

# Healthy

## Fast Facts from the Food System Dashboard

### Good Food is Healthy

In order to have a Good Food system in Los Angeles, we must ensure that everyone has access to a healthy food environment.

Food is integral to the health and quality of life of individuals and communities. A “healthy” food system is one that offers residents genuine options in their food choices, so as to provide them with equal access to fresh produce from grocery stores and farmers markets – no matter their neighborhood.

#### FAST FOOD CONSUMPTION IS INCREASING

More people are regularly eating fast food than previously in the Antelope Valley, San Gabriel Valley, Metro, and East LA - and the San Fernando Valley has seen over a 10% increase in the past several years. West LA has 15% less of their residents eating fast food than any other Service Planning Area (SPA).

#### SOUTH LA IS THE ONLY COMMUNITY WITH MORE LIQUOR STORES THAN GROCERY STORES

With over 800,000 residents in South LA, there are 119 liquor stores, while only 91 grocery stores. Both East LA and West LA have significantly more grocery stores than liquor stores.

#### OBESITY IS INCREASING ACROSS RACIAL GROUPS

The rates of people who are overweight (BMI of 25-29.9) is decreasing, while the rates of obesity are largely increasing (BMI of 30+) across racial groups.

#### Fruits & Vegetables are increasing in affordability.

More adults at all income levels believe that produce is affordable in their neighborhood.



#### But they are decreasing in consumption.

Over the past several years, people across income levels are eating less fruits and vegetables. This suggests multiple barriers to access that go beyond price - including transportation and availability.

West LA has nearly half of the prevalence of Diabetes (at 6.3%) than any other Service Planning Area (SPA) in Los Angeles County.

# Affordable

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### Good Food is Affordable

In order to have a Good Food system in Los Angeles, we must ensure that everyone has access to nutritious, affordable food.

All Angelenos, regardless of their income level or zip code, should have the ability to access food that is affordable, accessible, safe, and culturally relevant. Prioritizing affordability means ensuring that our most vulnerable populations can access Good Food in their own neighborhoods.

#### FOOD INSECURITY IS DECREASING OVERALL

Food insecurity has been decreasing across income, race, and age, in general. Exceptions include those that are 65 years or older and “US-born Asians”. The data is inconclusive for Native Hawaiians, Pacific Islanders, American Indians, and Alaskan Natives.

#### DIABETES, HYPERTENSION, & HIGH CHOLESTEROL ARE INCREASING FOR THE POOREST INDIVIDUALS

For those that are below 200% of the Federal Poverty Line (FPL), the trends in these chronic diet-related diseases are increasing, while those above 200% FPL have rates that are stagnant or decreasing.

#### CALFRESH PARTICIPATION IS INCREASING

The latest participation rate for CalFresh (aka SNAP or Food Stamps) was 69%, up from 52% in 2013. This is related to multiple efforts at the county and state levels to increase participation.

#### School Meal Participation is Increasing.

Due to legislation and policies, more students who qualify for free or reduced meals are able to eat breakfast and lunch at school.



#### But participation is still low.

Over 1 million children are eligible for free or reduced price meals, which is over 69% of all children in LA County.

Of those eligible, only 67% participate in school lunch, and 51% in school breakfast.

**CalFresh participation must be carefully watched as the “Chilling Effect” of Public Charge and anti-immigrant sentiments continue to rise.**

# Sustainable

## Fast Facts from the Food System Dashboard

### Good Food is Sustainable

In order to have a Good Food system in Los Angeles, we must ensure that our environment is treated in a sustainable fashion.

Our local food system is both a contributor to climate change, and a critical tool for reversing it. We need to take action in regard to sourcing and distribution of food, repurposing of food waste, and our agricultural practices in order to foster a sustainable food system for our current and future generations.

#### AGRICULTURAL LAND IS BEING LOST

More and more agricultural land is being converted to urban and built land across the LA Foodshed, which depletes the resiliency of our food system. Overall, the acres of agricultural land in LA County and Foodshed have also been consistently decreasing.

#### ORGANIC FARMS ARE INCREASING

The number of certified organic farms is on the rise in both LA Foodshed, now with 6.7% of farms registering as organic, and 2.9% in LA County. We also know that there are many other sustainable and regenerative farming practices and certifications that are gaining popularity.

#### WOMEN- AND MINORITY-OPERATED FARMS ARE GREATLY INCREASING

In 2017, 46% of farms in the LA Foodshed were principally operated by women - up from 21% in 2012. Furthermore, 26% of farms were minority-operated, which was a 17% increase from 2012.

#### Micro-farms are continuing to increase.

In both LA County & Foodshed, there have been greater than 10% increases in the number of micro-farms in the past several years.



#### And so are large farms.

Large farms have continued to increase in all areas - including acres harvested, agricultural sales, and more. This points to increased consolidation of corporate ownership of agriculture in California.

Of these minority-operated farms, 15.7% were Latino, 5.9% Asian, 2.1% multiple races, 1.3% American Indian or Alaskan Native, 0.5% Black or African American, and 0.5% Native Hawaiian.

# Fair

## Fast Facts from the Food System Dashboard

### Good Food is Fair

In order to have a Good Food system in Los Angeles, we must ensure that food workers and animals are treated with fairness.

Fair food consists of food produced, manufactured, distributed, sold, and recycled with fair labor practices and humane treatment of animals. At every point in the food supply chain, workers should receive fair compensation and treatment, and be free from exploitation. Fair food honors and respects the lives of all species involved in food provision.

#### FOOD SYSTEM JOBS ARE INCREASING IN LA COUNTY

Over the past several years, the number of people working Food System jobs in LA County has increased by almost 100,000. Now, **1 in 10 workers** (adding up to over 619,000) in LA County are working in the food system.

#### THE NUMBER CHICKENS, HENS, & PIGS ON FARMS HAVE DECREASED

The average number of chickens used for meat, hens used for eggs, and pigs per farm in California have decreased, yet the number of cows used for dairy per farm has continued to increase.

#### THE GAP BETWEEN REAL & LIVING WAGES IS INCREASING

The average hourly wage of a nonsupervisory food system worker has increased from \$10.62 to \$13.09 in the past seven years, yet the gap between the average hourly wage of all food workers, and all workers in LA County, is still \$14.45. The gap between minimum wage and a living wage for a small family is \$16.91.

#### Wages are slowly increasing for food system workers.

The minimum wage has continued to raise in LA City and County, even though it is stagnant nationwide.



#### But it is not fast enough for the increasing cost of living in LA.

The **gap** between the living wage for a household with 2 adults & 1 child in LA County and the minimum wage has increased to \$16.91.

National nutrition supplement programs such as CalFresh (aka SNAP and previously known as Food Stamps) are based on the Federal Poverty Line. We know that living in LA is very expensive, and much higher than the national average.