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## Chattanooga Sustainable Food Center: An Overview

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# Chattanooga Sustainable Food Center: An Overview

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# Overview

- Chronic disease and obesity in Tennessee
- Fruits and vegetables intake
- Food environment and its impact on health status.
- Chattanooga Sustainable Food Center

# Chronic Disease and Obesity

- Chronic diseases are health conditions that last one year or more and require ongoing medical attention.
- **There are more than 16,000 cases of death due to heart diseases and more than 1,900 new cases of diabetes every year in TN.**
- **The latest data shows that 36% of adults are overweight and 31% have obesity in TN.**

## Chronic Disease Risk Factors Summary





	Hamilton County	Tennessee	United States
Smoke cigarettes - adults	20%	22%	17%
Smoke cigarettes - youth	N/A	9%	9%
Use vapor products - youth	N/A	12%	13%
Obese -adults	31%	32%	28%
Overweight/obese public school students	33%	39%	N/A
Physical inactivity – adults	28%	30%	23%
Excessive Alcohol Use	14%	14%	18%

Sources: 2018 County Health Rankings, Centers for Disease Control, and Tennessee Coordinated School Health

<http://health.hamiltontn.org/Portals/14/DataPublications/Docs/2019%20Report%20Final%202019-02-28.docx.pdf>

# Fruits and Vegetables intake (FV) Intake

- FV Intake and eating habits influence the risk of chronic diseases.
- The recommendation is to consume 3-4 portions of FV per day.
- 45% of adults reported consuming fruits less than one time daily in TN.
- 24% reported consuming vegetables less than one time daily in TN.



# FV Intake and Chronic Disease Prevention

- An analysis of cohort studies following 469,551 participants found that a higher intake of FV is associated with a reduced risk of death from cardiovascular disease.
- An average reduction in risk of 4% for each additional serving per day of fruit and vegetables (Wang et al., 2014).
- A reduced risk of cardiovascular disease also reduces the risk of obesity, high blood pressure, diabetes, and other chronic diseases.

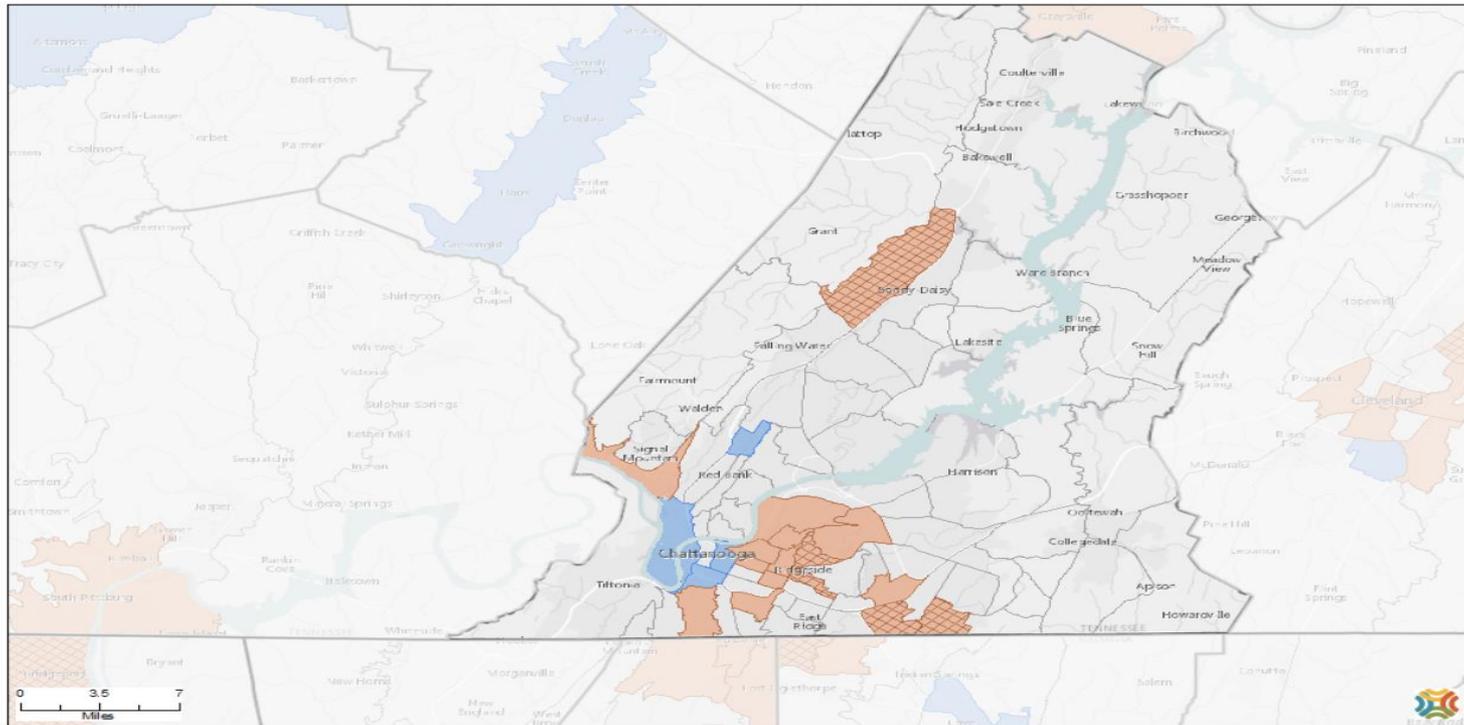
## Food Environment in TN

- 21% of Tennessee's population lives in a food desert.
  - 15% urban
  - 6% rural
- A food desert is an area that has limited access to affordable and nutritious food.



Tennessee Advisory Committee on International Relations (2019)

Hamilton County, TN: Food Desert Census Tracts, Change by Tract



Map Legend

Food Desert Census Tracts, Change, 1 Mi. / 10 Mi. by Tract, FARA 2010-2015

-  Food Desert - Added in 2015
-  Food Desert - No Change
-  Not a Food Desert - Removed in 2015
-  Not a Food Desert

Community Commons, 2/28/2017

<https://www.communitycommons.org/entities/86f764f8-a171-45b2-a2bf-181c23715d4c>

## Strategies to Improve Access to Healthy Food

- Provide access to healthier food retail such as grocery stores, farmers markets, and mobile food retail.
- Improve transportation access to food retailer.
- Increase community' knowledge, self-efficacy, and behavioral intentions about healthier food choices and preparation.

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/nutrition.html>

# Chattanooga Sustainable Food Center (CSFC)

- **Mission:**

- To increase access to locally grown foods, provide nutrition education, and inspire regional agriculture in Chattanooga.

- **Vision**

- A vibrant, well nourished Chattanooga.



# CSFC Goals

- Chattanooga offers a long growing season with an abundance of fresh food and talented farmers.
  
- CSFC goals are:
  - To create a **food system** in Chattanooga that allows easy access to affordable and healthy food.
  - To act as a **resource center** where obtaining affordable fresh food and learning the benefits of cooking it will make for a healthier community.

# CSFC

- For more information, visit the center website:  
<https://chattfoodcenter.org/>



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