

Community Conversations:

Solutions for Healthy Food Access

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The Cleveland-Cuyahoga County Food Policy Coalition facilitated Community Conversations about access to healthy food in four Cleveland neighborhoods: Central, Glenville, Ohio City and Slavic Village. These four communities were among 14 served by the Steps to a Healthier Cleveland program.

Steps to a Healthier Cleveland neighborhoods received US Department of Health and Human Services funding that was distributed through the City of Cleveland's Department of Public Health for the prevention of chronic disease including diabetes, overweight, obesity, and asthma and addressing three related risk factors: physical inactivity, poor nutrition, and tobacco use.

The Community Food Assessment working group of the Cleveland-Cuyahoga County Food Policy Coalition (FPC) conducted 7 focus groups, engaging 85 residents of the Ohio City, Slavic Village, Central and Glenville Statistical Planning Areas. The information gathered from the focus groups will be used to inform the policy and programming of the FPC in Cleveland and Cuyahoga County.

Common Themes

Although the focus groups were conducted in different neighborhoods in varying settings, common themes emerged from the conversations. Overarching food system concerns involved transportation, food quality, access to information, price, and choice.

Focus groups from neighborhoods without RTA Circulator Bus service to grocery stores resoundingly wanted the service implemented. Currently the Greater Cleveland Regional Transit Authority operates 12 Community Circulators, but is considering suspending the routes because of budget cuts.¹

Many residents went out of their neighborhood and often out of the City of Cleveland to do a majority of their grocery shopping. Residents with and without vehicles left their neighborhoods to do shopping, but those with cars frequented suburban full service grocery

¹ James Ewinger, [RTA delays decision on fare increases, route cuts](http://blog.cleveland.com/metro/2009/07/rta_delays_decision_on_fare_increases_route_cuts) Plain Dealer
<http://blog.cleveland.com/metro/2009/07/rta_delays_decision_on_fare_in.html>
Reporter July 17, 2009 18:57PM

stores most frequently. Clevelanders who participated in the discussion shopped in suburban supermarkets because they can get better quality foods at less expensive prices.

There was overwhelming dissatisfaction with both the price and the quality available at several of the full-service grocery stores still operating in Cleveland. This chain of grocery stores was often one of the closest to those who participated in Community Conversations.

The most socio-economically vulnerable people in the community rely on food pantries and feeding centers to access food and have little to no control of the

nutrition and freshness of the food they eat. They cite dissatisfaction with the amount of processed food they are given and cited food safety concerns.

Methodology

Each focus group was promoted using community and organizational contacts within the specific neighborhoods. Emails and flyers were used to promote the conversations. Healthy snacks and a drawing for a local supermarket gift card were incentives. The participants were given a statement of informed consent and asked to complete a demographic questionnaire. A discussion outline was used for each focus group. The focus group materials and demographic tables are available in Appendices 1-4.

Glenville

The Glenville neighborhood was incorporated in the 1870s and was one of Cleveland's semi-rural "garden communities". Many well-to-do residents of Cleveland maintained summer homes there. In the 1930s it was a predominantly Jewish community, and by the 1950s the neighborhood's racial composition changed to 90% African-American.¹

Glenville is located on the east side of Cleveland and is bordered by Lake Erie and Saint Clair Superior, University Circle, Hough and Forest Hills neighborhoods.

Population & Demographics

The neighborhood has experienced a greater rate of population decline than the City of Cleveland as a whole.

¹ Ohio History Central, An Online Encyclopedia of Ohio History, <<http://www.ohiohistorycentral.org/entry.php?rec=3158>> July 15, 2009.

"if you do a weekly trip to the market and you forget something, butter, eggs, apples, whatever, where do you go to pick up those extra things? The little supermarket in the community, often times it is too cost prohibitive and you go without."

-Glenville Resident

Between 1980 and 2000 the population decreased 23%; the City of Cleveland's population decreased 16.5%.

In 2000, Glenville was 97.4% African-American. Two-thirds of households were headed by females and had children and one-third of Glenville's population was under 18.² For this

² NEO Cando, Quick Profile: Population Composition, Neighborhood: Glenville <<http://neocando.case.edu>> July 10, 2009.

reason, one of the focus groups in Glenville included input from children.

Glenville's rates of educational attainment are lower than the city's average with two-thirds of residents having a high school diploma and 12% with a higher education degree. Thirty one percent of the population lives below the federal poverty level.¹

Health

Glenville's rate of heart disease is lower than Cleveland's average, but other health issues occur more frequently in the neighborhood than Cleveland's average rates.²

The teen birth rate and low-weight birth rates are both higher than the city average.

Between 1997 and 2000 Glenville had one of the highest blood-lead level rates in the city for children under age six. Glenville has a higher mortality rate and rate of cancer than Cleveland as a whole.³

"Most people don't shop in their community anyway. Some do, but most people migrate toward larger marketplaces. The small ma and pop markets just don't have apples, oranges, bananas, and pineapples. They're just not going to have it. You might get canned fruits and vegetables."

-Glenville Resident

Terry Lenehan, Glenville: Glens, Gardens and the First Gold Coast (Center for Community Solutions, 2005)10.

² Lenehan,12.

³ Lenehan,12.

Participants

Two focus groups were conducted in the Glenville neighborhood: one at Morningstar Tower, an apartment complex for senior citizens and the other at the Langston Hughes branch of the Cleveland Public Library. The Glenville conversations included a wide age range of participants from 9 to 75 years old.

Conversation Highlights

Residents indicated that they frequently shop outside of the neighborhood and the city of Cleveland to purchase groceries because there are no full service grocers in their neighborhood. The full service grocery store in Glenville on East 123rd closed in 2007. Residents mentioned stores as far away as Steelyard Commons, which is nearly 9 miles from the center of the neighborhood.

Residents who shop outside of the neighborhood indicated that if they forget to purchase an item or run out of an item, it is cost prohibitive to return to the distant grocery store or to purchase it from a corner store or a higher priced urban grocery store. They often do without the item or if possible, borrow from a neighbor.

One of the frequently mentioned places where Glenville residents buy groceries is almost 6 miles away at the West Side Market.

One of the recurring suggestions made by the Glenville focus groups was the re-opening of the nearby East Side Market, which is only .8 miles from the center of Glenville and easily walk-able for many residents.

One of the closest full service grocery stores is a local supermarket chain. The residents shop here frequently, but said it was expensive and the food was not always of superior quality.

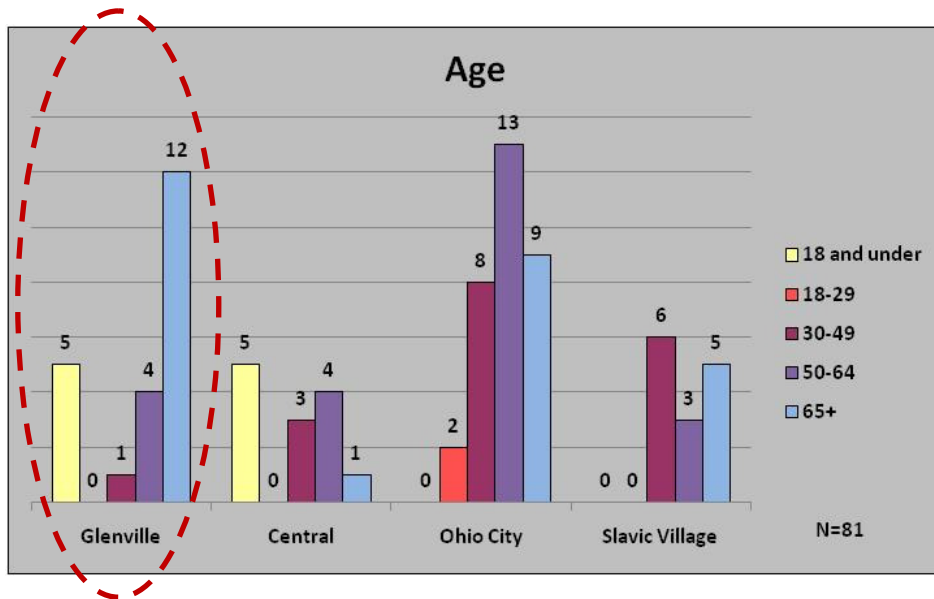
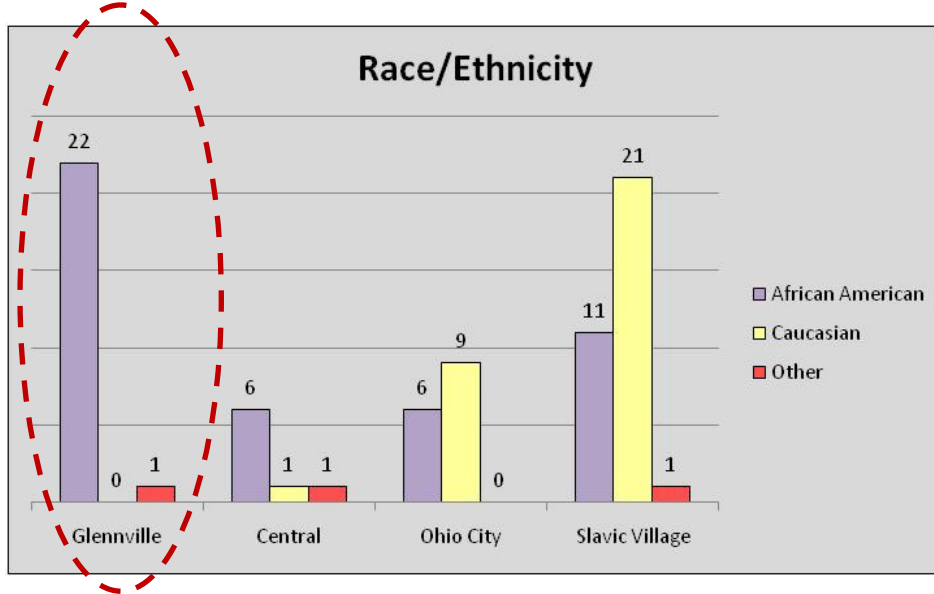
Residents also shopped at a full-service grocery about 4 miles away in Cleveland Heights. They shop there infrequently because it is more expensive than other stores, but they like the quality and freshness of the groceries there.

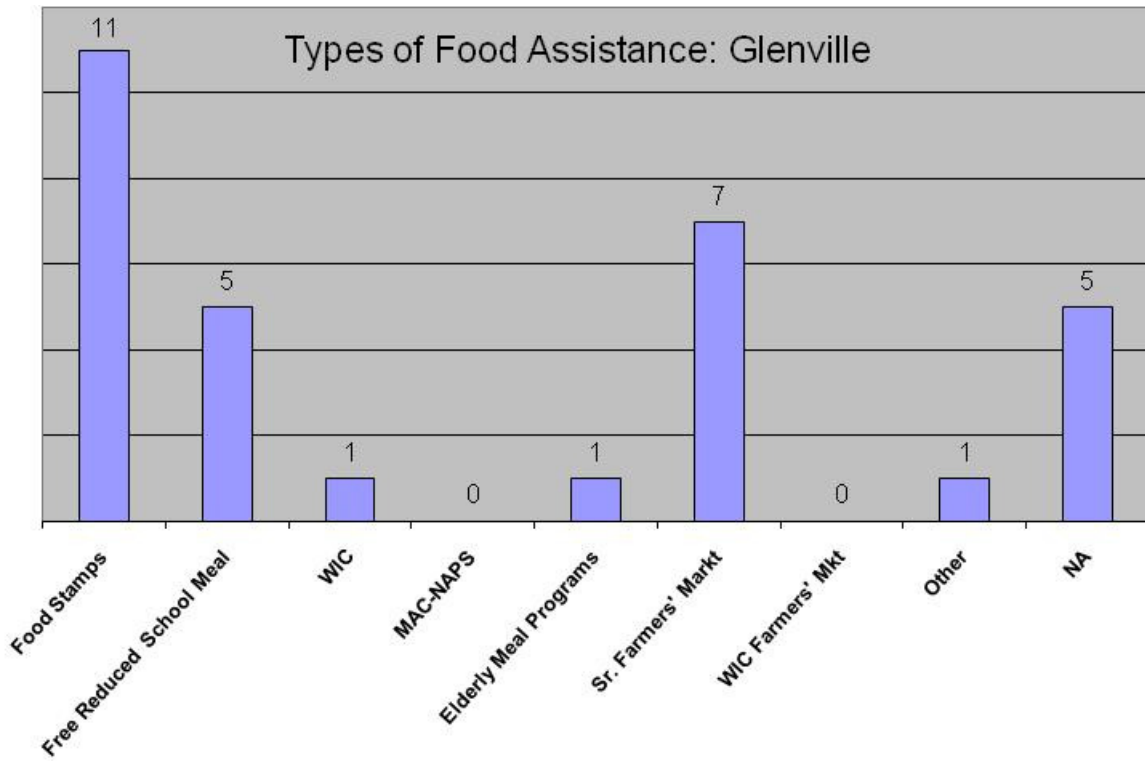
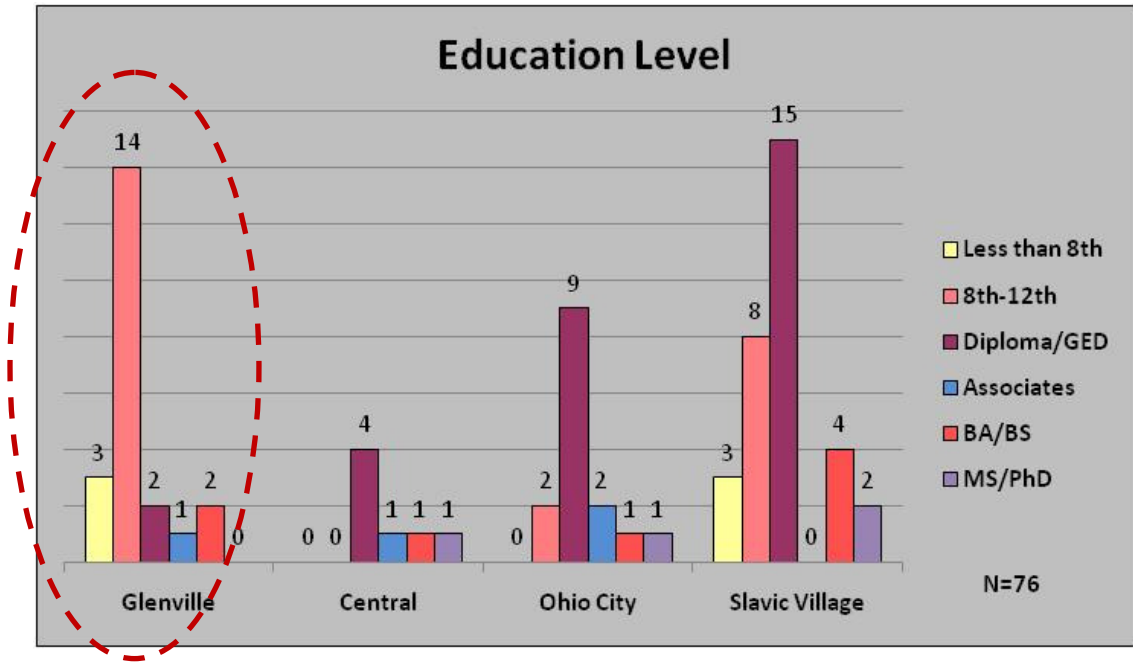
In addition to grocery stores and corner stores other places Glenville residents obtain fast food are restaurants.

Participants also obtain food at local churches and food pantries.

Recommendations	Comments
Better transportation options for residents without car access.	<ul style="list-style-type: none"> • Coordinate ride-sharing to the Coit Rd. Farmers' Market • Bring fruits and vegetables to Morningstar Tower and other senior living complexes. • Continue the vegetable vans that accept senior coupons.
Information Sharing	<ul style="list-style-type: none"> • Residents need a method to find out about sales and promotions • Better marketing of senior citizen transportation programs • Cooperative buying opportunities
Choice	<ul style="list-style-type: none"> • Re-open the East Side Market
Community Meal Access	<ul style="list-style-type: none"> • Work with churches to coordinate free meals times so that there is at least one option each day. • Churches should let children under 18 eat without their parents because parents often work or cannot attend a meal with their children.
Better options in corner stores	<ul style="list-style-type: none"> • Corner stores could partner with larger grocery stores to provide fresh produce at a reasonable price.
Food Assistance Program (SNAP)	<ul style="list-style-type: none"> • Dispense food assistance bi-monthly to make budgeting easier
Meals on Wheels	<ul style="list-style-type: none"> • Broaden eligibility, have better quality food
School Lunches	<ul style="list-style-type: none"> • Should not contain processed foods. The bid process should take into account quality and freshness.
Gardens	<ul style="list-style-type: none"> • Each neighborhood (every few blocks) has a small garden. Teens get their own market gardens for employment and education purposes.
Summer Lunch Program	<ul style="list-style-type: none"> • More variety in offerings over the summer

Participant Demographics





Central

Central is adjacent to Downtown and Midtown Cleveland and is home to Tri-C Community College Metro Campus as well as St. Vincent Charity Hospital. There is a large amount of public housing in the neighborhood which partially accounts for the nearly 75% of Central residents who live below the poverty level ¹

Population & Demographics

According to the Center for Community Solutions, the percentage of Central residents living below the federal poverty level is three times higher than the City of Cleveland as a whole. The neighborhood also contains a younger demographic with a higher percentage of residents under 18 years than the Cleveland average. ²

Health

The teen birth rate, infant death rate and child maltreatment rates in the Central neighborhood are higher than the city average. Fifty six percent of households are headed by females; 27 percent are in Cleveland. More than 90 percent of Central residents are African-American and 43% of residents older than 25 have graduated from high school. Ninety four percent of Central residents are renters.

Overall, age-adjusted mortality rates are higher in Central than in Cleveland and Cuyahoga County. ³

Participants

Participants from the Central neighborhood attended a monthly community meeting organized by a

resident who runs a nearby community garden. With eight participants, the Central neighborhood had the lowest number of residents engaged in conversation.

“Farmers’ markets were unaffordable in the past. St. Vincent’s tried one 7 years ago. If they had WIC or something it might work.”
-Central Resident

Conversation Highlights

Participating residents from the Central neighborhood said that transportation and access to information were the biggest barriers to accessing fresh, healthy food at an affordable price.

Residents shopped for fresh foods frequently west of Downtown at Steelyard Commons and the West Side Market. They also frequently shop about 2 miles away at discount grocers. Community gardens, fast food restaurants and a local food outlet were the closest places, but least frequented places participating residents mentioned getting their food.

Suggestions for the neighborhood included reinstating a farmers’ market that St. Vincent Charity Hospital implemented about 7 years ago. Residents said that infrastructure was built specifically for the market, but it is no longer being used. The farmers’ market failed because residents said it was unaffordable. If the market was reinstated and accepted WIC and SNAP, then they think it might work.

Also, participating residents without a vehicle mentioned the difficulty in getting

¹ NEO Cando, Quick Profile: Population Composition, Neighborhood: Central <<http://neocando.case.edu>> July 10, 2009.

² Terry Lenehan, *Central: The Heart of the City* (Center for Community Solutions, 2002)16-19.

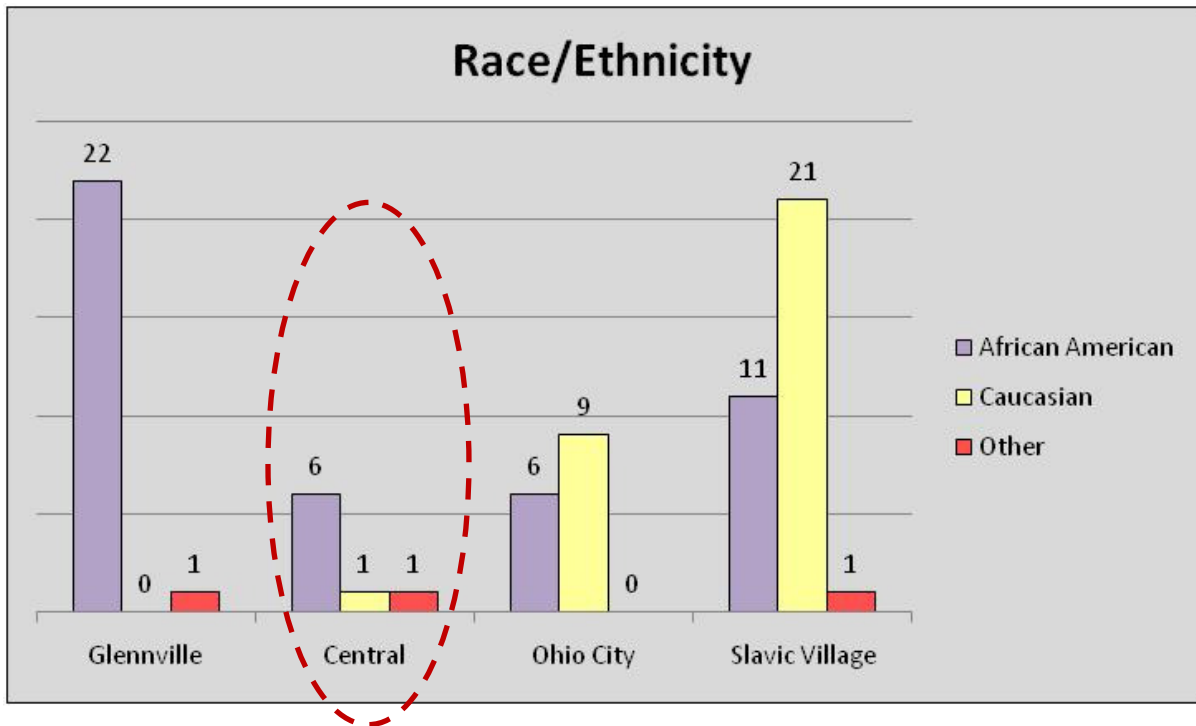
³ Lenehan, 18.

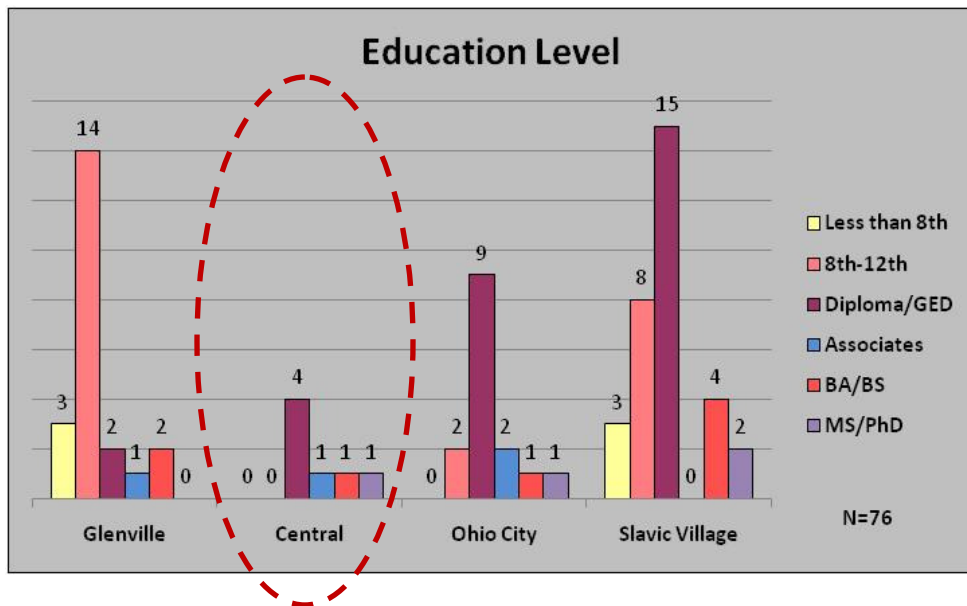
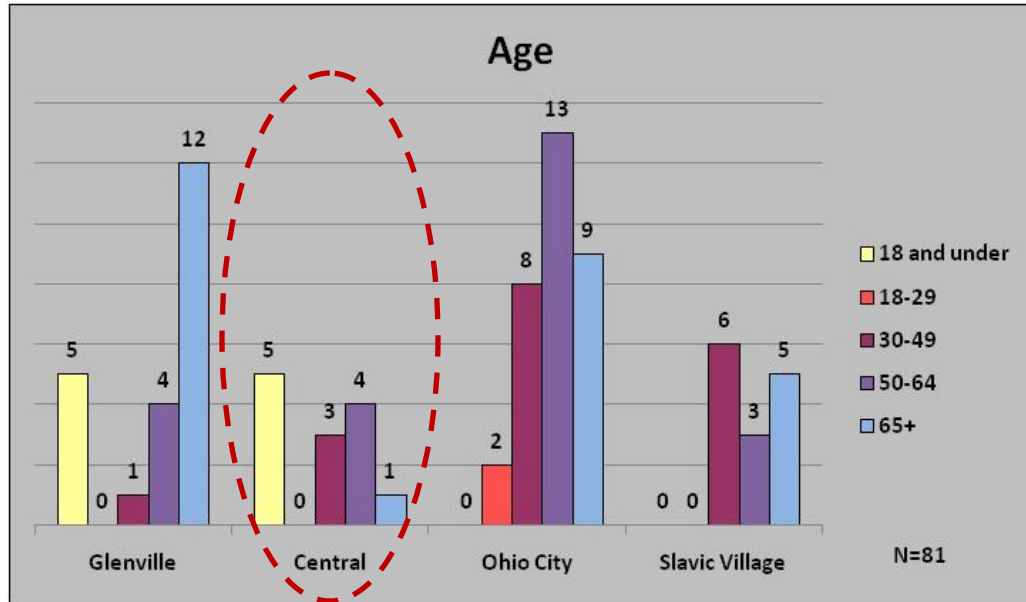
to the full service grocer in the Saint Clair-Superior neighborhood. They walk the mile and a half to the store, but then pay \$7 for a ride home with their groceries in the supermarket’s van. Residents suggested organizing a ride share or carpool or instituting an RTA Circulator to the full service

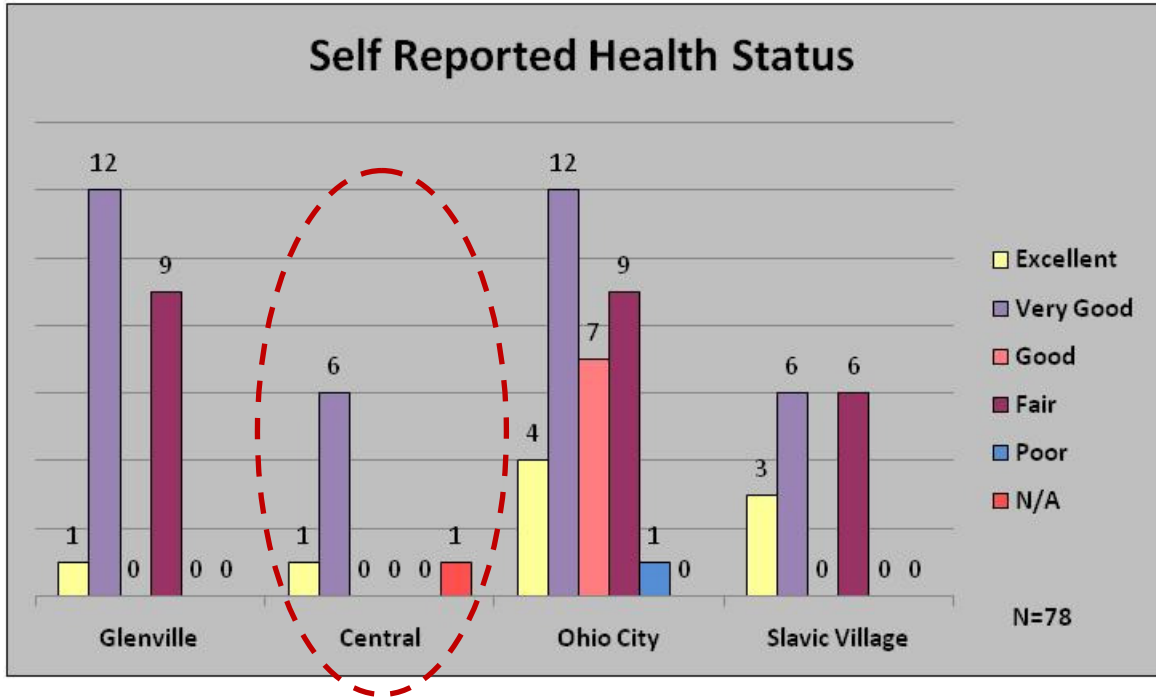
supermarkets and discount grocers from the Central Neighborhood. Lastly, participating residents wanted a better way to share information about grocery deals, food programs, ride sharing, gardens, markets and all things related to acquiring fresh, healthy, affordable food.

Recommendations	Comments
Better transportation options for residents without car access.	<ul style="list-style-type: none"> • Coordinate ride-sharing and carpooling • Create an RTA Circulator route from Central Neighborhood to grocery stores
Information sharing	<ul style="list-style-type: none"> • A method to share information about acquiring fresh, healthy, affordable food.
Farmers’ market	<ul style="list-style-type: none"> • Re-open the St. Vincent Farmers’ Market with WIC and SNAP capability.

Participant Demographics







Slavic Village

Slavic Village is part of both the North Broadway and South Broadway Statistical Planning Areas. For the purpose of this report, Slavic Village is defined by the service area of the Slavic Village Development Corporation.

Slavic Village is bordered by the Tremont, Industrial Valley, Union-Miles, Kinsman and Central Statistical Planning Areas as well as suburban Newburgh Heights, Cuyahoga Heights and Garfield Heights.

Population & Demographics

Slavic Village was traditionally a working class neighborhood of Polish and Czech immigrants who migrated to Cleveland to work in the steel mills.¹

Unlike the most of Cleveland, North Broadway experienced a 4% population growth from 1980-2000²; South Broadway's population grew 2% from 1990-2000.³

Although the 2000 Census indicates population growth, the 2010 Census may show a decline because of the recent foreclosure crisis that has been particularly prevalent in the Slavic Village neighborhood.

In 2000, North Broadway residents were 54 percent White, 39 percent African-American and 7 percent other.

⁴In 2000, South Broadway residents were 76 percent White, 20 percent African-American, and 4 percent other.⁵

Both North Broadway and South Broadway have educational levels that are lower than Cleveland's average.^{6 7}

Health

Heart disease and coronary heart disease in North and South Broadway are higher than the city average. In South Broadway, the number of persons with heart disease, 405 cases per 1000,000 people, is significantly higher than Cuyahoga County as a whole.⁸

Participants

Participants in the Slavic Village Community Conversation had diverse ages, incomes and levels of education. Fifteen residents participated in the session on June 16, 2009. Information from a similar session held with 7 residents in 2008 was used for this report.

"What about the people who rely on public transportation? Most of these places are outside of the neighborhood. If you don't have a car, you don't have access."

-Slavic Village Resident

¹ Terry Lenehan, South Broadway: From Steel Mills to Mill Creek (Center for Community Solutions, 2003) 11.

² Terry Lenehan, North Broadway: Streetcars and Slavic Village (Center for Community Solutions, 2004) 15.

³ Lenehan, 11.

⁴ NEO Cando, Quick Profile: Population Composition, Neighborhood: North Broadway <<http://neocando.case.edu>> July 10, 2009.

⁵ NEO Cando, Quick Profile: Population Composition, Neighborhood: South Broadway <<http://neocando.case.edu>> July 10, 2009.

⁶ Lenehan, 16

⁷ Lenehan, 12

⁸ Terry Lenehan, South Broadway: From Steel Mills to Mill Creek (Center for Community Solutions, 2003) 14.

Conversation Highlights

Participating residents from Slavic Village focused on four areas for healthy food access improvement: information, access, choice and competition.

“There is poor variety in our stores, especially in fruits and vegetables. At Save-A-Lot, I don’t even bother with the broccoli.”

-Slavic Village Resident

Residents stated that they do not receive information about sales and specials at the grocery stores where they shop because circulars are mailed out by postal codes; they often shop outside of their zip code. They also wanted more information about City Fresh and community gardens.

Participants felt that access to full service grocery stores could be improved with an RTA bus for shut-ins that provided door-to-door service. Another option would be grocery delivery to those who cannot leave their homes.

Residents stated that because the full service grocery store in the neighborhood has no competition within the community, its prices are significantly higher than grocery stores in the suburbs. They would like a large, reasonably priced grocery store in the neighborhood.

Lack of choice was a recurring theme in the dialogue. Participants spoke of the people they know who depend on the churches for food and are “at everybody’s mercy with the food bank. You get what they give you.”

Besides a full service supermarket there are three discount grocers in Slavic Village. Although the prices are lower than the supermarket, participants noted that neither of those stores accept coupons; this practice further limits the ability of Slavic Village residents without transportation to purchase food at reasonable prices.

“All corner stores overcharge and most merchants are arrogant and disrespectful to their customers.”

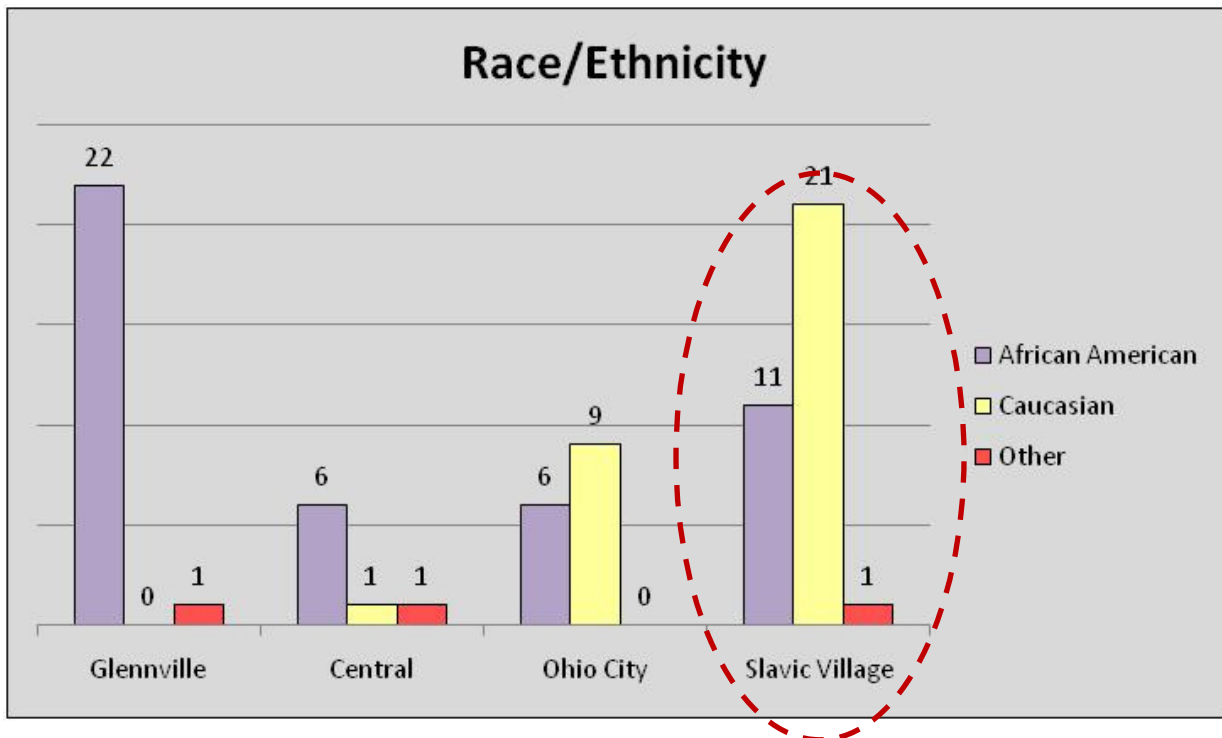
-Slavic Village Resident

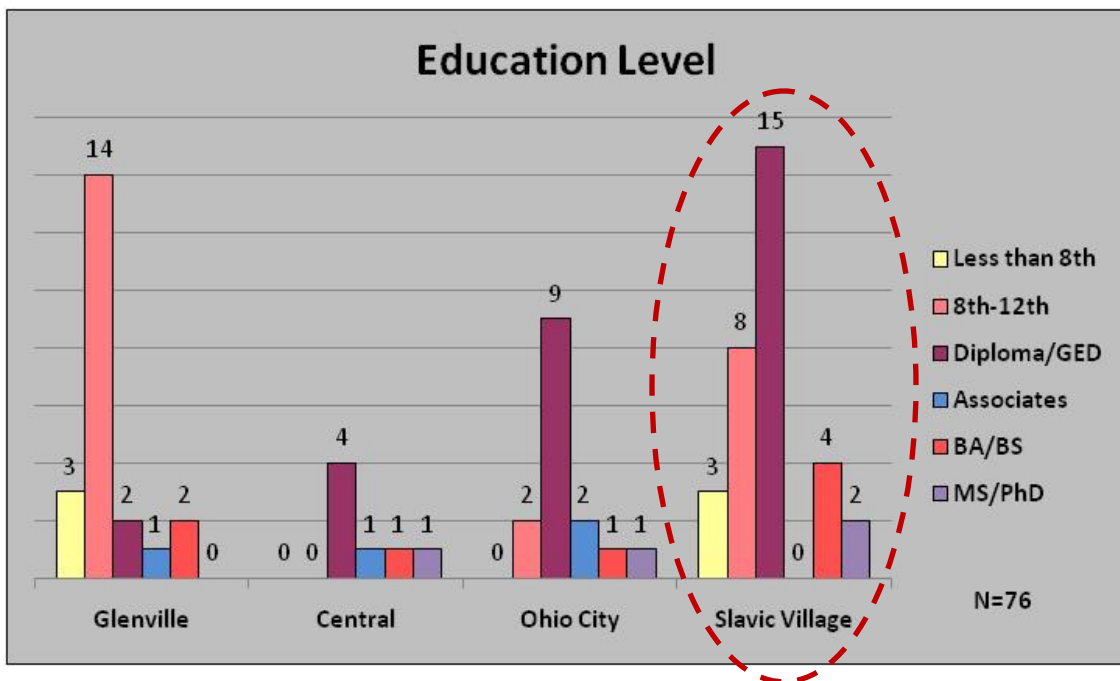
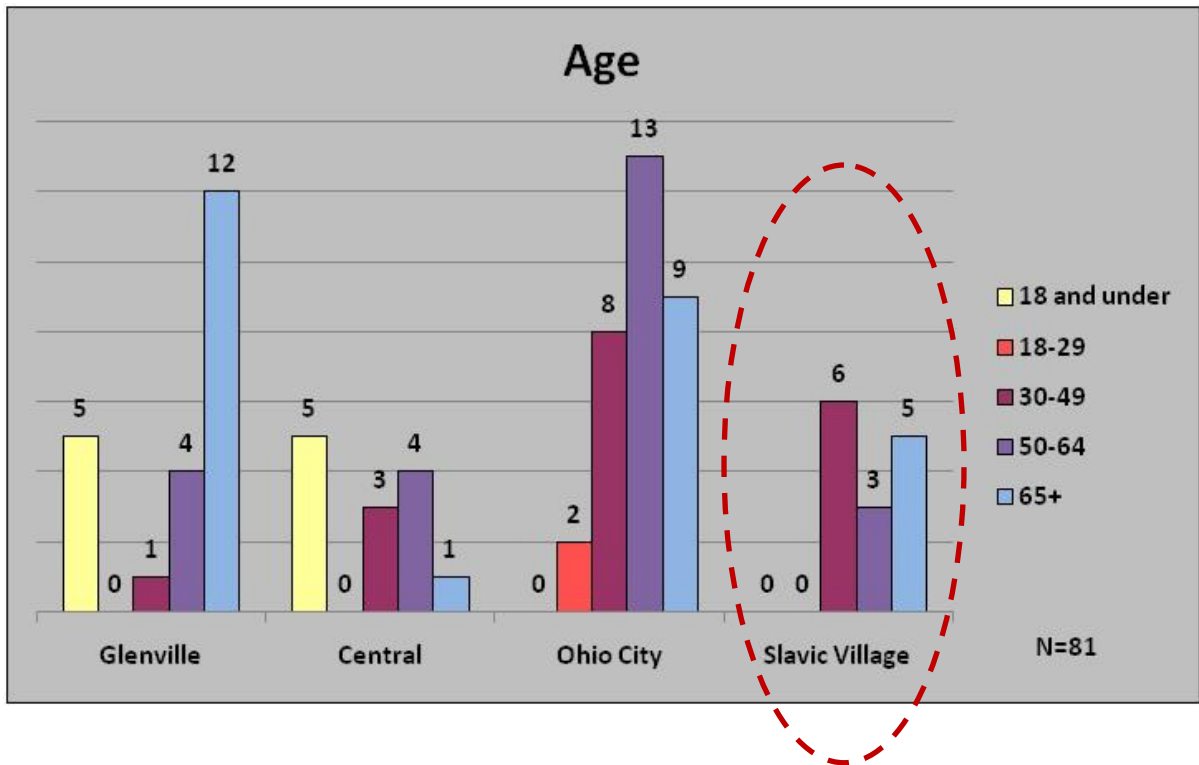
Participants were very aware that they often left the neighborhood to do their grocery shopping and were concerned about those in the community without a car who had to rely on the local grocery options which are more expensive and of less quality.

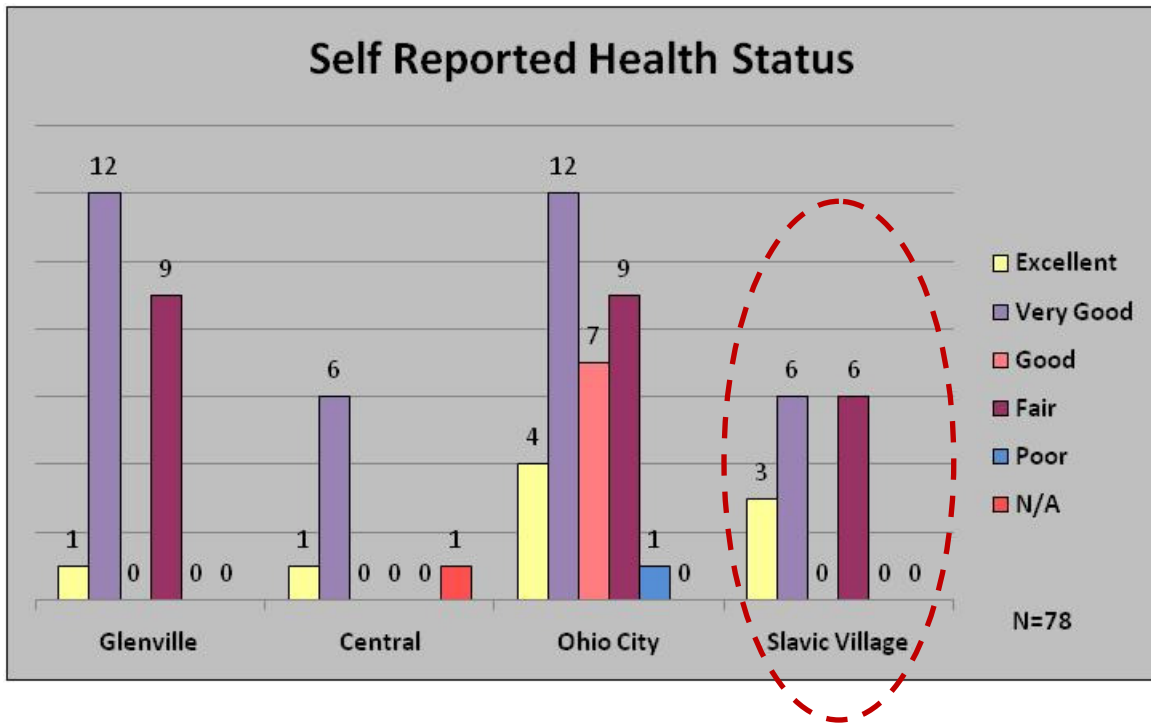
In order to offer better quality, the residents were enthusiastic proponents of gardening. They noted that although they would prefer to buy organic food, it is unaffordable. Homegrown produce offers them the ability to eat pesticide-free fruits and vegetables at a reasonable cost.

Recommendations	Comments
Salad Bar at Dave's Supermarket	<ul style="list-style-type: none"> The participants noted that supermarkets in Ohio City and Shaker Square have salad bars as a healthy option.
A "West Side Market" in Slavic Village	
Marketing Campaigns	<ul style="list-style-type: none"> Better marketing for open air farmers' market and for City Fresh
Sales Information	<ul style="list-style-type: none"> Better ads and circulars for the stores at which residents shop.
Transportation	<ul style="list-style-type: none"> Circulars to stores, grocery delivery to shut-ins
Quality	<ul style="list-style-type: none"> Better vegetable quality at Save-A-Lot and Aldi
Information	<ul style="list-style-type: none"> More information on community gardens
Service	<ul style="list-style-type: none"> Access to services and better customer service in general.
Organic	<ul style="list-style-type: none"> Organic food is expensive, homegrown is a healthy alternative
Competition	<ul style="list-style-type: none"> More competition in the neighborhood would reduce the prices at Dave's
Participation	<ul style="list-style-type: none"> More people participating in gardening
New Store	<ul style="list-style-type: none"> Large, reasonably priced grocery store in the neighborhood

Participant Demographics







Ohio City

Ohio City is a diverse neighborhood in Cleveland’s near-west side. One of Ohio City’s most well-known landmarks is the West Side Market, built in 1912 at a location that has been a marketplace since 1840. ¹Delving into food access in a neighborhood known for its abundance of quality fruits and vegetables was an interesting objective.

Ohio City is bordered by Lake Erie, Downtown, Tremont and the Detroit-Shoreway neighborhoods.

Population & Demographics

Along Lake Erie is Lakeview Terrace, a Cleveland Metropolitan Housing Authority subsidized housing complex of 120 Units.² Over the past four decades, Ohio City has become recognized for its historic architecture. Upper-middle class residents have created some gentrification, but overall the neighborhood remains economically and racially diverse.

More than one half of Ohio City residents are Caucasian, more than

¹ The Encyclopedia of Cleveland History, Case Western Reserve University, <<http://ech.cwru.edu/ech-cgi/article.pl?id=OC1>> July 19, 2009.

² Cleveland Metropolitan Housing Authority Website, <<http://www.cmha.net/hopevi/lakeviewterrace.aspx>> July 19, 2009

25% are African-American and 14% identified as Other on the 2000 Census. More than 25% are Hispanic according to the 2000 Census.¹

The neighborhood's population has decreased since its high of 33,000 in 1910. According to the 2000 Census, the population of Ohio City is 9,300²

Because of Ohio City's socio-economic diversity, its percentage of high school graduates, 49.7%, is lower than the 59% Cleveland average, but its percentage of those with higher education, 14%, is higher than Cleveland's average of 12%.³

Health

According to the Center for Community Solutions, Ohio City's mortality rate is significantly higher than Cuyahoga County's rate for deaths from heart disease and cancer.⁴

Participants

Three Community Conversations were held in the Ohio City Neighborhood, the first at St. Paul Community Church's Food Pantry Drop-In Hours, a second one at Riverview Towers, a Cuyahoga County Metropolitan Housing Authority Senior Tower and the third at the 45-52 Block Club meeting.

The three focus groups differed significantly demographically. The group at St. Paul's Church was primarily male, Caucasian and homeless. Riverview Tower participants were senior, female and African-American and block club participants were mostly highly educated, high income and Caucasian.

¹ Terry Lenehan, *Ohio City: Historic and Diverse* (Center for Community Solutions, 2002) 7.

² Lenehan, 7.

³ The Encyclopedia of Cleveland History, Case Western Reserve University, <<http://ech.cwru.edu/ech-cgi/article.pl?id=OC1>> July 19, 2009.

⁴ Lenehan, 10.

Conversation Highlights

The Ohio City neighborhood is fortunate compared to many neighborhoods Cleveland because it is home to the West Side Market, a full service supermarket, and has RTA bus access to Steelyard Commons. However the Circulator no longer includes Steelyard on its route.

Despite the many convenient grocery options in Ohio City, some residents had trouble acquiring sufficient healthy food primarily because of socio-economic reasons.

Many residents who use food pantries and feeding programs were frustrated by their inability to choose healthy food options. They also detailed barriers to receiving food stamps which would allow for more choice.

"And they (West Side Market vendors) want you to buy in large quantities too. Like 5 pounds at a time. I told them I don't have that kind of money and it'll go to waste if I buy in large quantities like that."

-Riverview Tower Resident

Food safety was also a big concern. Those who depend on hunger centers and food pantries were reluctant to complain, although they cited expired food, pets in food preparation areas and unsanitary food handling as major concerns.

“I walk miles. A lot of times I won’t go (to feeding site) because it is too far and I don’t eat. I very rarely take the RTA. I do a lot of walking. It is the same thing in the wintertime, just colder”

-St. Paul’s Drop-In Participant

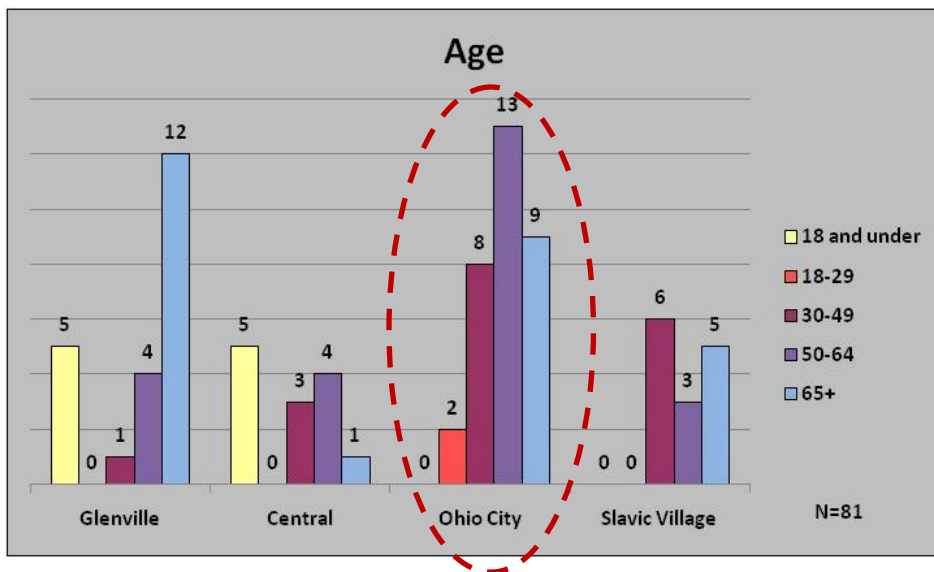
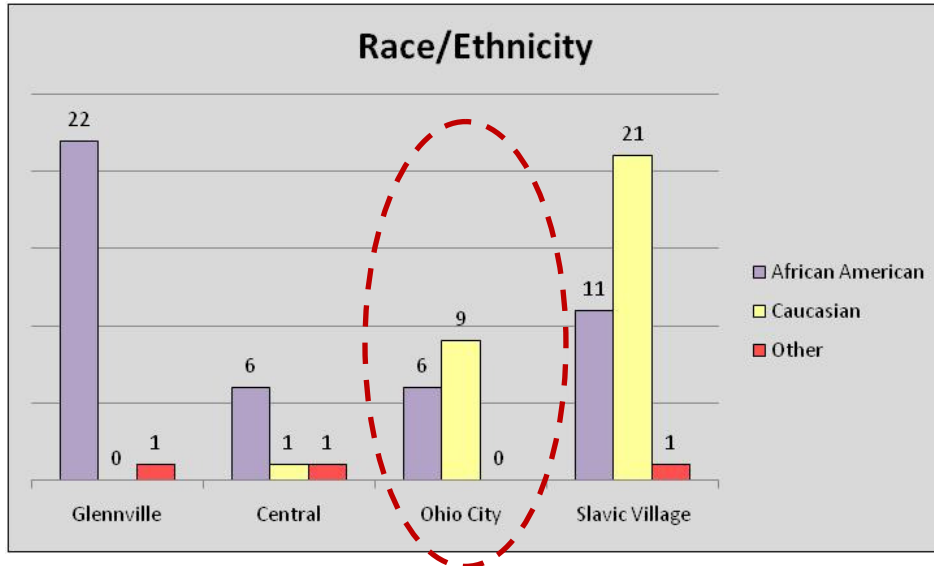
Residents at Riverview Towers noted the abundance of places to acquire food in Ohio City, but spoke about their

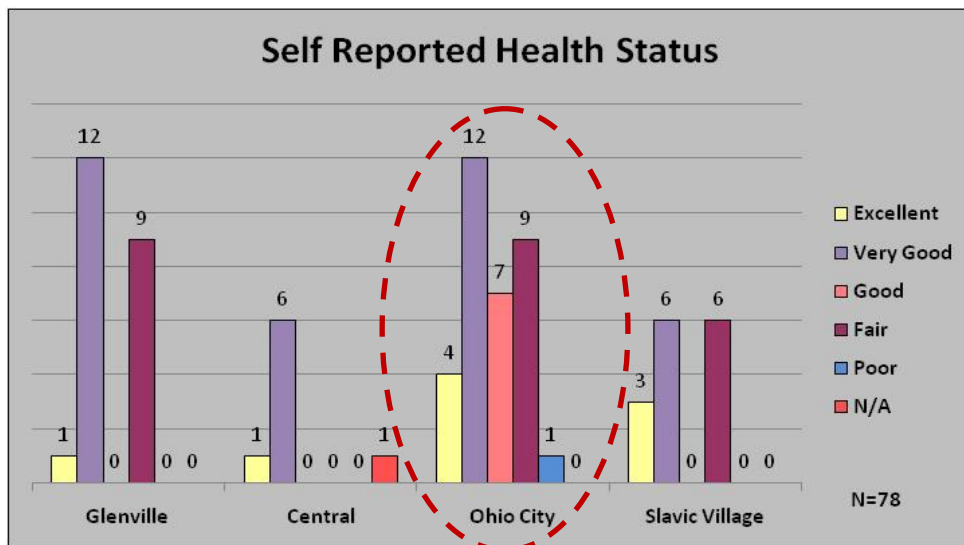
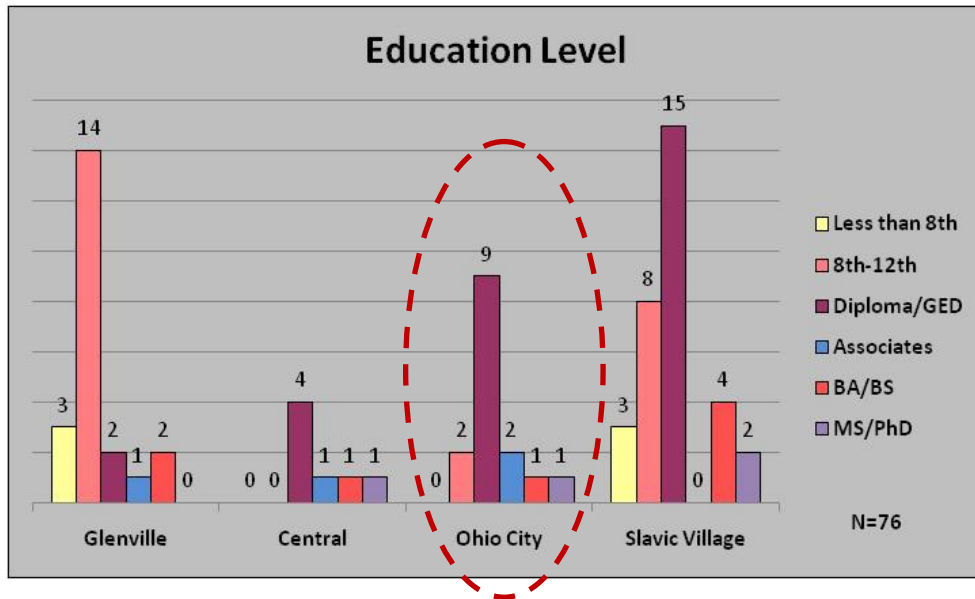
limited amount of food assistance and their reliance on senior meals at Riverview Tower to supplement their food stamps.

Participating residents with sufficient income to purchase enough healthy food for their families said they frequently shop at grocery stores outside of the neighborhood for reasons of quality, price and convenience.

Recommendations	Comments
Coordination of Shelters and Feeding Centers	<ul style="list-style-type: none"> Coordinate the locations of feeding centers and shelters. Many homeless who live at 2100 Lakeside walk to Ohio City to get food and the elderly and disabled are often unable to walk to food sites.
Community Meal Programs	<ul style="list-style-type: none"> Meal sites should feed 3 meals/day like they used to. Then you can go to one place for your meals. Keep the dogs and cats out of the kitchen and away from the dining areas. You need an Ohio ID to enter. It is very processed. They do not have special lunches for people with diabetes or special health needs.
Ohio Direction Card	<ul style="list-style-type: none"> It is difficult to go through the process if you are homeless and lack identification and money and transportation needed to acquire documents. Suggest one-stop ID Card, Social Security Card, Birth Certificate and Benefits center.
Salvation Army	<ul style="list-style-type: none"> Send out the Salvation Army Disaster Relief Team more frequently
Food Safety	<ul style="list-style-type: none"> Food pantries should not give away expired food. Feeding centers should adhere to food safety guidelines. For example, one site puts rolls in a big bin and everyone reaches in with their bare hands for a roll.
Good Samaritans	<ul style="list-style-type: none"> Make it easier for people to feed the homeless. Don't ticket their cars downtown or cite them for feeding people.
West Side Shelter	<ul style="list-style-type: none"> Need a homeless shelter with a job center in Ohio City near feeding sites.
West Side Market	<ul style="list-style-type: none"> Vendors do not let you pick your own produce. Often when you get home, your produce does not look like what was on display. They want you to buy in a large quantity which is a problem if you are a senior living alone.
RTA - Transportation	<ul style="list-style-type: none"> The Circulator no longer goes to Steelyard Commons
Improved Social Services	<ul style="list-style-type: none"> A senior's ability to access benefits is directly related to the quality of his or her caseworker. Seniors with diligent case workers have better access to healthy foods.
Food Stamps	<ul style="list-style-type: none"> Raise the amount of food stamps available to seniors on social security disability. Seniors get from \$12-\$20/month in food stamps and often rely on food pantries to fill in the gaps.
Community Gardens	<ul style="list-style-type: none"> More community gardens, reduce theft in community gardens
Limit Fast Food	<ul style="list-style-type: none"> Limit the number of fast food restaurants in Ohio City
City Fresh	<ul style="list-style-type: none"> More information about the City Fresh Program in Ohio City
Sales Information	<ul style="list-style-type: none"> We need a clearinghouse of sales information for all grocery stores in one place.

Participant Demographics





Appendix 1 Focus Group Outline

Before meeting starts, place the following at each place setting:

- Informed Consent Form
- Demographic Questionnaire
- 2 Pencils
- Extra Paper for Notes

1. Welcome and introduction of facilitator and colleagues. Thank any hosts.
2. Introduce the project and summarize Informed Consent.
3. Icebreaker: Please tell us your first name and your favorite food.

Group Discussion/Brainstorm

What is healthy food? Let's create a definition together of what makes food healthy.

Breakout Group: Where do you get your food?

Take a moment to think about all of the places you generally get food. What is your routine? Where do you shop in a month? What food programs do you use?

In a group of four, write down the places that came to mind. Are you shopping at the same places? Do these places have healthy food options like we discussed above? Let's share with everyone what the groups of four discovered.

Group Brainstorm

Let's try to name the places to get healthy food in this area. Facilitator leads the group in naming groceries, corner stores, restaurants, farmer's markets, gardens, pantries, food programs, schools, etc. where residents can get healthy foods. What kinds of foods do the eat-out-places in the neighborhood serve? To what extent are there foods healthy?

Frequency

Which of the list above do you use most often? I'll read through them and raise your hand if you go there once a week or more.

Which of the above do you go to twice a month? Once a month? Less than once a month?

Proximity

Which of the places on the list are close to your home? Can you walk to any of these places? Do you drive, take the bus, get a ride from someone else? How long does it take to get there?

Cost

Tell me about the prices of the list we just made. Let's rate them together. Which ones are free, low priced, medium priced or high priced?

Obstacles

What are your main obstacles to healthy food? Cost, transportation, safety, etc?

Breakout Group: What would you change?

Let's divide into groups of four again. I'd like you to come up with one thing to change in this neighborhood to make it easier to get healthy food. What would you like to see happen? Afterward, each group can present their ideas to make the food system better in this neighborhood.

Appendix 2

Statement of Informed Consent

You have been asked to take part in a focus group to talk about sources of food in your community, and the affordability and the quality of the food from these sources. This discussion will include grocery stores, convenience stores, farmer markets and eating out places as well as community gardens, food pantries, congregate meals, and food stamps. You were asked to be a participant because of your knowledge of the local community and experiences in purchasing foods for yourself and your family. Please read this form carefully and ask any questions you may have before agreeing to this project.

Risks and Benefits:

There are no risks involved in this project. Participation will give you an opportunity to discuss with others the need for additional food sources and community activities to assure food availability.

Confidentiality:

The tapes and records for this project will be kept private. No identifiers other than your first name will be attached to your transcript. Only project staff will have access to this file. If the information becomes published, your identity will not be given out, it will remain confidential.

Voluntary Nature of the Project:

Your decision to participate (or not) will not affect any present or future relations with Slavic Village Development, or any other community public program. If you decide to participate in the project, you are free to withdraw at any time.

Contacts and Questions:

You may ask any questions you have now and if you have questions later you may contact Morgan Taggart from the OSU Extension at (216) 216-429-8200. This form is for you to keep for your own record. Your participation in this focus group implies consent.

Appendix 3 Consumer Information Sheet

Please circle the best choice

1. AGE:

- a. 18-29
- b. 30-49
- c. 50-64
- d. 65-74
- e. 75+

2. SEX:

- a. male
- b. female

3. RACE

- a. African American
- b. Asian
- c. Caucasian
- d. Hispanic
- e. Native American
- f. Other

4. EDUCATION

- a. less than 8th grade
- b. 8th-12th
- c. high school diploma, GED
- d. Associate degree
- e. BA or BS completed
- f. MS or PhD completed

5. FOOD ASSISTANCE (circle as many as apply)

- a. Food stamp program
- b. Free or reduced School Meal Program
- c. WIC
- d. MAC-NAPS
- e. Elderly Meal Programs
- f. Other

6. In general would you say that your health is:

- a. Excellent
- b. Very good
- c. Fair
- d. Poor

7. Total number of people living in your household: _____

8. Total number of children living in your household: _____

9. Household Income:

- a. Less than \$10,000
- b. \$10,000-\$19,999
- c. \$20,000-\$39,999
- d. \$40,000-\$59,999
- e. greater than \$60,000
- f. unemployed

Appendix 4.
Focus Group Participants

St. Paul’s Community Church Focus Group (Ohio City)

Sex	Race	Education	Food Assistance	Health	People in Household	Children in Household	Income
Male	Caucasian	HS/GED	NA	Poor	NA	NA	Unemployed
Male	Caucasian	Less than 8th	Food Stamp	Fair	NA	NA	Unemployed
Male	Caucasian	8th-12th	NA	Fair	NA	NA	Unemployed
Male	Caucasian	HS/GED	NA	Fair	NA	NA	>\$10,000
Male	Caucasian	8th-12th	NA	Fair	NA	NA	Unemployed
Male	Caucasian	Less than 8th	NA	Fair	NA	NA	>\$10,000
Male	Caucasian	8th-12th	NA	Good	NA	NA	>\$10,000
Male	African-American	8th-12th	Food Stamp	Good	5	NA	Unemployed
Female	Caucasian	Less than 8th	Other	Good	1	0	>\$10,000
Male	Caucasian	HS/GED	Food Stamp	Good	NA	NA	Unemployed
Male	Caucasian	HS/GED	NA	Good	NA	NA	>\$10,000
Male	African-American	HS/GED	NA	Good	NA	NA	Unemployed
Female	Caucasian	HS/GED	Food Stamp	Good	2	0	\$10,000-\$19,000
Male	Caucasian	HS/GED	Food Stamp	Very Good	NA	NA	>\$10,000
Male	African-American	HS/GED	NA	Very Good	4	0	>\$10,000

Riverview Towers Focus Group (Ohio City)

Age	Sex	Race	Education	Food Assistance	Health	People in Household	Children in Household	Income
65-74	Female	African-American	8th-12th	Food Stamps, Elderly Meal	Fair	1	0	>\$10,000
65-74	Female	African-American	HS/GED	Elderly Meal	Fair	1	0	\$10,000-\$19,999
65-74	Female	African-American	8th-12th	Food Stamps	Fair	1	0	\$10,000-\$19,999
50-64	Female	African-American	HS/GED	Food Stamps, Elderly Meal	Fair	1	0	>\$10,000
50-64	Female	African-American	HS/GED	Food Stamps	Very Good	1	0	\$10,000-\$19,999
75+	Female	African-American	8th-12th	Food Stamps, Elderly Meal	Very Good	1	0	>\$10,000
50-64	Male	African-American	8th-12th	Food Stamps	Very Good	1	0	Unemployed

45-52 Block Club Focus Group (Ohio City)

Education	Food Assistance	Health	People in Household	Children in Household	Income
BA/BS	NA	Very Good	2	0	<\$60000
BA/BS	NA	Very Good	2	0	\$40,000-\$59,999
HS/GED	NA	Very Good	2	0	\$40,000-\$59,999
HS/GED	NA	Very Good	3	1	\$40,000-\$59,999
HS/GED	NA	Very Good	2	0	<\$60000
MS/PhD	NA	Very Good	2	0	\$40,000-\$59,999
HS/GED	Other	Very Good	1	0	>\$10,000
NA	Food Stamp	Excellent	1	0	<\$10,000
BA/BS	NA	Excellent	2	0	\$20,000-\$39,999
MS/PhD	NA	Excellent	2	0	\$40,000-\$59,999
BA/BS	NA	Excellent	1	0	<\$60,000

Langston Hughes Focus Group (Glenville)

Race	Education	Food Assistance	Health	People in Household	Children in Household	Income
African-American	>8th	Food Stamps , WIC	Fair	10	6	NA
African-American	8th-12th	NA	Fair	4	3	\$40,000-\$59,999
African-American	8th-12th	NA	Fair	1	0	>\$10,000
African-American	BA/BS	NA	Very Good	2	0	Unemployed
African-American	8th-12th	Food Stamps	Very Good	2	1	>\$10,000
African-American	BA/BS	NA	Very Good	1	0	NA
African-American	>8th	Food Stamps	Very Good	10	7	NA
African-American	>8th	Food Stamps	Excellent	10	7	NA

Morningstar Tower Focus Group (Glenville)

Age	Sex	Race	Education	Food Assistance	Health	People in Household	Children in Household	Income
50-64	Female	African-American	8th-12th	Sr. Farmers Coup.	Fair	1	0	>\$10,000
75+	Male	NA	8th-12th	Other	Fair	1	0	>\$10,000
50-64	Female	African-American	8th-12th	Food Stamps	Fair	1	0	\$10,000-\$19,999
75+	Male	African-American	8th-12th	Sr. Farmers Coup.	Fair	1	0	\$20,000-\$39,999
75+	Female	African-American	8th-12th	Food Stamps, Elderly Meal Programs and Sr. Farmers Coup.	Fair	1	0	>\$10,000
65-74	Female	African-American	8th-12th	Food Stamps	Very Good	1	0	>\$10,000
75+	Female	African-American	HS/GED	Sr. Farmers Coup.	Very Good	1	0	\$10,000-\$19,999
65-74	Male	African-American	8th-12th	Sr. Farmers Coup.	Very Good	1	0	>\$10,000
65-74	Male	African-American	8th-12th	Food Stamps and Sr. Farmers Coup.	Very Good	1	0	>\$10,000
75+	Female	African-American	Associates	Sr. Farmers Coup.	Very Good	1	0	>\$10,000
65-74	Female	African-American	8th-12th	NA	Very Good	1	0	\$10,000-\$19,999
50-64	Female	African-American	8th-12th	Food Stamps	Very Good	1	0	>\$10,000

Greens-N-Things Community Garden Focus Group (Central)

Age	Sex	Race	Education	Food Assistance	Health	People in Household	Children in Household	Income
50-64	Female	African-American	NA	Other	NA	3	NA	NA
30-49	Female	African-American	HS/GED	NA	Very Good	3	1	\$20,000-\$39,999
75+	Female	African-American	Associates	NA	Very Good	1	0	\$10,000-\$19,999
50-64	Female	African-American	HS/GED	NA	Very Good	1	0	\$20,000-\$39,999
30-49	Male	African-American	HS/GED	NA	Very Good	2	0	\$40,000-\$59,999
30-49	Female	African-American	HS/GED	NA	Very Good	NA	NA	NA
50-64	Female	Other	MS/PhD	Other	Very Good	3	0	\$60,000+
50-64	Female	Caucasian	BA/BS	WIC, WIC Farmers	Excellent	5	3	\$10,000-\$19,999

Slavic Village Focus Group (Slavic Village)

Age	Sex	Race	Education	Food Assistance	Health	People in Household	Children in Household	Income
30-49	Female	African-American	HS/GED	NA	Fair	2	1	Unemployed
30-49	Female	African-American	Assoc.	Other	Fair	4	0	\$10,000-\$19,999
30-49	Male	Caucasian	Assoc.	NA	Fair	1	0	\$10,000-\$19,999
65-74	Male	African-American	MS/PhD	Food Stamps	Fair	1	0	Unemployed
50-64	Male	African-American	HS/GED	NA	Fair	1	0	\$20,000-\$39,999
30-49	Female	Caucasian	HS/GED	Food Stamps	Fair	4	2	\$10,000-\$19,999
30-49	Male	Caucasian	HS/GED	NA	Very Good	4	0	\$20,000-\$39,999
50-64	Female	Caucasian	HS/GED	NA	Very Good	1	0	NA
65-74	Female	Caucasian	HS/GED	NA	Very Good	1	0	\$10,000-\$19,999
65-74	Female	Caucasian	HS/GED	NA	Very Good	1	0	\$10,000-\$19,999
65-74	Female	Caucasian	8th-12th	Food Stamps	Very Good	1	0	>\$10,000
75+	Male	Caucasian	8th-12th	NA	Very Good	5	2	\$20,000-\$39,999
50-64	Female	African-American	HS/GED	NA	Excellent	1	1	\$40,000-\$59,999
30-49	Female	African-American	BA/BS	NA	Excellent	4	2	\$40,000-\$59,999
65-74	Female	Caucasian	HS/GED	NA	Excellent	5	2	\$20,000-\$39,999