

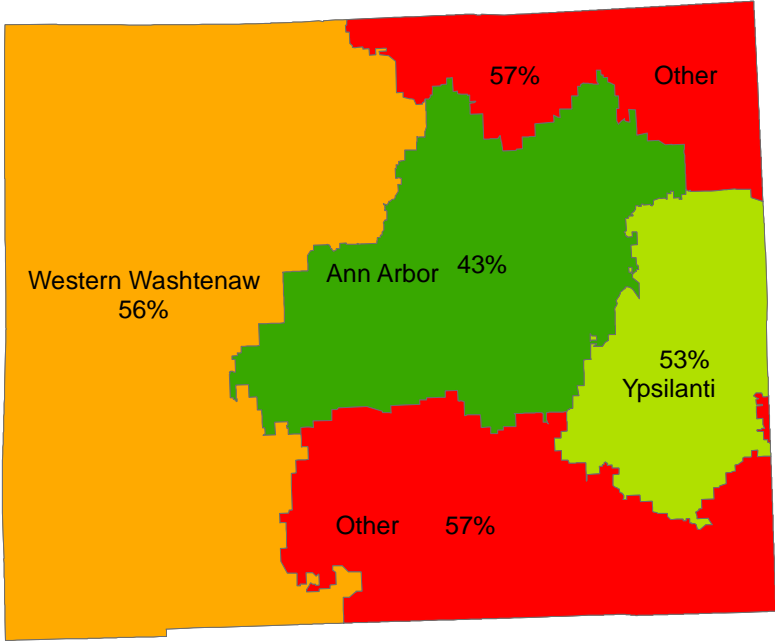
The Human Food Habitat in Washtenaw County

HIP Community Health Committee
Adreanne Waller, MPH
Washtenaw County Public Health
November 18, 2008

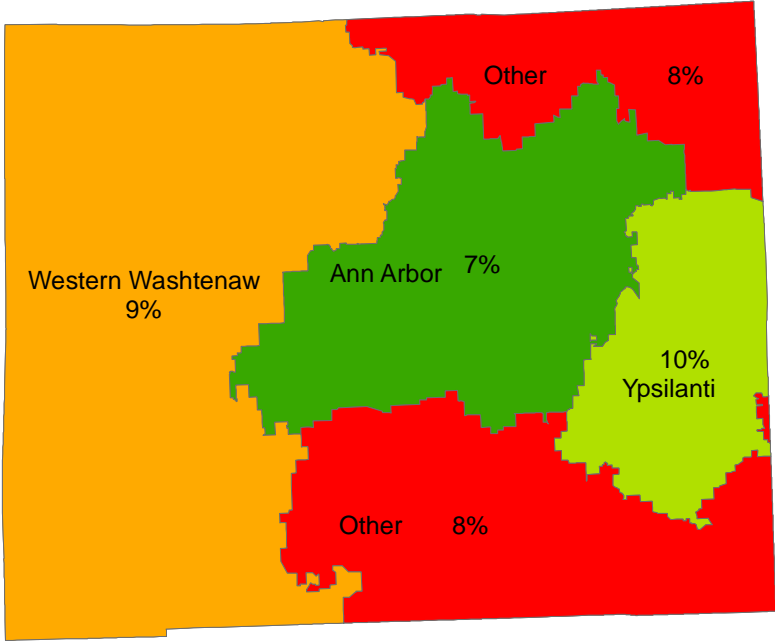
"I went to a restaurant that serves
"breakfast at any time". So I ordered
French Toast during the Renaissance."

Steven Wright

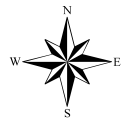
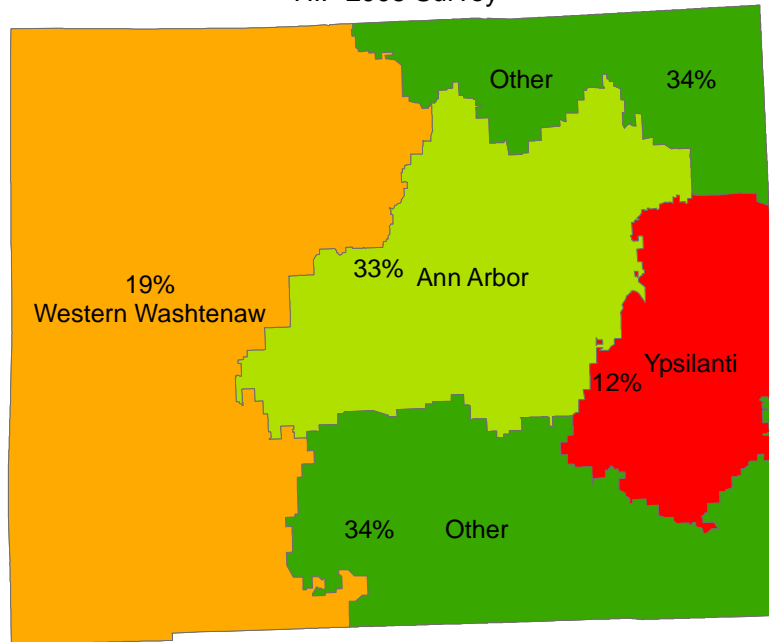
Overweight (BMI>25) Rates
Washtenaw County Adults by Region
HIP 2005 Survey



Diabetes Rates
Washtenaw County Adults by Region
HIP 2005 Survey



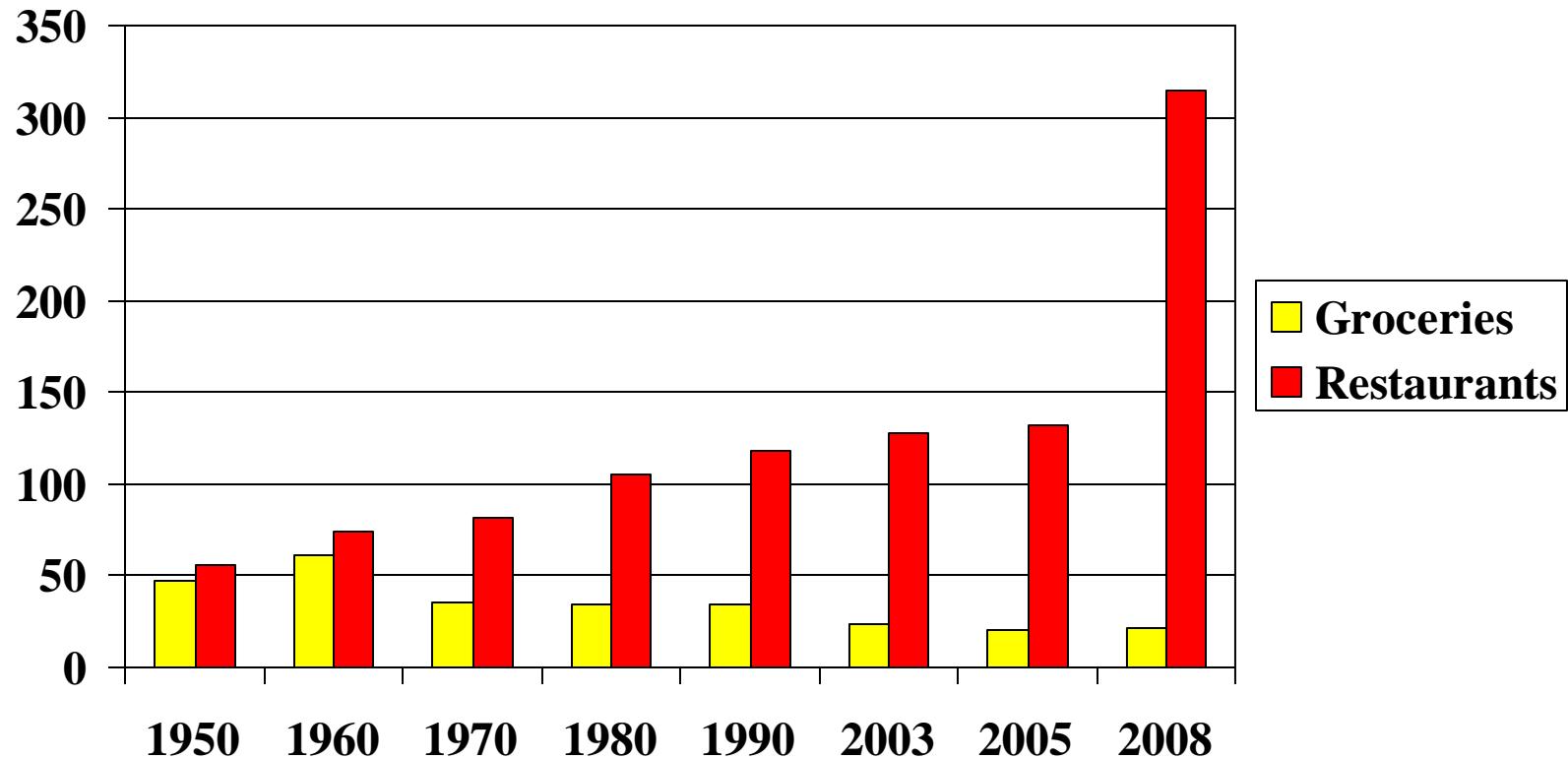
Percent Consuming Fruits and Vegetables
Five or More Times Per Day
Washtenaw County Adults by Region
HIP 2005 Survey



Our food habitat has changed
DRASTICALLY.

Grocery Stores* and Restaurants** Per 100,000 Population

Washtenaw County – 1950-2008***



*Grocery implies at least fresh vegetables and meat available.

•**For 2008 Restaurants, includes any retail food establishment, including schools.

***1950-2005 data taken from phone books and internet. 2008 data taken from licenses granted by Michigan Department of Agriculture

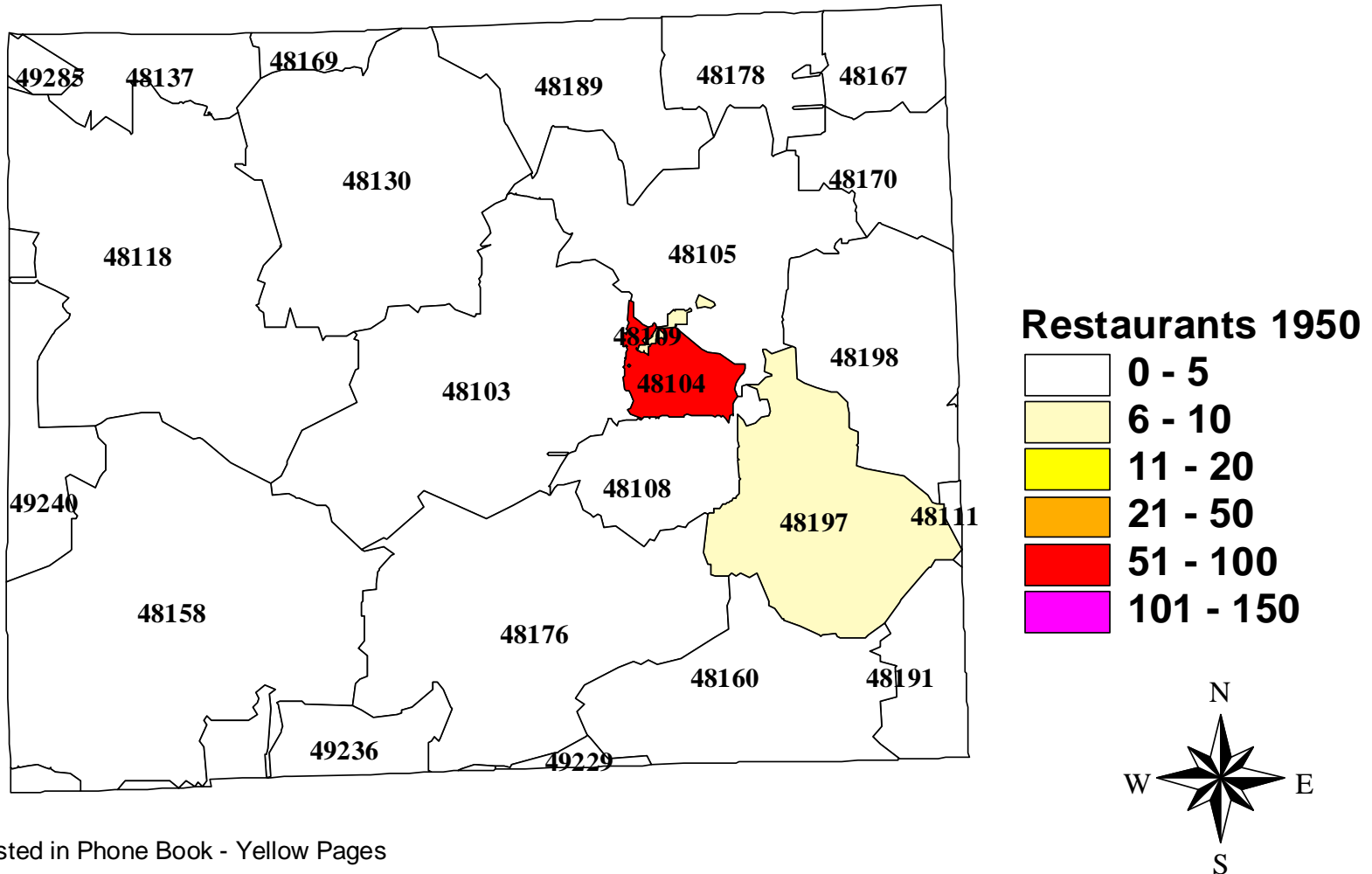
Washtenaw County Public Health - Waller

The 'Obesogenic' Society

- **Hunter/gatherers ate 75% nuts, vegs, fruits; 25% lean game**
- **We eat 17% fruits, vegs; 28% fatty meats; 55% carbos, sugars, etc**
- **We would need to slow jog for 6-8 miles every day to exercise as hunter/gatherers**
- **Cheap, fast, low nutrition, high fat foods**
- **Convenient stores**
- **'Drive-Throughs' – not much 'healthy' food eaten in the car?**
- **Perception of increased preparation time for fresh fruits and vegetables**
- **Decreased time available – e.g. Americans working more hours, more single parent homes, etc.**

Eating food from outside the home is becoming much more prevalent and must be **considered as an INTERVENTION opportunity.**

Restaurants* in Washtenaw County By Zip Code - 1950



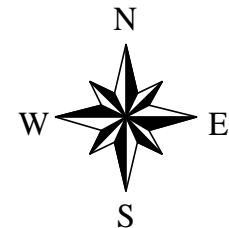
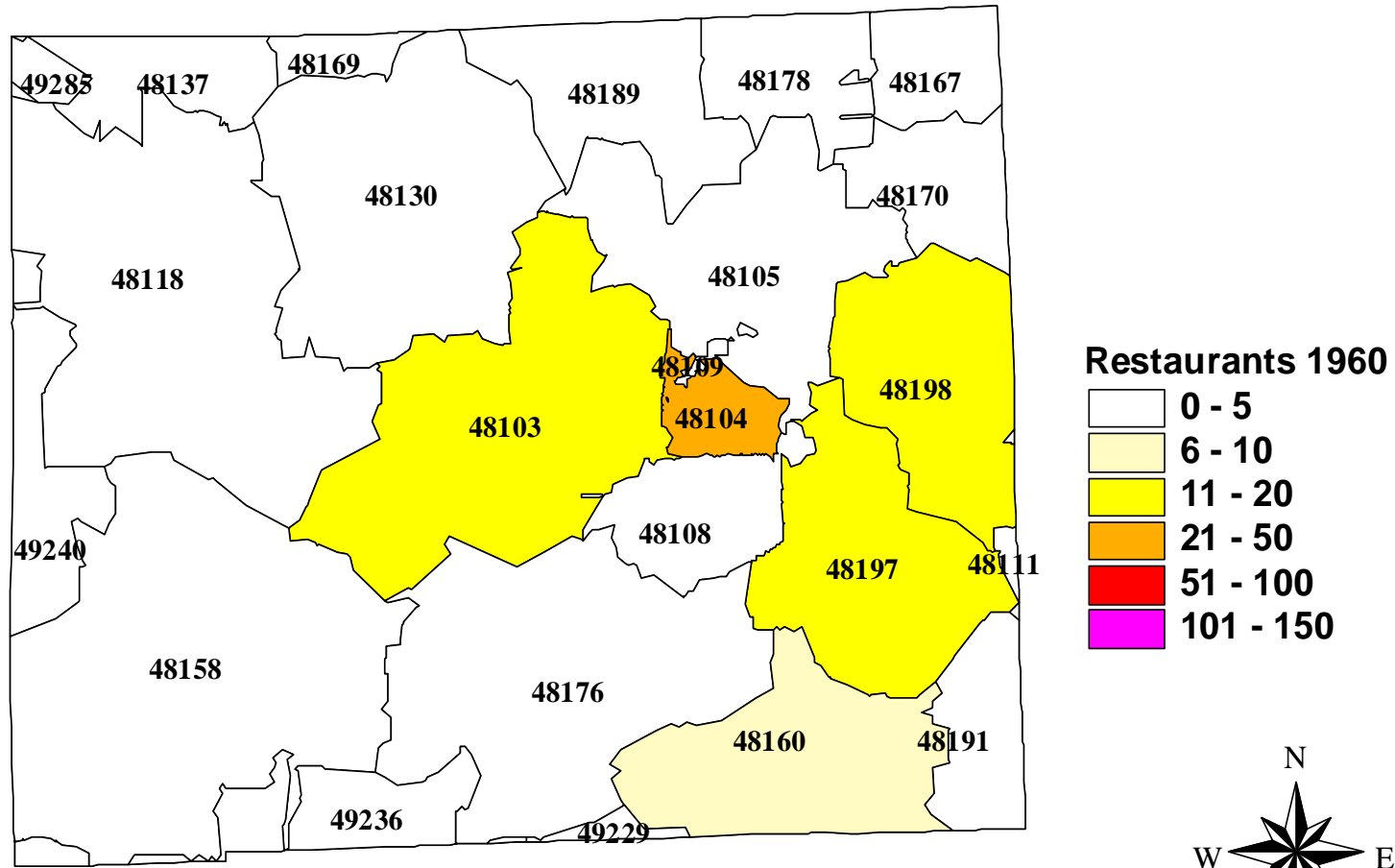
*Listed in Phone Book - Yellow Pages

Washtenaw County Public Health - Waller/GIS/11/03

Washtenaw County Public Health - Waller

11/08

Restaurants* in Washtenaw County By Zip Code - 1960



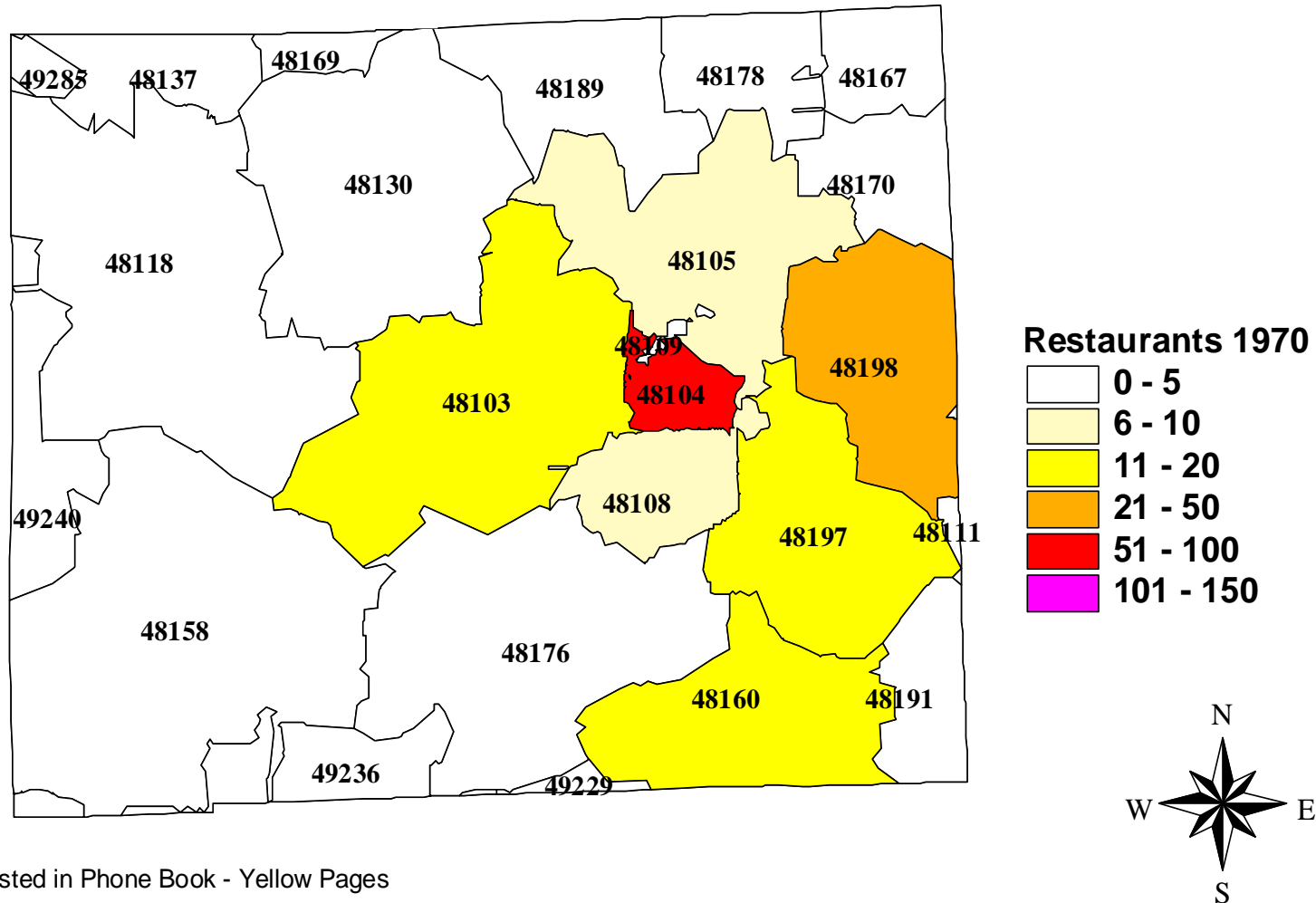
*Listed in Phone Book - Yellow Pages

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Restaurants* in Washtenaw County By Zip Code - 1970



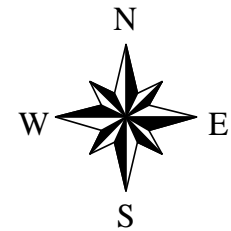
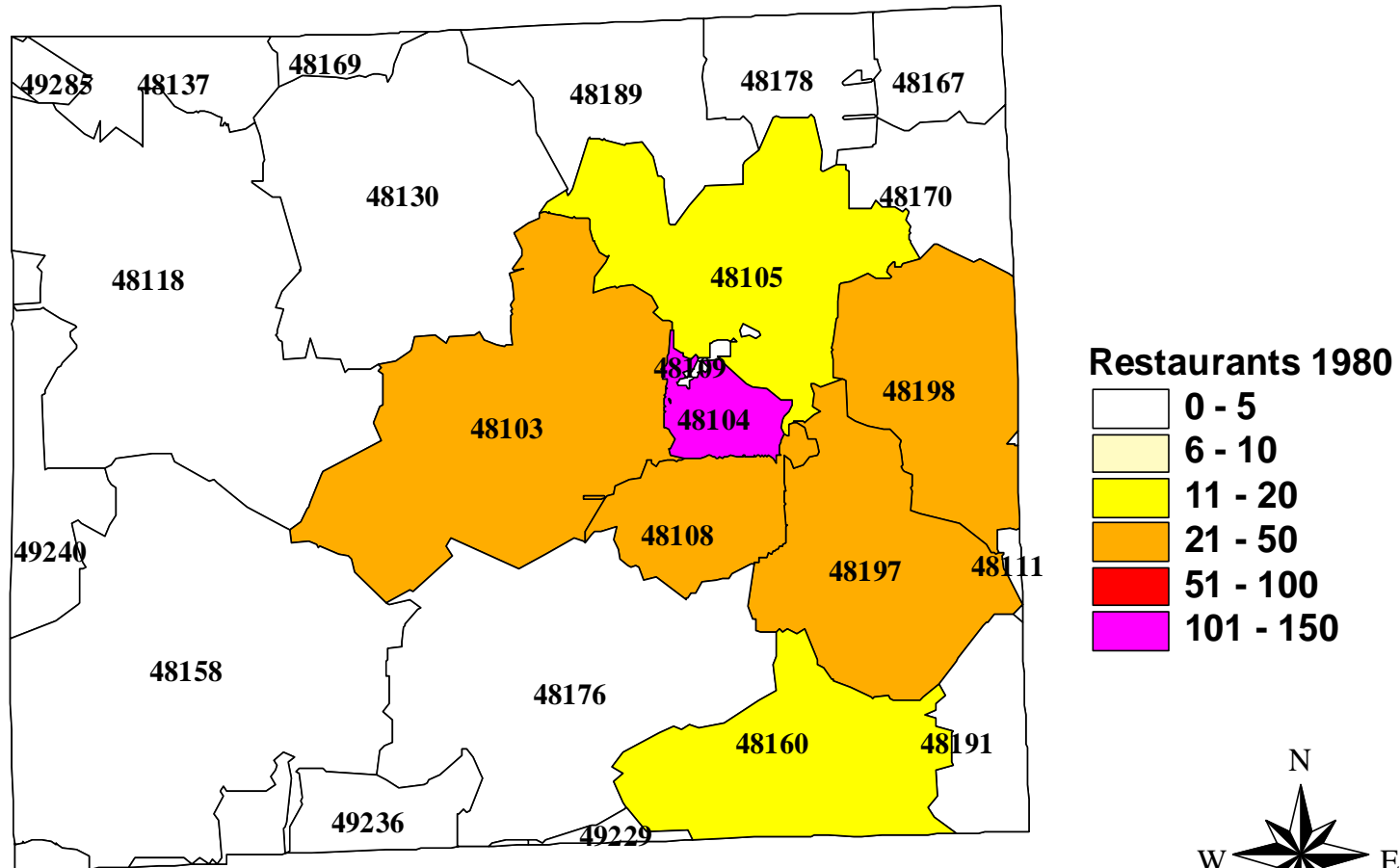
*Listed in Phone Book - Yellow Pages

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Washtenaw County Public Health - Waller

11/08

Restaurants* in Washtenaw County By Zip Code - 1980



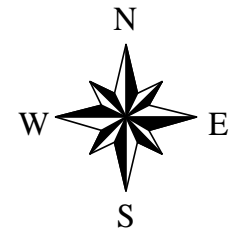
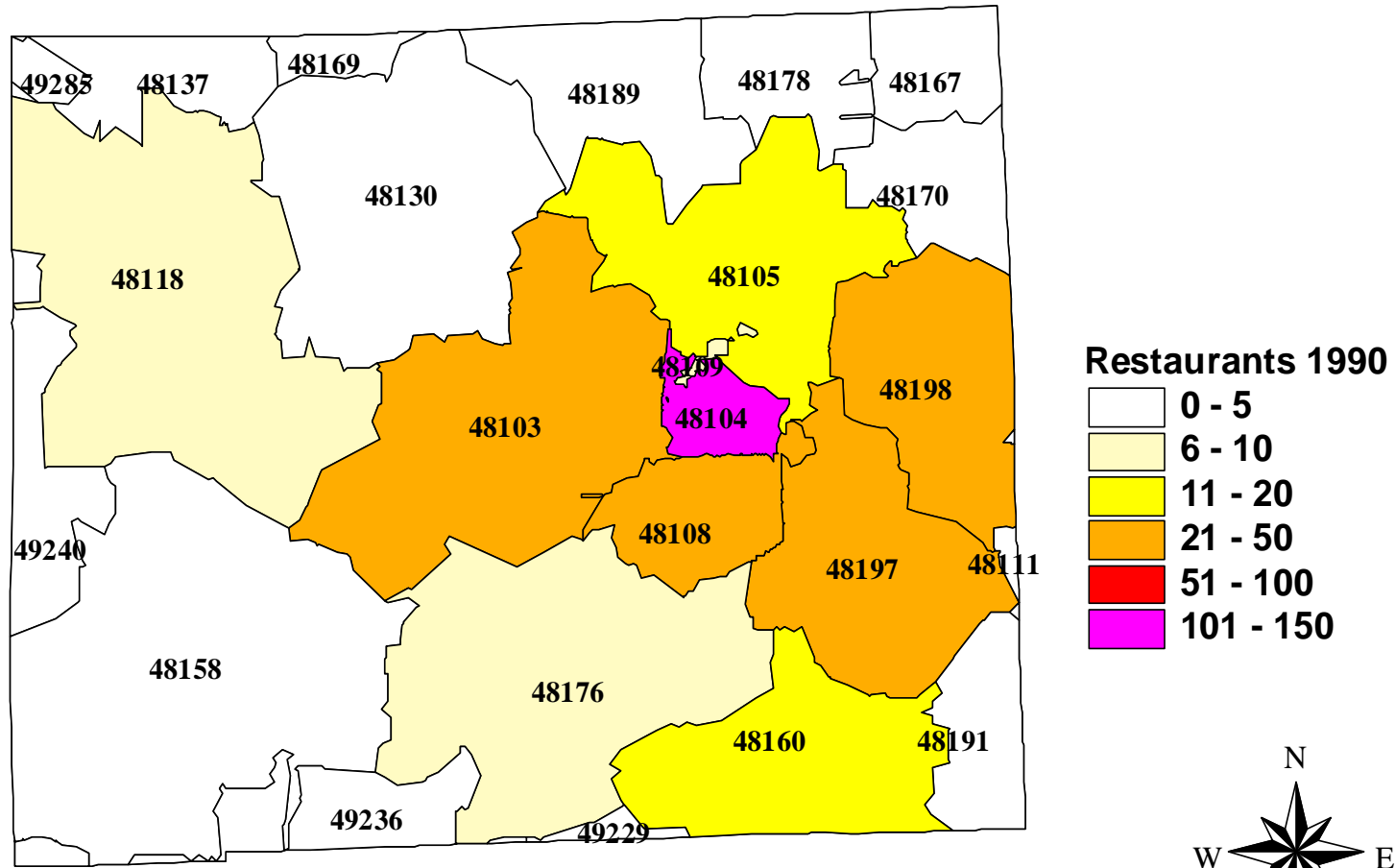
*Listed in Phone Book - Yellow Pages

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Restaurants* in Washtenaw County By Zip Code - 1990



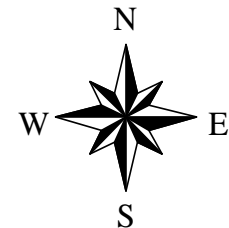
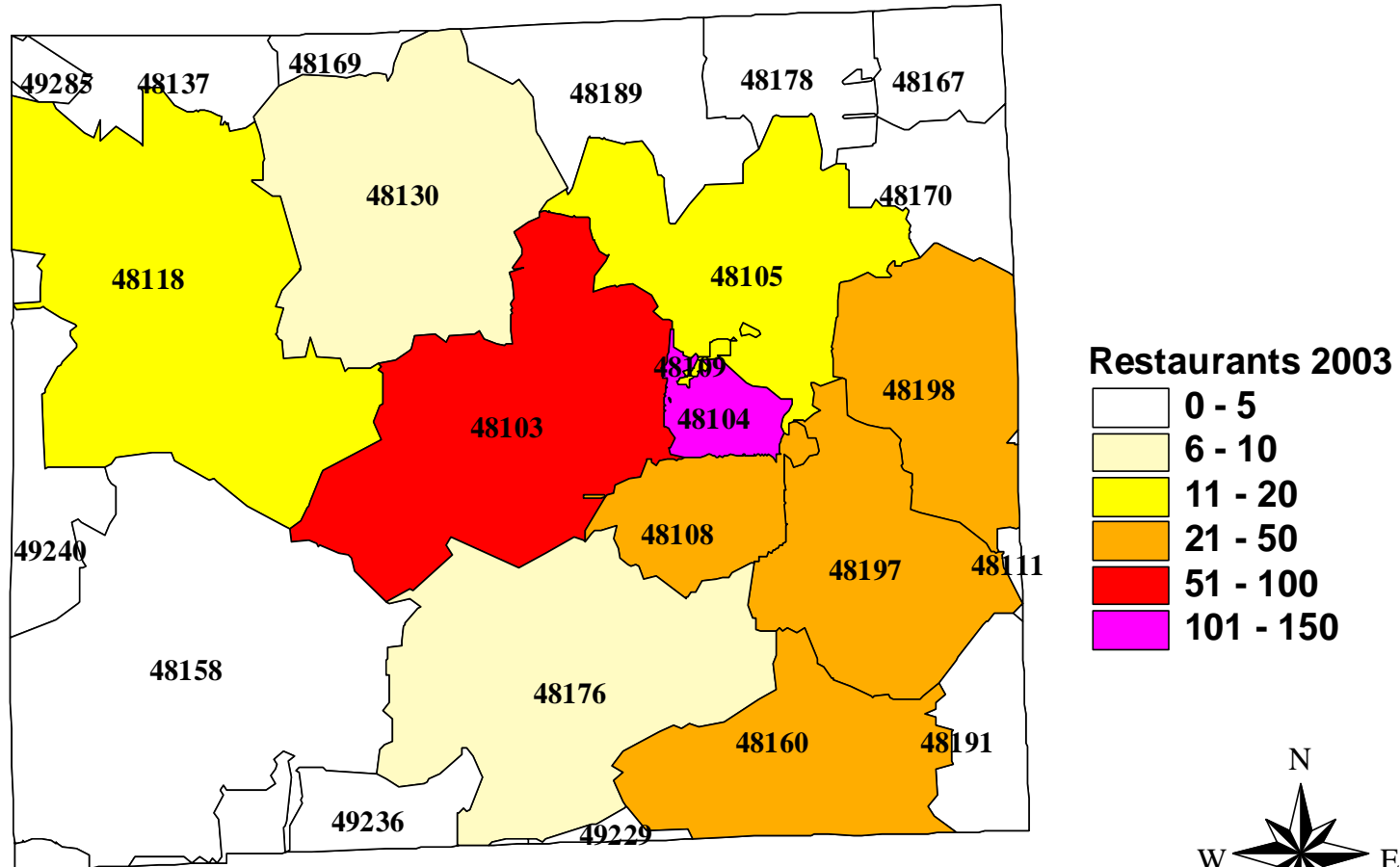
*Listed in Phone Book - Yellow Pages

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Restaurants* in Washtenaw County By Zip Code - 2003



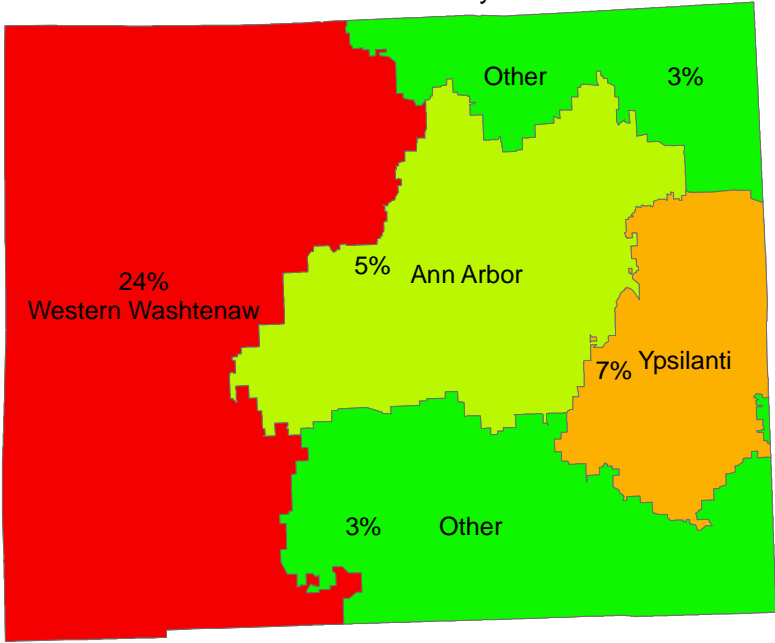
*Listed in Phone Book - Yellow Pages

Washtenaw County Public Health - Waller/GIS/11/03

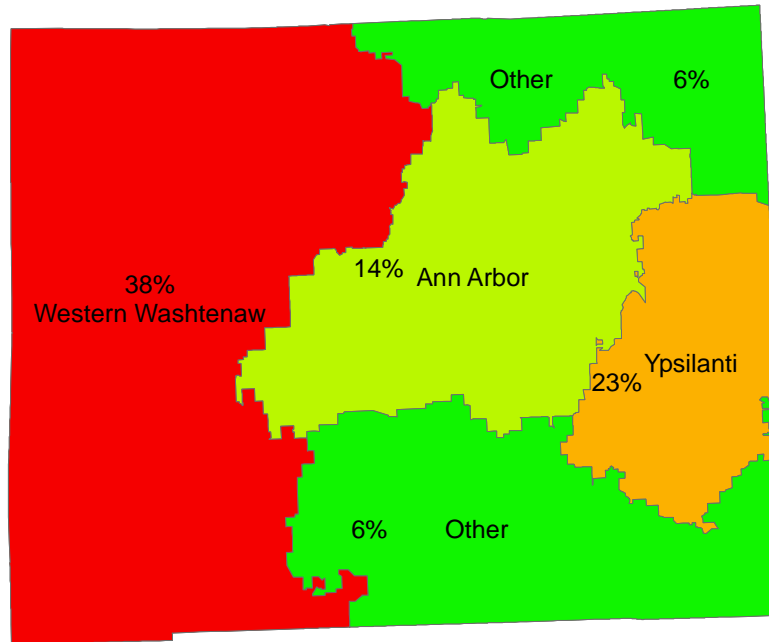
Washtenaw County Public Health - Waller

11/08

Percent Eating Restaurant Food
More than Five Times Per Week
Washtenaw County Adults by Region
HIP 2005 Survey

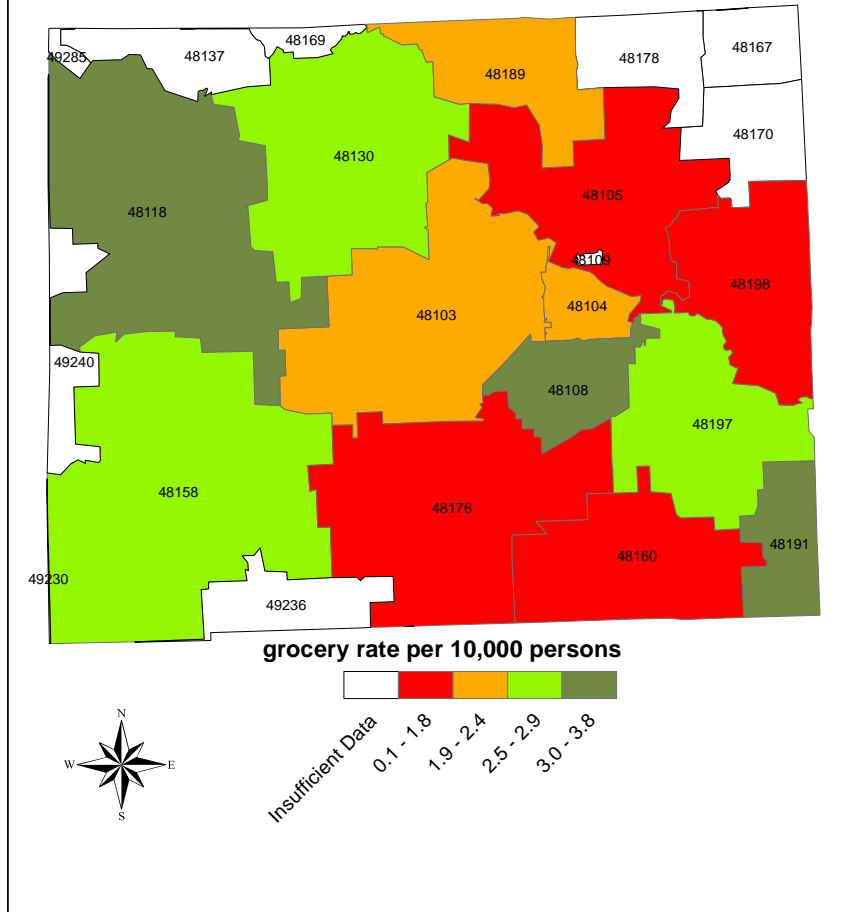


Percent Eating Fast Food Two or More Times Per Week
Washtenaw County Adults by Region
HIP 2005 Survey



Access to grocery stores has decreased significantly in Washtenaw County. Some regions' accessibility is extremely restricted.

Grocery Stores Per 10,000 Population By Zip Code Washtenaw County - 2008



Source: Washtenaw County Public Health & Michigan Department of Agriculture

*Stores selected that sell fresh vegetables and meat

Relevant Research

- **Lower prevalence of supermarkets and higher prevalence of independently owned grocery stores in low-wealth Black neighborhoods and greater proportion of households without access to private transportation***
- **Fruit and vegetable intake increases significantly for each additional supermarket in census tract****
- **Forty percent of American food budget spent on fast foods*****
- **Low income communities have significantly fewer supermarkets per capita than similar communities******
- **Food insecurity related to overweight among Latino women in Sacramento, Ca.*******

*Morland, K. et.al. "Neighborhood characteristics associated with the location of food stores and food service places." AJPM.2002;22:23-29.

**Morland, K., et.al. "The Contextual Effect of the Local Food Environment on Residents' Diets: The Atherosclerosis Risk in Communities Study." AJPH. 2002;92:1761-1767.

***Dietz, W. "Obesity in Children" UM-SPH Presentation...

****Philadelphia Food Trust

*****University of California Cooperative Extension. July 2002

National Grocers Association Annual Convention

Who are the keynote speakers?

Past Featured Speakers

The N.G.A. Annual Convention has been host to many outstanding speakers since its founding in 1982. We are always working on bringing the membership enlightening and stimulating presenters. Just a sampling of some of the many dynamic speakers we've had in the past include:



*Former President
George Bush Sr.
2002*



*James Carville
American Political Consultant
2003*



*Newt Gingrich
Former House Speaker
2003*



*Al Gore
Former Vice President of
the United States – 2004*



*Indra Nooyi
Chairman and Chief Executive
Officer of PepsiCo – 2005*



*Fareed Zakaria
Journalist, Host of Foreign Exchange
2005*



*George Will
Pulitzer Prize Winning Journalist
2005*



*Rudolph Giuliani
Former New York City Mayor
2006*



*Barry McCaffrey
Retired General
2006*



*Colin Powell
Retired General
2007*

PAST FEATURED ENTERTAINERS

Chairmans Dinner & Gala

Always a highlight of the N.G.A. Convention, the N.G.A. Chairman's Dinner & Gala is a special evening to gather with family, friends and associates to enjoy a superb meal and top notch entertainment. Past performers include:



*Paul Anka
2003*



*Olivia Newton-John
2004*



*Jay Leno
2005*



*Kenny Rogers
2006*



*Mary Wilson
2007*

N.G.A. Chairman's Message



As the only industry association devoted exclusively to the needs of the independent sector, N.G.A. is here to ensure

independent, community focused retailers and wholesalers have the opportunity to succeed and better serve the consumer through its policies, advocacy, programs and services.

Over the past 25 years, N.G.A. has earned the reputation of delivering a convention program of the highest caliber. As you take a look at this year's schedule, workshops, keynote session and the Supermarket Synergy Showcase (S²) Concept Show, you can be confident that you will receive the quality and value expected from the N.G.A. Annual Convention. Looking ahead to what is in store for this year's meeting, let me assure you this year will not only meet but exceed your expectations.

Mike Jackson
N.G.A. Chairman
President & COO
SUPERVALU

Opening Keynote Session
Tuesday, February 3 • 5:00 p.m. - 6:45 p.m.]

CHANGE: Political, Economic and Leadership Changes in America

February 3, 2009 – The newly elected President will have been in office for only 15 days now. So what will happen next?

The war in Iraq, the state of the economy, jobs, immigration, energy and high fuel prices, and healthcare are all expected to be major factors during the 2008 presidential election, much as it was when President Bush won re-election in 2004. But what is different about this election than the last? With a new president, a new administration, a projected increased number of seats for Democrats in both the House and Senate, changes are going to happen.

We even have to look at what is happening in our own industry today. Rising food, fuel and energy prices are affecting all businesses. Company and association leadership is changing at all levels, but most of all the consumer is changing. Consumers today are shopping differently; they are trading down, shopping less and are more price conscious than they have been in recent years.

Drawing on a rich career in network news, throughout which he has traveled the world to cover elections, summits, wars, political turmoil and major news events of every description, Tom Brokaw will entertain, enlighten and inform you with his experiences and observations on the current state of the United States and the world. This opening keynote session, like his broadcasts, will provide in-depth analysis of the important economic, political and social issues in the headlines – and the people behind them. It is an unparalleled world-view that will provide a new understanding of the global village. Brokaw served as anchor and managing editor of *NBC Nightly News with Tom Brokaw*. Sole anchor of the program from 1983 through 2004, he had previously been anchor of *NBC News Today* from 1976-82 and had worked in a series of increasingly prominent assignments for NBC news. Brokaw's distinctively smooth style and boyish charm has made him a well-recognized star throughout the shifting stakes in television news in the 1980s and 1990s.

In keeping with tradition, President and CEO Tom Zaucha will engage in a spirited discussion about what was one of the most important elections in U.S. history.



Tom Brokaw



Thomas Zaucha

Sponsored by



Page 1

N.G.A. Chairman's Dinner and Gala
Thursday, February 5
7:30 p.m. - 10:00 p.m.

Featured ENTERTAINMENT:

Jay Leno

Special Note: Jay Leno will perform his last appearance as host of The "Tonight Show" on May 29, 2009.

His unconventional looks, nasal timbre and topical humor has helped make Leno one of the most recognizable personalities in the business. In the '70s, the comic toured as a stand-up — sometimes booking as many as 300 gigs annually — and made multiple appearances on *The Tonight Show Starring Johnny Carson*. In the '80s, Leno warmed Carson's seat as the show's regular guest host and became his official successor in 1992.

Jay Leno's "*Tonight Show*" is a distinctive mix of comedy, led by his nightly topical monologue, guest interviews and musical performances, combined with the upbeat and recognizable music of Kevin Eubanks and "*The Tonight Show*" band.

Since Jay Leno became host, the program has received numerous Emmy Award nominations. Leno was named the best political humorist by *Washingtonian Magazine*; and *TV Guide* named him one of the "Best Loved Stars" in Hollywood in a recent issue. As an added bonus, "*The Tonight Show*" was named favorite television show in Europe where it airs on the NBC Superchannel in more than 32 countries.

One of the country's premier comedians, Jay Leno remains passionate about performing in front of live audiences and appears regularly in Las Vegas, on college campuses around the U.S. and other venues.

During this evening and one of Jay's last appearances as Host of the "*Tonight Show*" we will also honor our outgoing N.G.A. board members and the Woman Grocers of America will present its Woman of the Year Award. This is a special evening to gather with family, friends and associates to enjoy a superb meal and entertainment.



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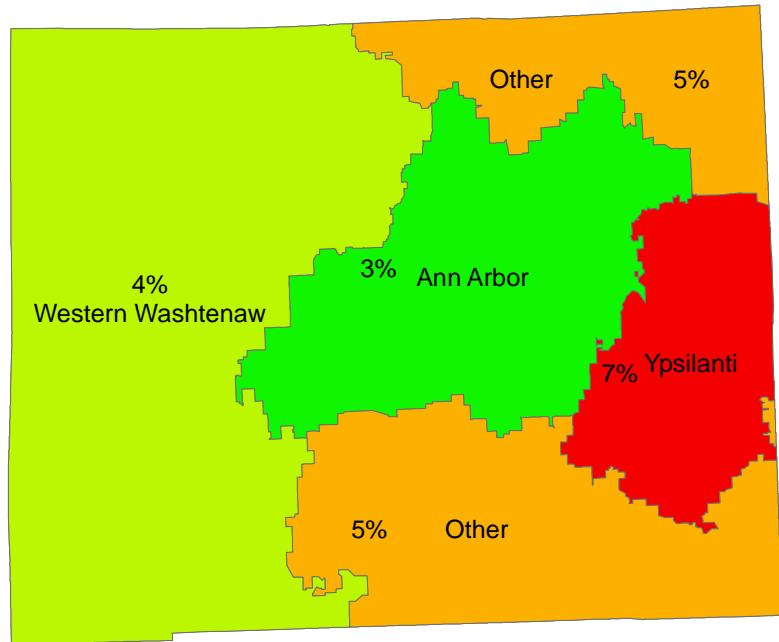
“...Center store generates 72% of store sales and nearly ALL the net profit in the traditional grocery store.”

Willard Bishop, Total Store Super Study

“...Grocery shoppers are increasingly more receptive to store prepared meals; statistics indicating an increase purchase of store meals from 28% in 2004 to 40% in 2008.”

Willard Bishop, Total Store Super Study

Percent Concerned About Having Enough Food for Self and Family
Washtenaw County Adults by Region
HIP 2005 Survey



Some conclusions:

- The human food habitat has changed drastically during the past few decades. (Consider what has happened to wildlife when their habitat has changed....)
- Eating food away from home has become much more prevalent and could be considered as an opportunity for intervention.
- There are fewer but larger grocery stores. Less geographic access, especially for those in poorer or rural areas.
- Western Washtenaw and Ypsilanti areas tend to be at highest risk for overweight, diabetes, eating fewer fruits and vegetables and eating restaurant and fast food.