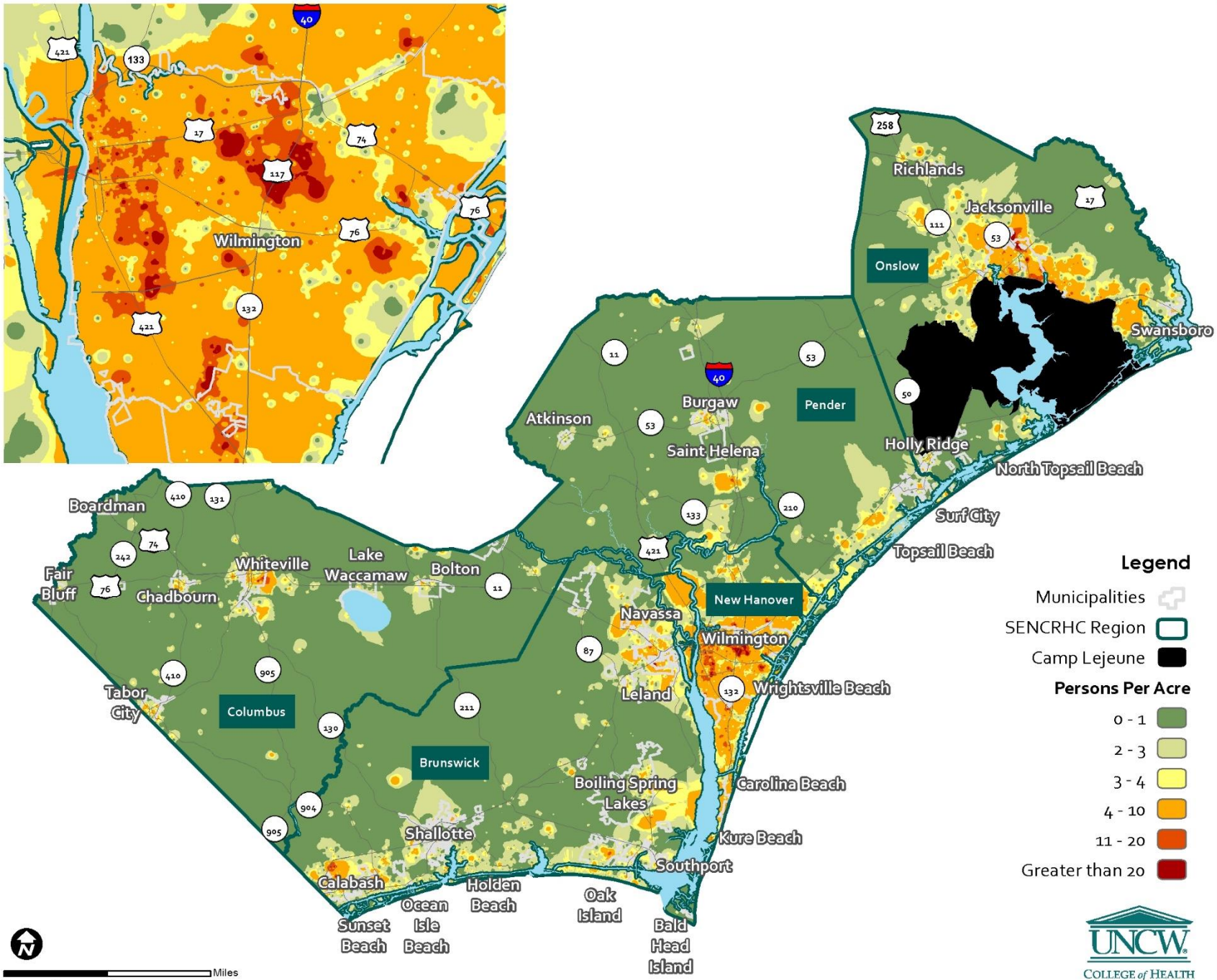
Cape Fear Council of Governments
2016 Feast Down East Conference

Why complete a food systems assessment?

- Understand relationship between local food and public health
- Establish baseline data for local food economy
- Tell story of the way our food system impacts our health and economy
- Understand strengths, weaknesses, and areas for further study


Map 1: 2010 Population Density
Legend
Municipalities
SENCRHC Region
Camp Lejeune
Persons Per Acre
0 - 1
2 - 3
3 - 4
4 - 10
11 - 20
Greater than 20
Wilmington
Onslow
Pender
New Hanover
Brunswick
Columbus
Richlands
Jacksonville
Swansboro
Holly Ridge
North Topsail Beach
Surf City
Topsail Beach
Wrightsville Beach
Carolina Beach
Kure Beach
Southport
Oak Island
Bald Head Island
Holden Beach
Ocean Isle Beach
Sunset Beach
Calabash
Shallotte
Boiling Spring Lakes
Leland
Navassa
Burgaw
Atkinson
Saint Helena
Boardman
Fair Bluff
Chadbourn
Whiteville
Lake Waccamaw
Bolton
Tabor City
Miles
0 5 10 20
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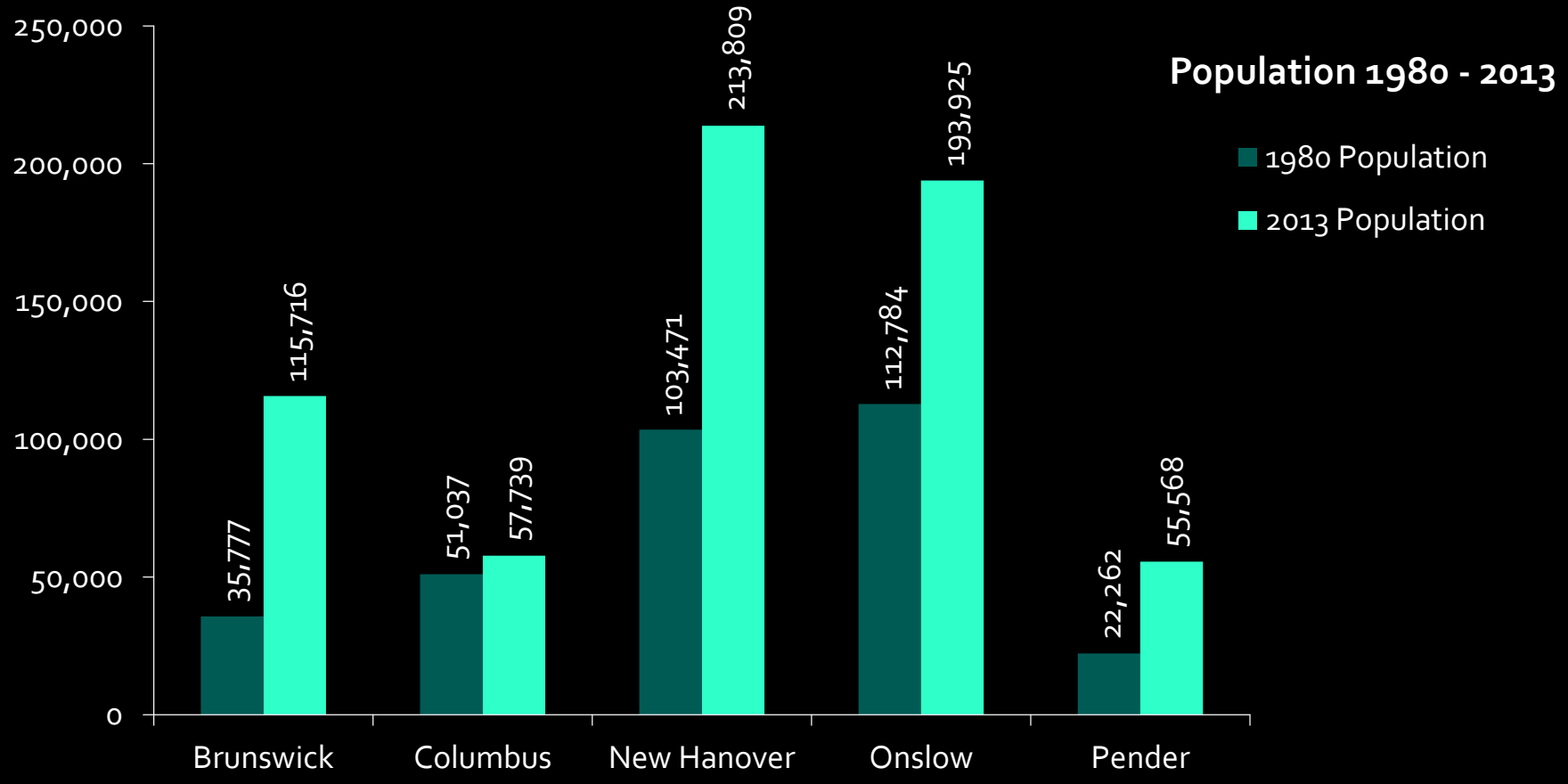
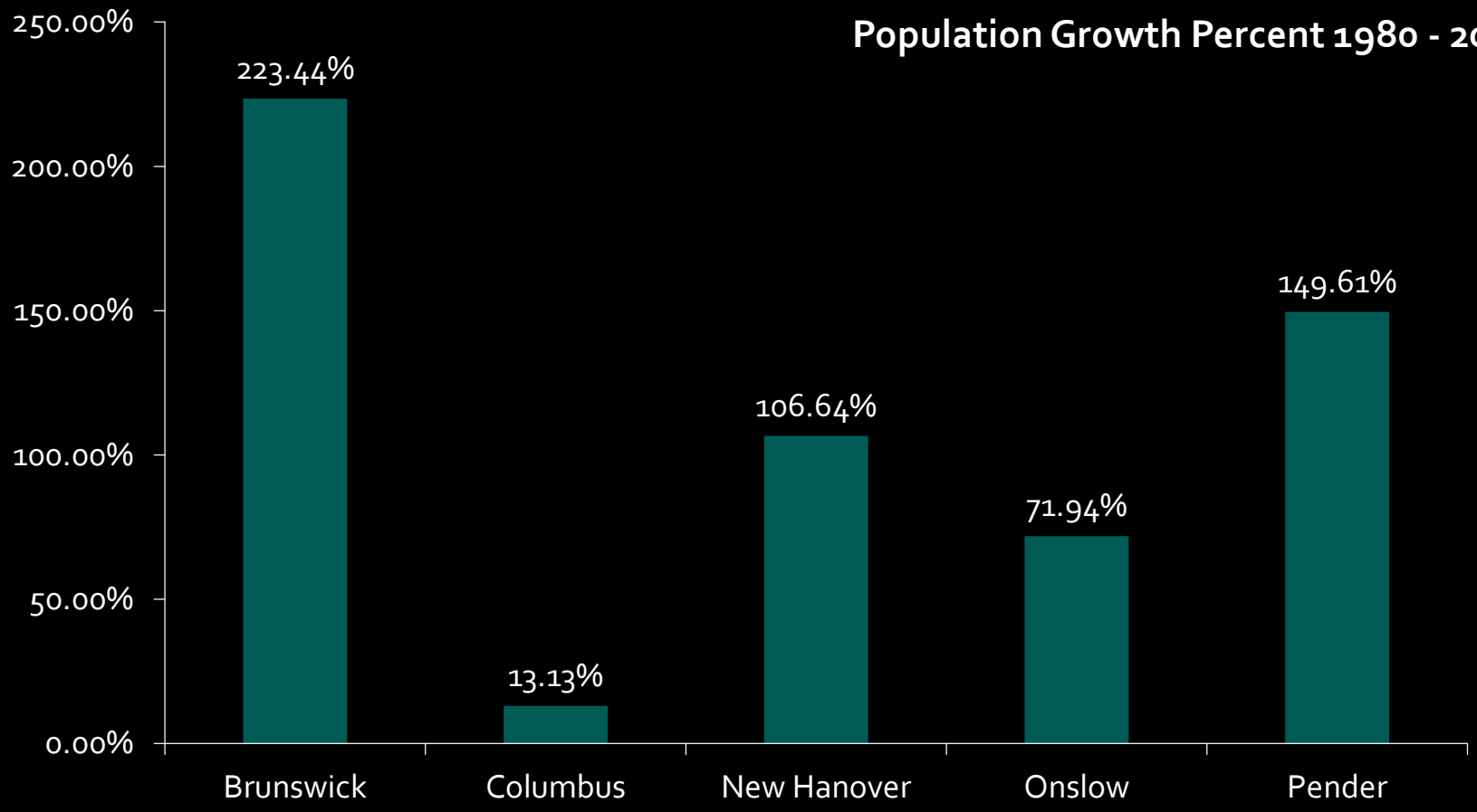
Population Growth



Population Growth



North Carolina: 70%

"It is estimated that nearly 150,000 people, or 25%, of the region's population currently reside on property that is considered prime farmland."

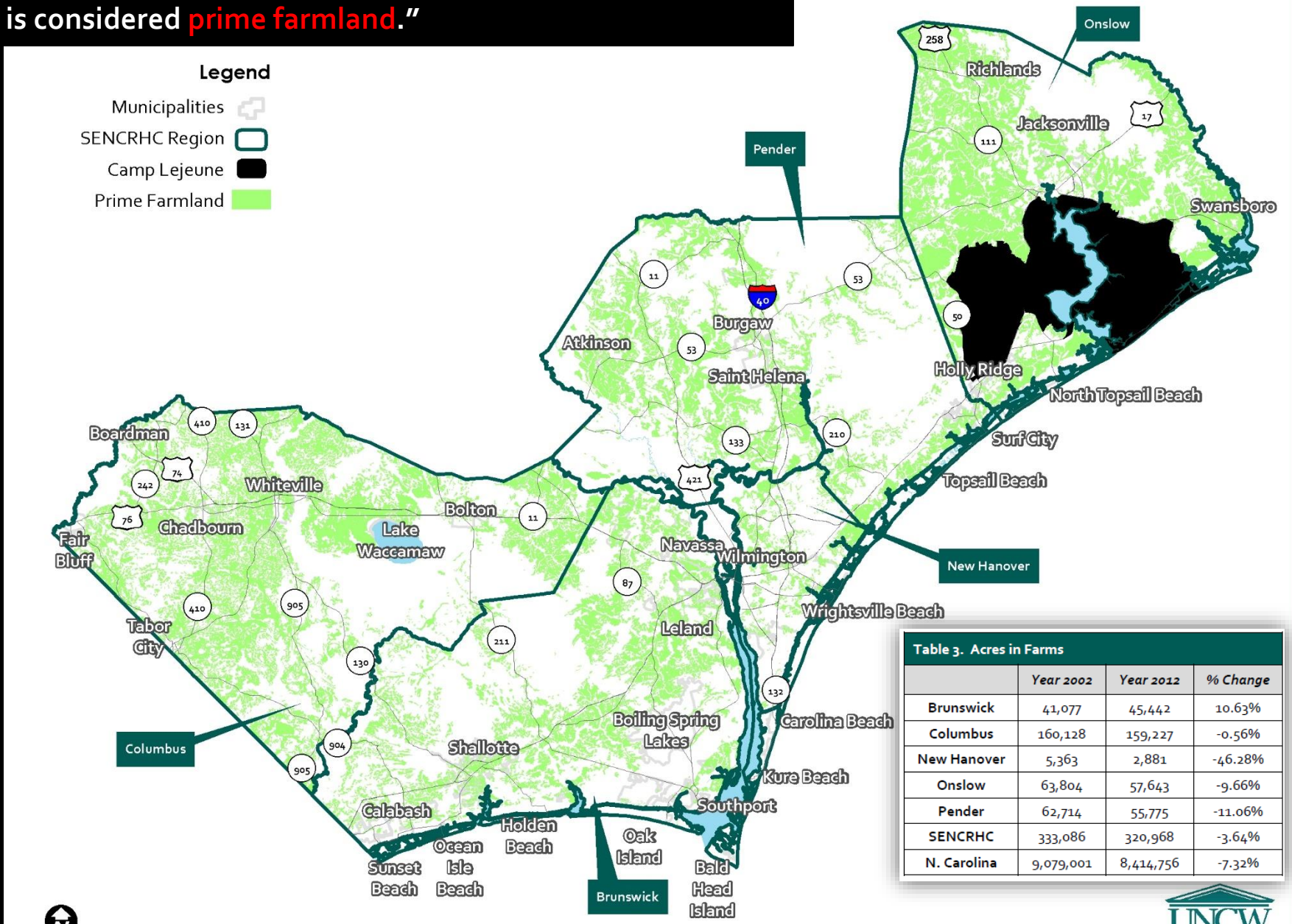


Table 3. Acres in Farms			
	Year 2002	*Year 2012*	*% Change*
Brunswick	41,077	45,442	10.63%
Columbus	160,128	159,227	-0.56%
New Hanover	5,363	2,881	-46.28%
Onslow	63,804	57,643	-9.66%
Pender	62,714	55,775	-11.06%
SENCRHC	333,086	320,968	-3.64%
N. Carolina	9,079,001	8,414,756	-7.32%

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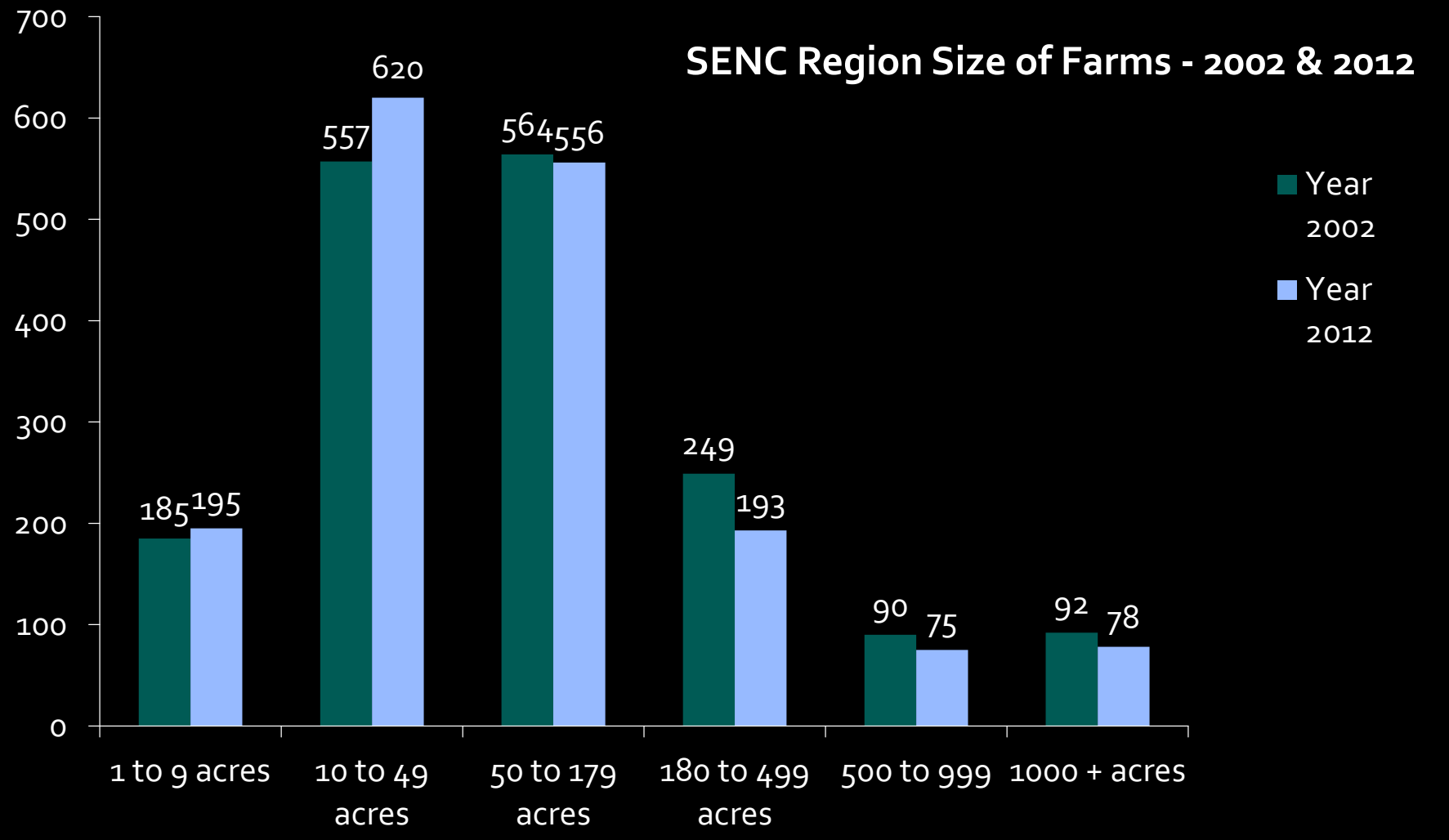
Map 2: Prime Farmland Soils

Farmland Preservation

Unincorporated County					
Component	**Brunswick**	**Columbus**	**New Hanover**	**Onslow**	**Pender**
Acres of Prime Farmland Soils	137,844 acres	218,085 acres	19,929 acres	226,780 acres	132,372 acres
Undeveloped Acres of Prime Farmland Soils	79,039 acres	143,533 acres	4,494 acres	91,810 acres	72,563 acres
Voluntary Agricultural Districts	Yes	Yes	No	Yes	No
Agricultural Future Land Use Classification	"Conservation District" designates certain agricultural uses as appropriate.	Yes	No	Yes	"Rural Growth" land use classification specifies the preservation of agricultural operations.
Agricultural Zoning District	Yes	No – limited zoning in the county.	Yes	Yes	Yes

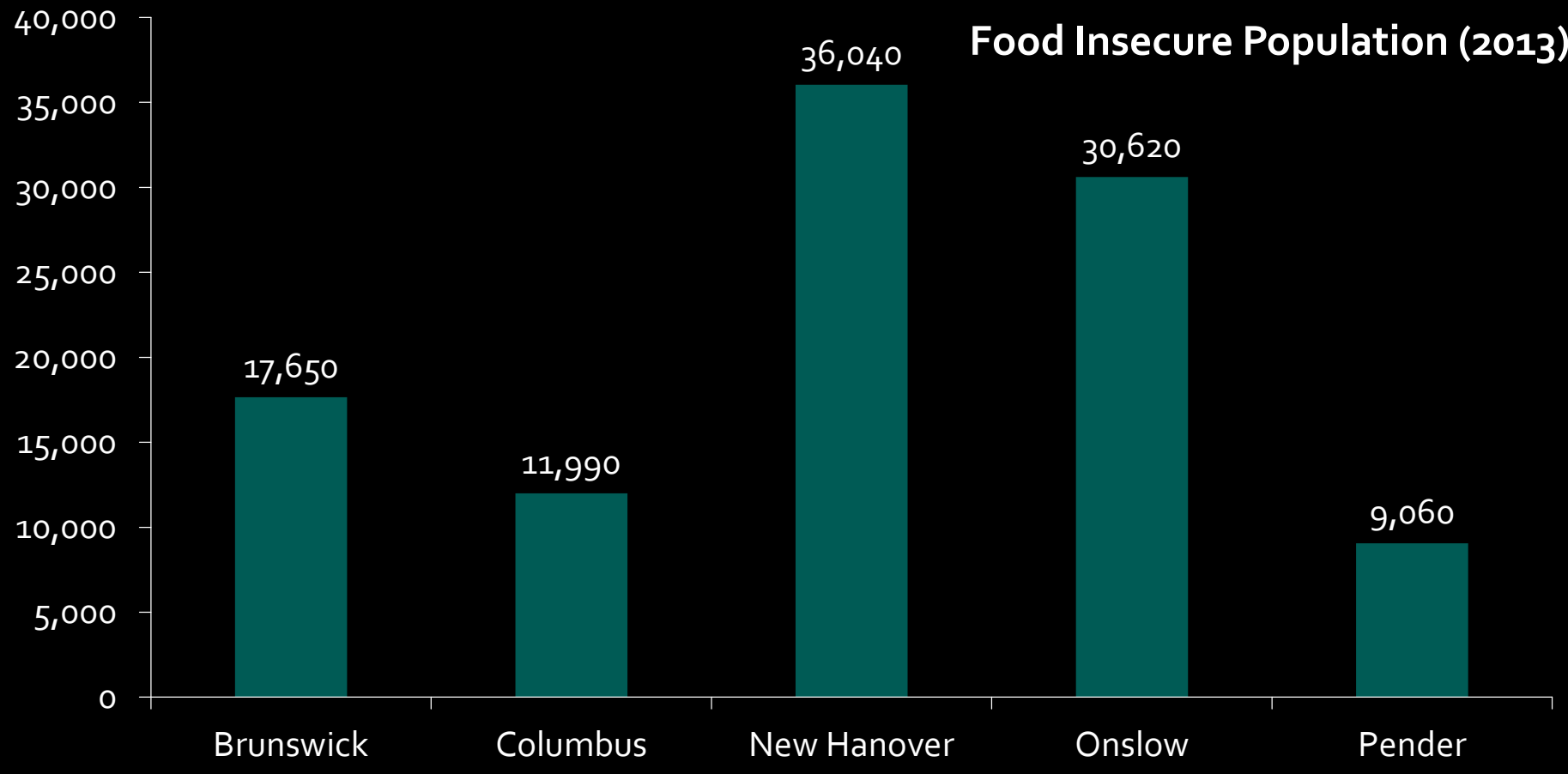
Size of Farms



Food Insecurity

Households that lack adequate and consistent access to the wholesome foods necessary to lead an active, healthy lifestyle.

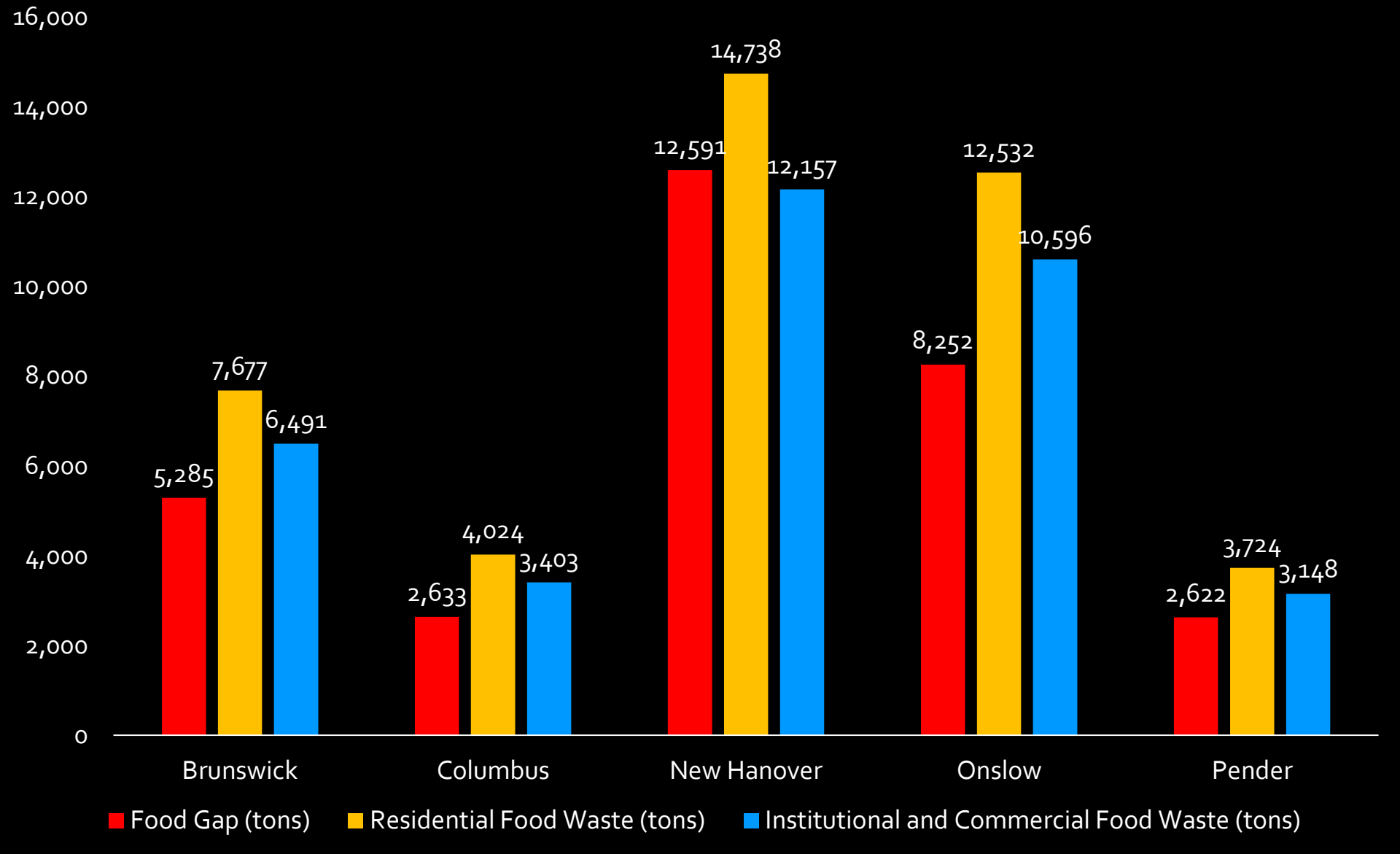
Food Insecurity in SENC

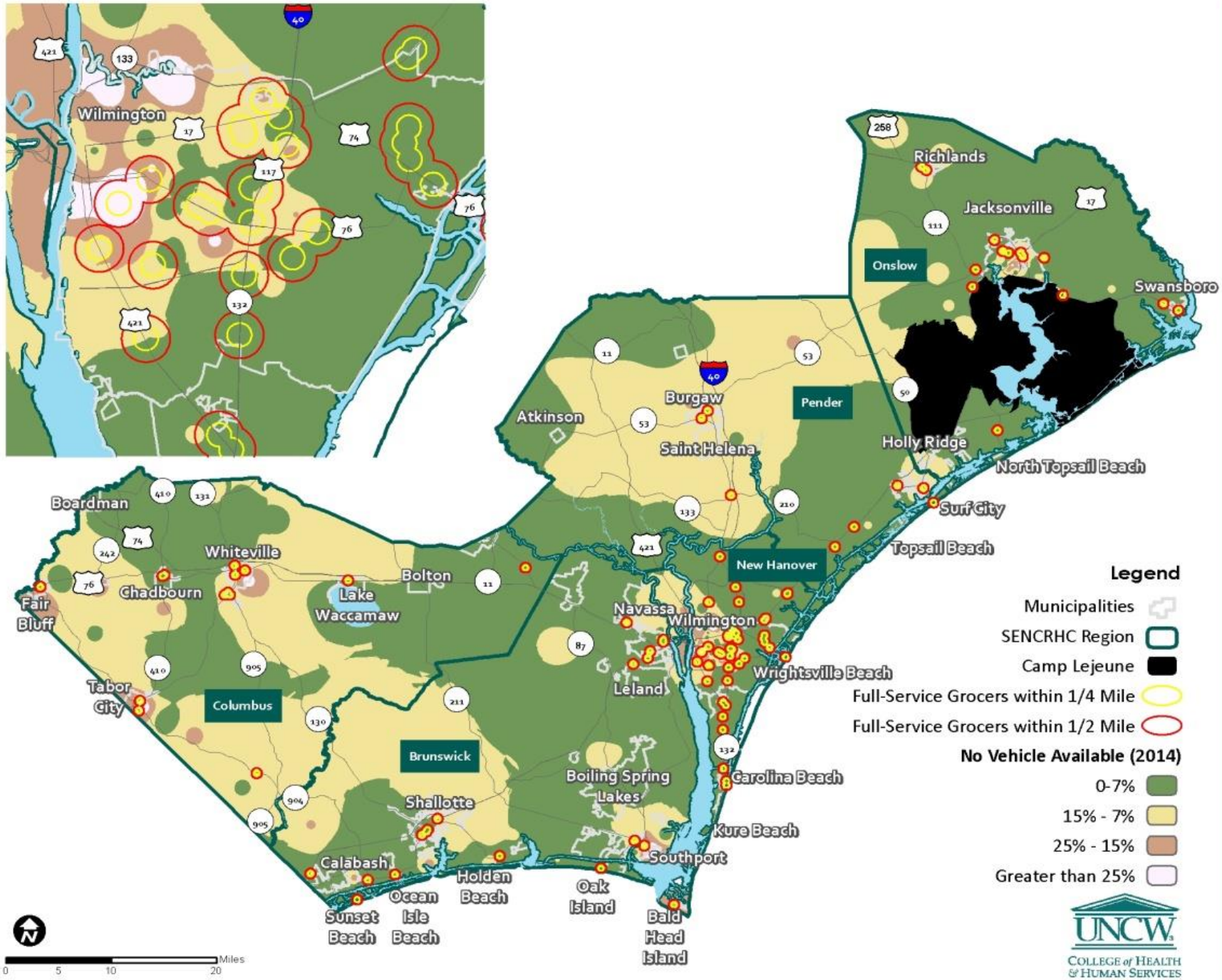


Identifying the Food Gap

Average annual consumption per capita = 1,996 lbs

Bridging the Food Gap




Map 10: Relationship of Full-Service Grocers to Zero Vehicle Households
Wilmington
Richlands
Jacksonville
Onslow
Swansboro
Pender
Burgaw
Atkinson
Saint Helena
Holly Ridge
North Topsail Beach
Surf City
Topsail Beach
New Hanover
Boardman
Whiteville
Chadbourn
Bolton
Lake Waccamaw
Fair Bluff
Navassa
Wilmington
Wrightsville Beach
Leland
Tabor City
Columbus
Brunswick
Boiling Spring Lakes
Carolina Beach
Shallotte
Kure Beach
Southport
Calabash
Holden Beach
Oak Island
Ocean Isle Beach
Sunset Beach
Bald Head Island
Legend
Municipalities
SENCRHC Region
Camp Lejeune
Full-Service Grocers within 1/4 Mile
Full-Service Grocers within 1/2 Mile
No Vehicle Available (2014)
0-7%
15% - 7%
25% - 15%
Greater than 25%
Miles
0
5
10
20
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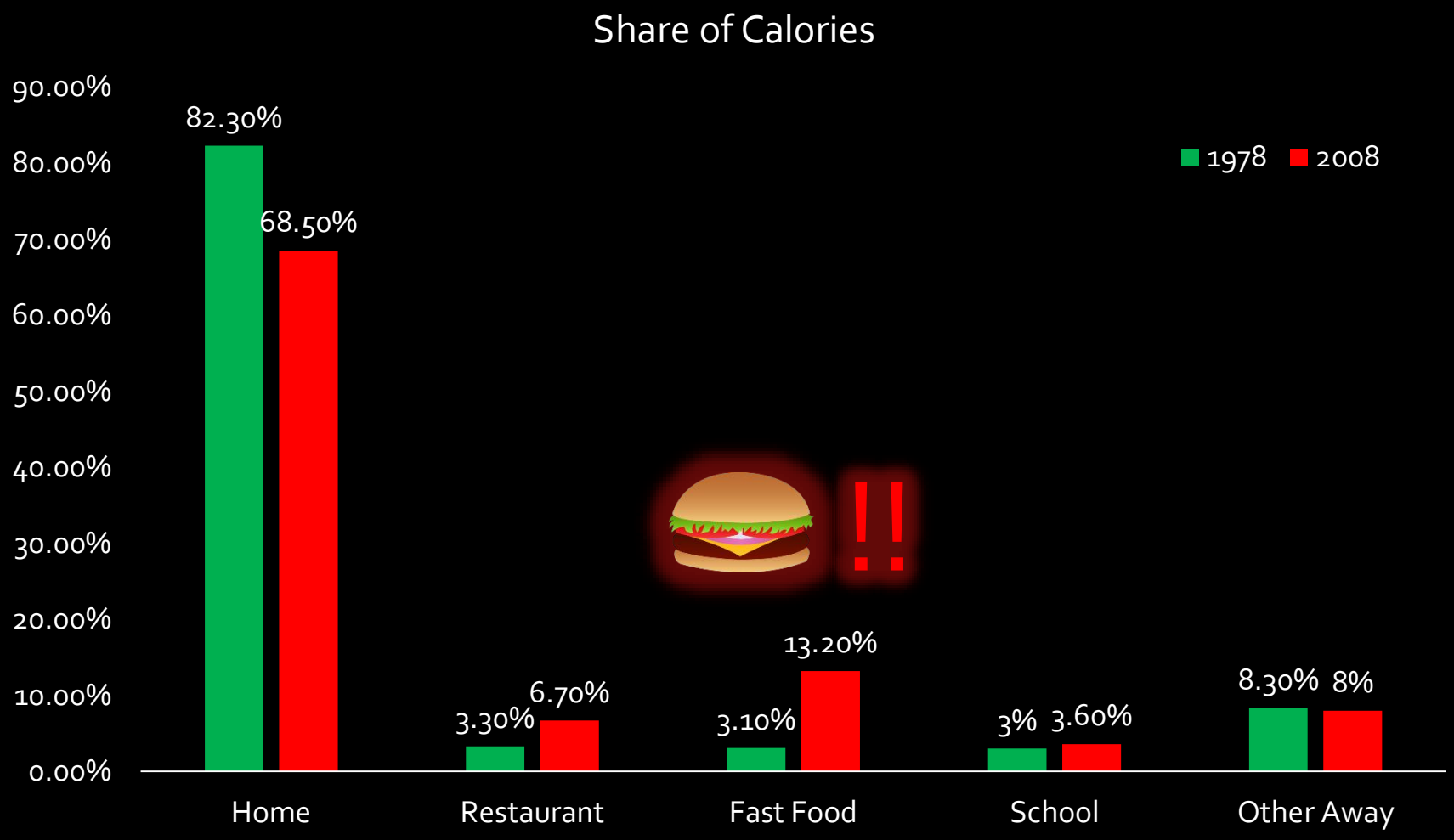
Changes in Choices that Impact Health



- Fast food accounted for a **325% increase** in share of calories from 1978 to 2008

Source: USDA, Economic Research Service.

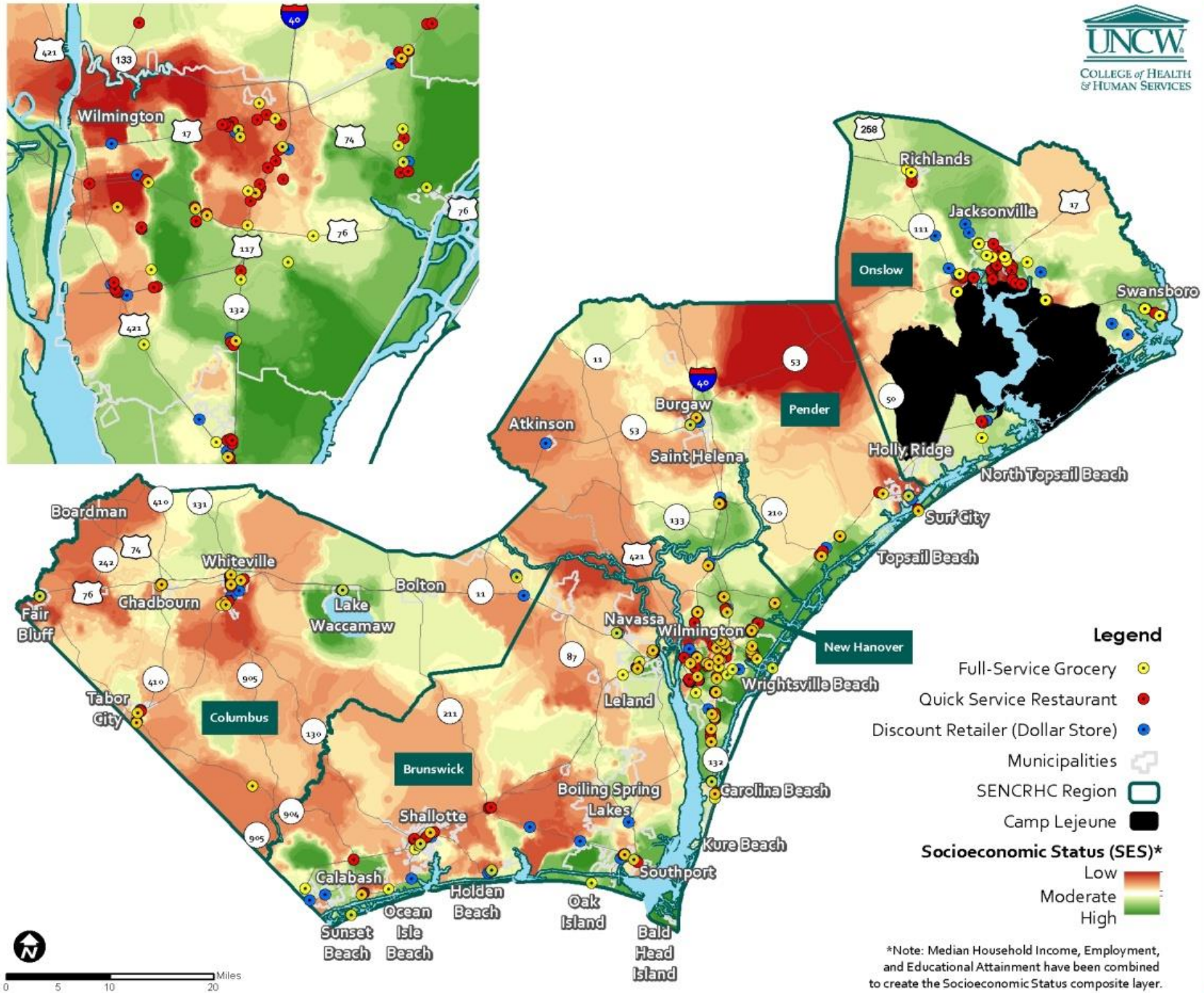
Barriers to Healthy Eating & Nutrition??

- Price – perhaps
- Education – certainly
- Time/Convenience/Access – most definitely

Table 13. Meal Comparisons			
	Fresh/Healthy	Frozen/Processed	Fast Food
Meal	Chicken Breast, Brown Rice, Squash and Zucchini, and Collard Greens	Prepared, Frozen Chicken Tenders and Frozen French Fries	Two Cheeseburgers with Fries and Two Cheeseburger Kid's Meals
Price	$9.13	$10.88	$11.76
Meets USDA Guidelines	✓	✗	✗
Preparation Time	30 – 45 minutes	20-30 minutes	5 – 10 minutes to pick up
Calories (per person)	379	738	610
Fat (grams, per person)	4.1	28	28
Sodium (milligrams, per person)	97	1,758	970

Regulation to Discourage Unhealthy Eating - Merits

- Los Angeles enacted zoning moratoria in poverty stricken area on fast-food establishments
- May not have had intended impact
- Difficult to account for transportation and accessibility
- ***Some evidence of proximity to fast-food and BMI among low-income***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Map 11: Food Access and Socioeconomic Status
Wilmington
Richlands
Jacksonville
Onslow
Swansboro
Pender
Burgaw
Atkinson
Saint Helena
Holly Ridge
North Topsail Beach
Surf City
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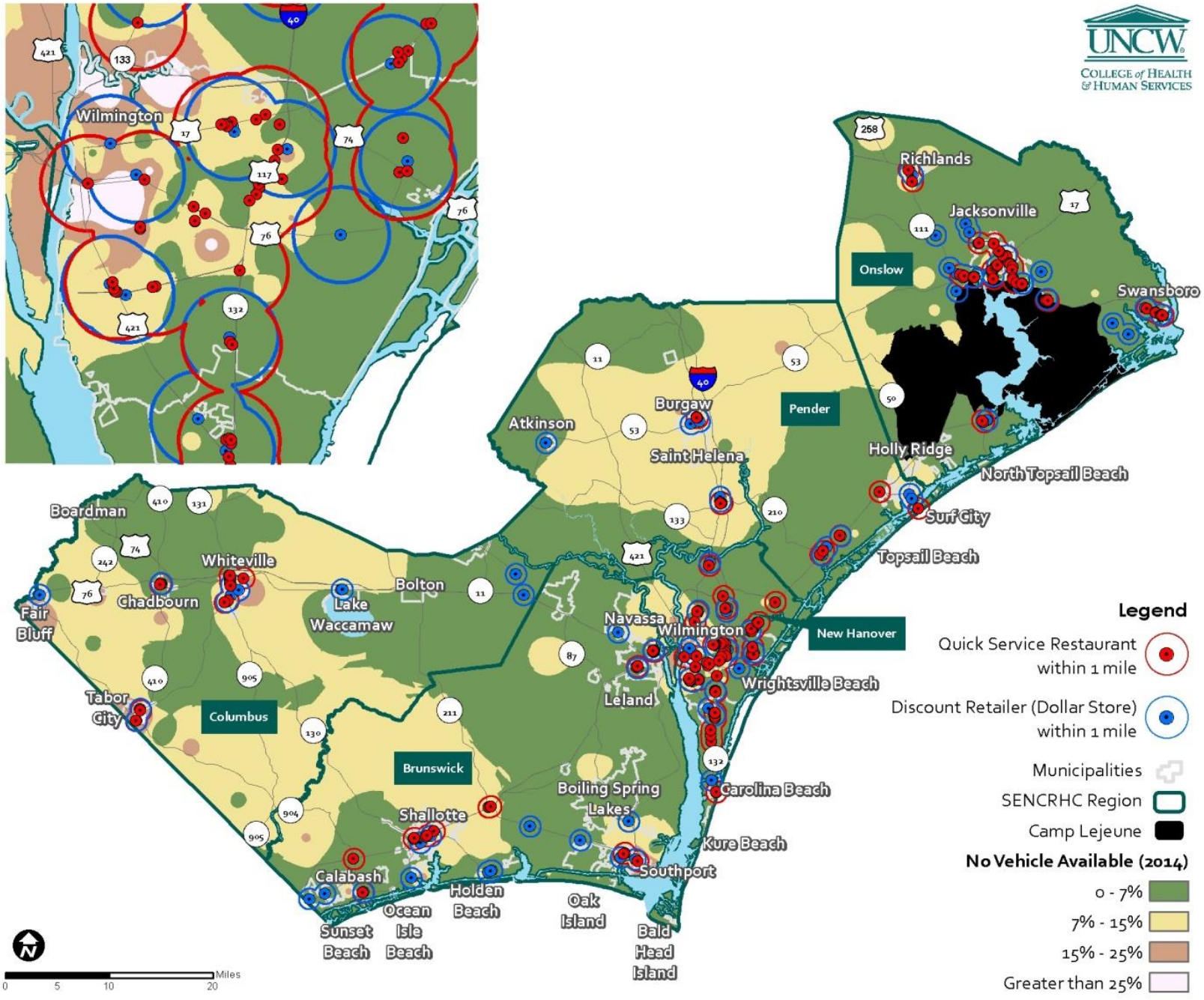
Navassa
Brunswick
Columbus
Tabor City
Fair Bluff
Chadbourn
Whiteville
Boardman
Bolton
Lake Waccamaw
Legend
Full-Service Grocery
Quick Service Restaurant
Discount Retailer (Dollar Store)
Municipalities
SENCRHC Region
Camp Lejeune
Socioeconomic Status (SES)*
Low
Moderate
High
*Note: Median Household Income, Employment, and Educational Attainment have been combined to create the Socioeconomic Status composite layer.
Miles
0 5 10 20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Map 12: Quick Service Restaurants and Discount Retailers in Relation to Zero Vehicle Households
Wilmington
Richlands
Jacksonville
Onslow
Swansboro
Pender
Burgaw
Atkinson
Saint Helena
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Holden Beach
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Sunset Beach
Ocean Isle Beach
Bald Head Island
Legend
Quick Service Restaurant within 1 mile
Discount Retailer (Dollar Store) within 1 mile
Municipalities
SENCRHC Region
Camp Lejeune
No Vehicle Available (2014)
0 - 7%
7% - 15%
15% - 25%
Greater than 25%
Miles
0 5 10 20

Local Food:
Across the region, focused efforts should be placed on supporting and catalyzing our local food economy through infrastructure enhancements, policy change, and financial investment.

Food Insecurity:
Combating hunger through citizen engagement, education, and volunteer support should be pursued throughout the region. Efforts to better connect the food insecure with resources such as food pantries, educational cooking classes, and nutrition assistance programs should be a priority for county health departments and local governments.

Healthy Eating and Nutrition:
Increasing the consumption of fresh fruits and vegetables should continue to be a top priority for the region's health departments and health care organizations. This effort should include environmental, policy, and educational improvements to encourage healthy eating.

Thank You!

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