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.