# The East End Data Blend

*Issue 1: "Healthy Eating In The East End"*

Spring 2019

***According to the World Health Organization, poor nutrition and an unbalanced diet can contribute to chronic health problems such as obesity, diabetes, cardiovascular disease, cancer, osteoporosis, and dental disease.* The three biggest nutrition-related concerns for East End residents were diabetes (41.4%), being overweight (37.6%), and high cholesterol (28.%)**. However, eating right can improve your quality of life and reduce the risk of developing these conditions. Eat plenty of fruits, vegetables, and choose healthier unsaturated fats while limiting your consumption of excess starches, sugars, and trans fats for a healthier you!***

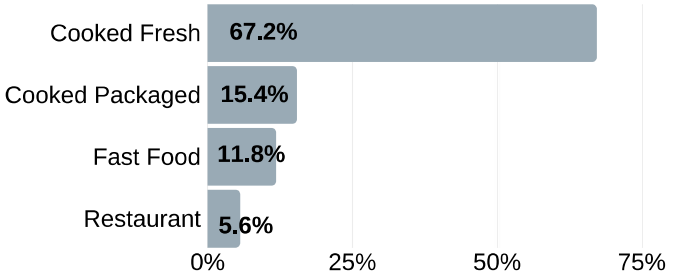
*https://www.who.int/dietphysicalactivity/publications/trs916/summary/en/
**According to the results of the 2014 Seventh District Health and Wellness Survey

## YOUR PLATE OF DATA

In 2014, We asked over 1000 East End Residents: "What would make your neighborhood healthier?"

64.8% said Closer Places to Buy Healthy Foods
53.9% said Community Gardens
56.7% said Less Expensive Healthy Food**

## WHAT DID EAST END RESIDENTS EAT LAST NIGHT?**




*The majority of East End residents typically cook dinner at home from fresh ingredients. This can reduce your consumption of excess salt and sugar usually added to frozen, packaged, or fast foods!*

**According to the 2014 Seventh District Health and Wellness Survey

## TAKE YOUR NUTRITION INTO YOUR HANDS!

Ensure freshness and quality while saving money and supporting local businesses! Buy seasonal produce from trusted farms and vendors like those listed here. Or grow your own produce at a community garden!

## HEALTHY PRODUCE LOCATIONS

**Peter Paul Food Pantry at St. Peter's Episcopal Church**
**1719 North 22nd St**
**Stocked 1st & 3rd Wednesday every month; 8am-11am**
**(804) 643-2686**

**Any Healthy Corner Store Initiative Location****

**Any Shalom Farms Farm Stand****

**Market @ 25th**
**25th St and Fairmont Ave**
**info@TMat25.com**

**17th Street Farmer's Market**
**100 N 17th St**
**(804) 234-3905**

**see the Healthy Food Market Cheat Sheet at rampages.us/rvawellness for full list

## LEARN TO COOK HEALTHY MEALS

**Parsley's Kitchen**
**Sarah Garland Jones Center Bon Secours**
**2600 Nine Mile Rd**
**Featuring Diabetes Prevention Classes**

**The Kitchens at Reynold's**
**Reynolds Community College**
**Coming soon to 2500 Nine Mile Rd**

*Find cheap and healthy recipes and see what's in season this spring on the USDA SNAP Education website at https://snaped.fns.usda.gov/nutrition-education/recipes*

## GROW YOUR OWN PRODUCE!

5th District Mini Farm
2224 Bainbridge St
(804) 330-7400

Tricycle Gardens Community Garden
2314 Jefferson Ave
(804) 231-7767

Chimborazo Playground Community Garden
3000 W Grace St
804-646-5620

Kids welcome! Get the whole family involved!

Thank you for reading the inaugural edition of The East End Data Blend!
Brought to you by the VCU Department of Family Medicine and Population Health, Division of Epidemiology
For more information, visit rampages.us/rvawellness