

# Unhealthy Consumption: Inaccessible Food, Attainable Care

Jenny Uba || City of Medicine Academy

## Background

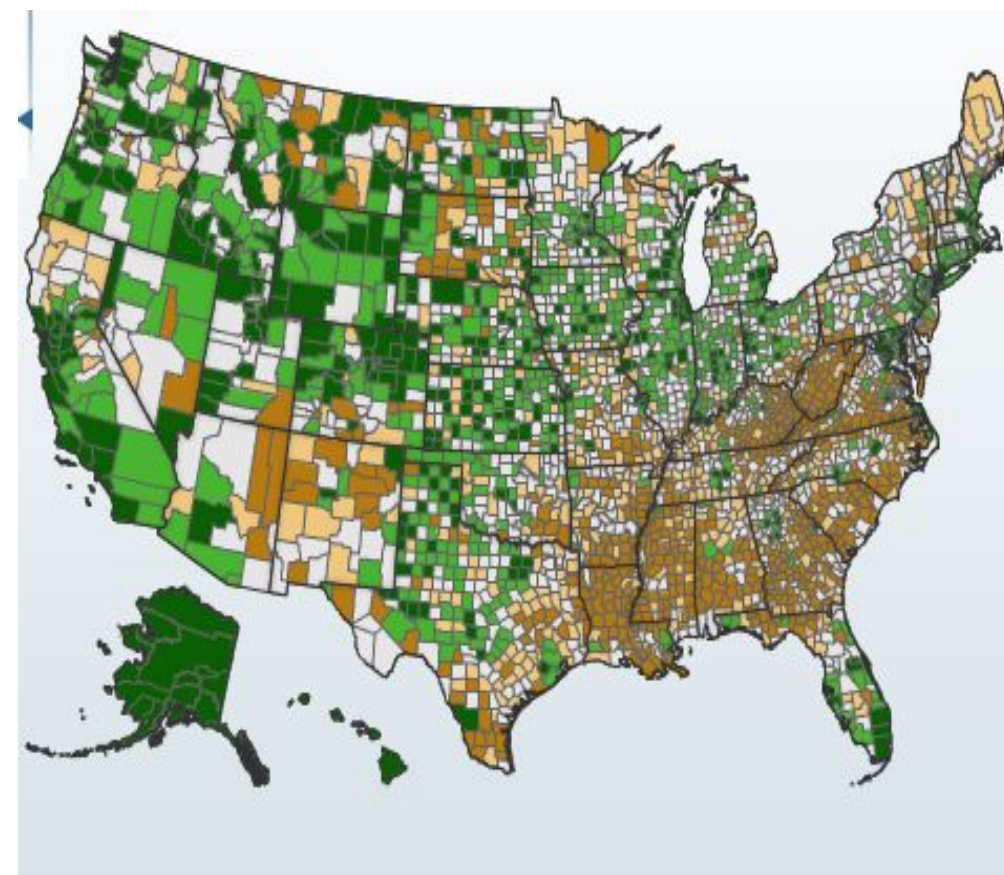
- A food swamp is an area with an abundance of fast food, but no place to buy real groceries
- A food desert is an urban area in which it is challenging to purchase affordable or fresh food that is good quality.
- People living in communities of low income continuously experience higher rates of obesity due to the availability and affordability to calorically dense and nutritionally deficient foods resulting from the food deserts and food swamps that portray these neighborhoods.
- Americans suffer from poor nutrition because they have limited access to good food.
- Encountered with unhealthy diet choices, such as fast food and convenience food in convenience stores, and with minimal markets offering fresh fruit and vegetables, the poor end up eating a less healthy diet.

## Methodology

My data and graphics from the “Feeding Kids Well” website and the “PBS” source. I have also gone on “The Atlantic” to seek more information for food deserts and their blame for America's poor eating habits.

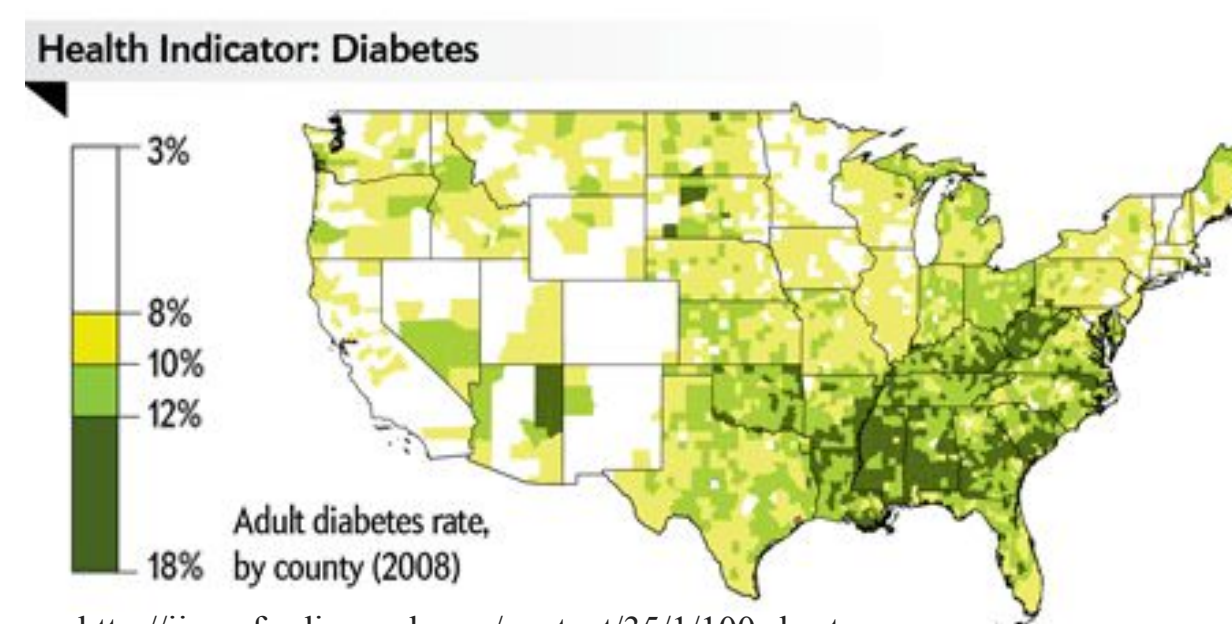
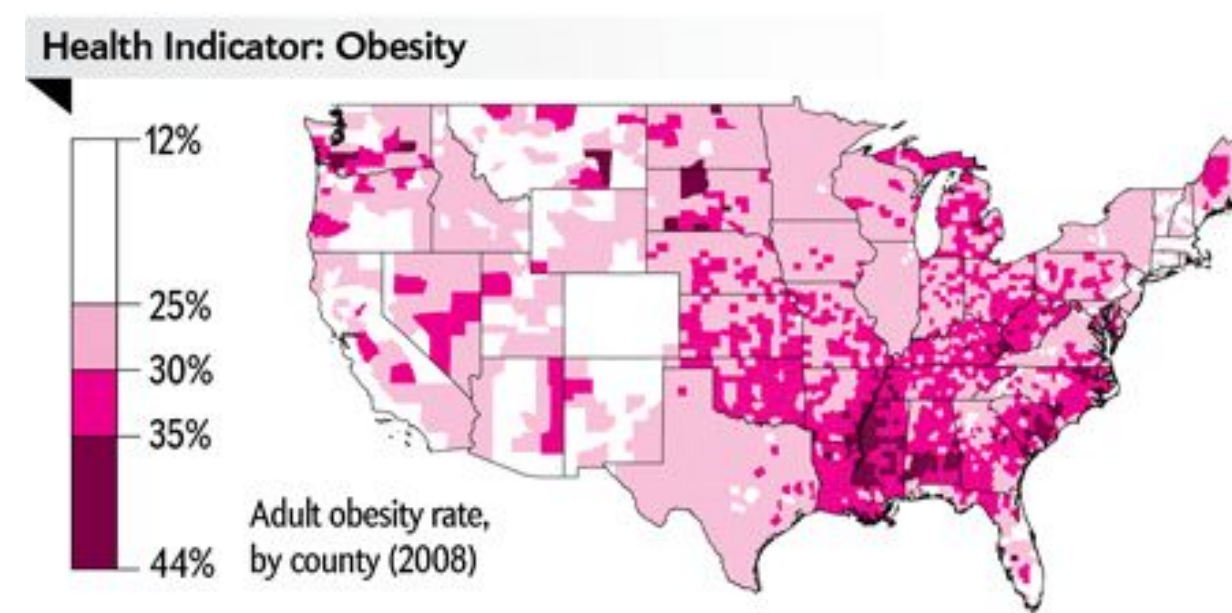
## How do food deserts impact the dependency of healthcare in communities of color?

### Percent Living in Food Deserts



Graph from the PatchWork Nation by Dante Chinni

Brown represents food deserts and the dark green represents none



<http://ije.oxfordjournals.org/content/35/1/100.short>

## Results

- Due to people not getting proper nourishment because of food swamps, this leads to health problems, such as obesity, diabetes, and the intake of prescription medicines. The graphics of the U.S. correlate because in the South where food deserts are most prevalent is also where health problems are most common.
- The poor are commonly less healthy meaning they would be expected to use medications more frequently. The lowest income group studied was extensively more likely than the highest income group to have used a prescription drug.

## Conclusion

To reduce the amount of food deserts more grocery stores filled with good produce should be implemented in communities. To further my research, I would like to go more in depth on how food deserts impact the dependency of pharmaceuticals.