

A close-up photograph of several large, green, heart-shaped leaves with prominent veins, filling the left side of the page. The leaves are layered, with some in sharp focus and others slightly blurred in the background.

**THE FOOD ACCESS WORK GROUP: SUB-GROUP  
OF THE HEALTH WORK GROUP**

# Evansville Promise Zone

Food Access and Availability Report  
2019

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# Team Members

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# Promise Zone (PZ)

## Food Access Work Group: Sub-Group of the Health Work Group

In 2016, neighborhoods in Evansville, Indiana's central core received a federal designation as a Promise Zone (PZ). The Promise Zone identified primary work groups to serve as catalysts to return these neighborhoods to places where citizens and businesses could thrive. The Health Work Group's focus is to promote health and access to healthcare including an increased access to affordable fruits, vegetables and more nutrient dense foods.

In 2018, the Food Access Work Group began working on goal #3. This document includes demographic and food-access related information for people living in the PZ collected from November 2018 to December 2019, along with certain food-related information from year 2011 for comparison. Results from two Food Access Work Group surveys conducted in the PZ are included.





# Goals

## GOAL #1

Decrease by 10% the obesity rate of 35.7%.

## GOAL #2

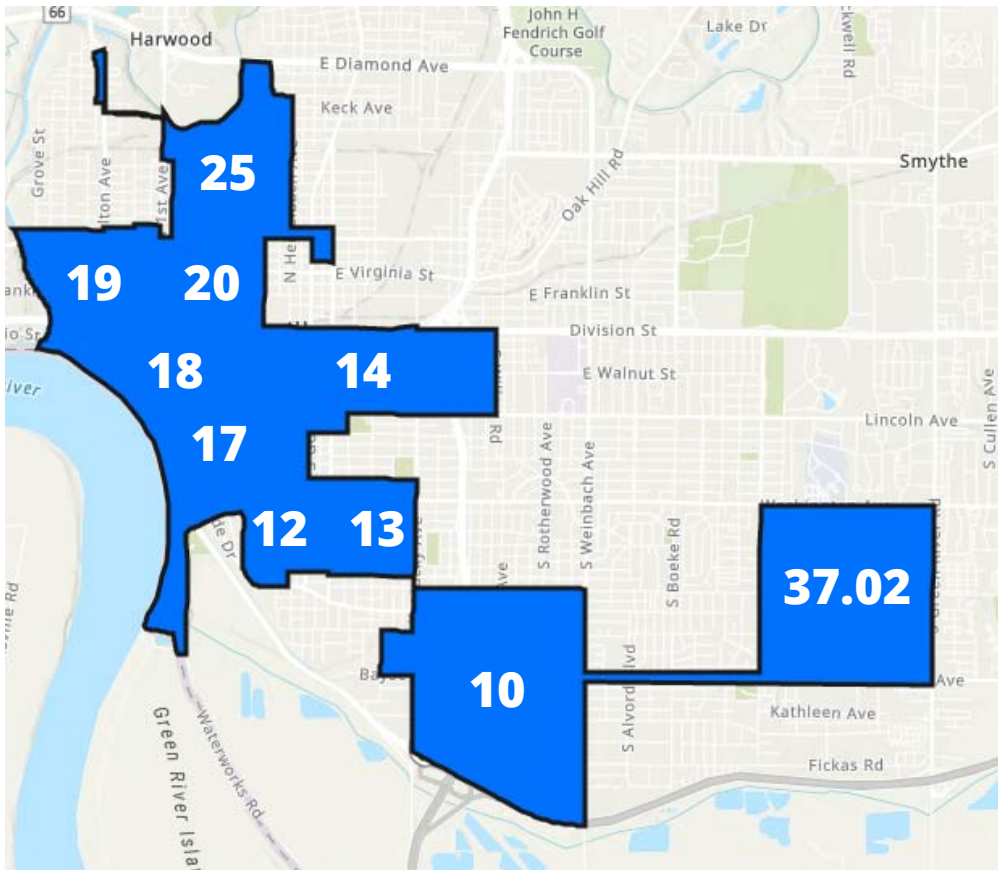
Decrease by 10% the 22.3% of the population reporting fair or poor health.

## GOAL #3

Decrease by 10% the 29% of the population who wanted to purchase fruits and vegetables but were unable to.

# DEVELOPING AN UNDERSTANDING OF THE PROMISE ZONE

## GEOGRAPHIC AREA



**\*Promise Zone area with census tracts**

### CENSUS TRACT GEOGRAPHY

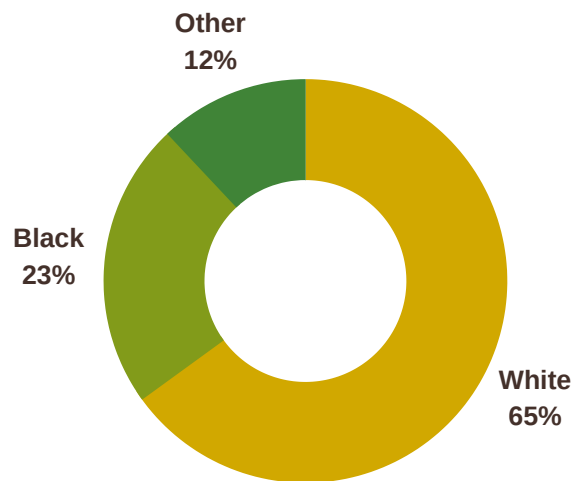
CT 10 - Baltz	CT 18 - Downtown
CT 12 - Culver and Goosetown	CT 19 - STAR and CHAIN
CT 13 - Tepe Park/Akin Park	CT 20 - Jacobsville
CT 14 - Ballard	CT 25 - Jacobsville
CT 17 - Blackford's Grove and Riverside	CT 37.02 - Eastside

The \*PZ is primarily made up 10 census tracts with a few streets connecting them as part of the PZ. Census tracts 10, 12, 13, 14, 17, 18, 19, 20, 25, and 37.02 in central Evansville, IN in Vanderburgh county. Within the Promise Zone there are several neighborhood groups which are categorized by geographic area and belong to the United Neighborhoods of Evansville (UNOE).

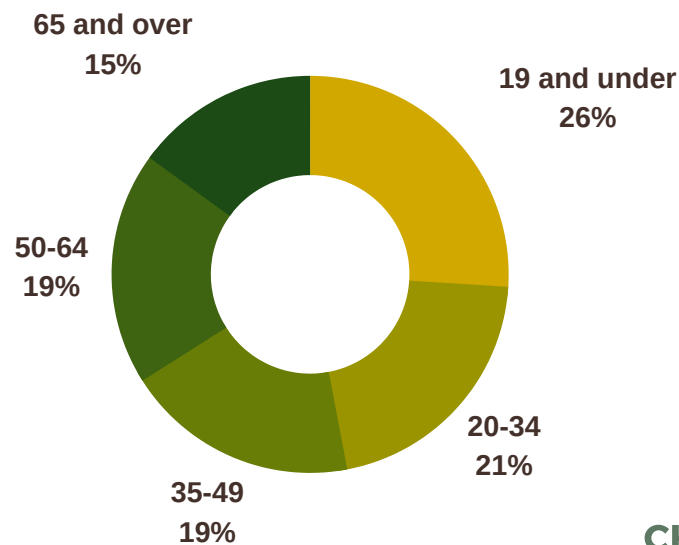
The Promise Zone geographic area can be found [here](#).

# Demographic Information

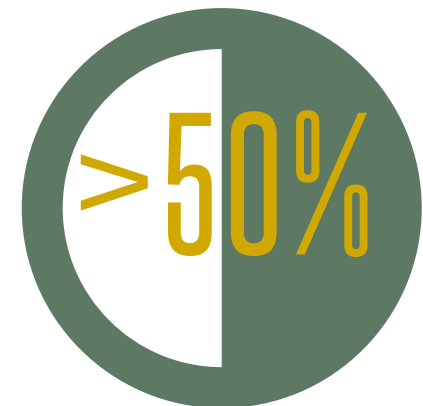
Around 22,257 individuals live in the PZ, which is about 12.3% of the total Vanderburgh County population or 181,721 individuals (year 2015).



**BY RACE**



**BY AGE**



**CHILDREN IN HOUSEHOLDS  
WITH SINGLE  
HOUSEHOLDERS IN 8  
CENSUS TRACTS IN 2015**

(Census Tracts 10, 12, 13,  
14, 19, 20, 25, 37.02)

# INCOME INFORMATION

## FOR PROMISE ZONE RESIDENTS



About **38%** of PZ residents live below the poverty rate vs. 13.5% for the state of Indiana.



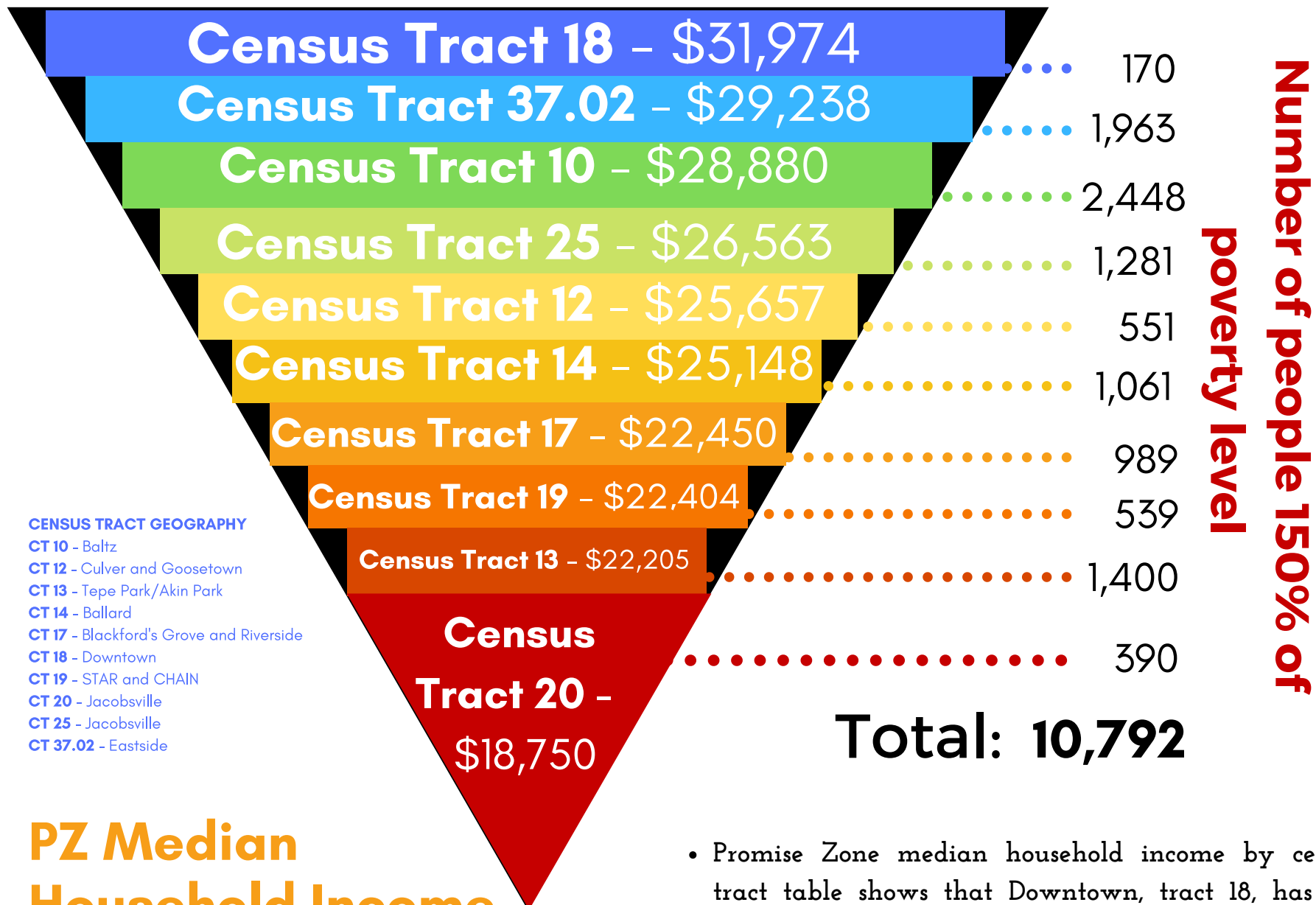
In 2017, the median household income was **<\$24,600 (poverty level)** in four census tracts.



The 2017 median household income for Vanderburgh County was **\$46,681** and Evansville metro area, **\$51,964**.



About **50%** of PZ residents live below 150% of poverty.



#### CENSUS TRACT GEOGRAPHY

CT 10 - Baltz  
 CT 12 - Culver and Goosetown  
 CT 13 - Tepe Park/Akin Park  
 CT 14 - Ballard  
 CT 17 - Blackford's Grove and Riverside  
 CT 18 - Downtown  
 CT 19 - STAR and CHAIN  
 CT 20 - Jacobsville  
 CT 25 - Jacobsville  
 CT 37.02 - Eastside

## PZ Median Household Income by Census Tract, Year 2017

- Promise Zone median household income by census tract table shows that Downtown, tract 18, has the highest median income and census tracts 13, 19 and 20 have the lowest median incomes.
- Census tracts 10, 13 and 25 have the highest number of people living below 150% of poverty level.

## Number and Percent of Households using SNAP by Census Tract of PZ, Years 2014-2017

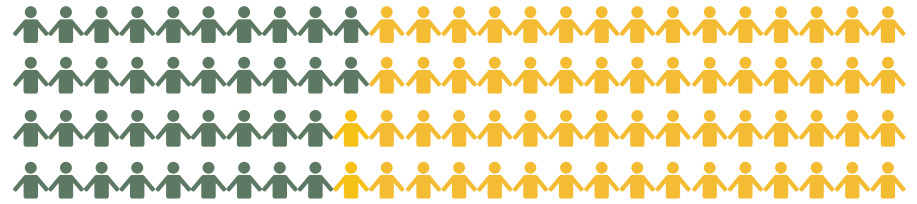
Census Tract	Year 2014		Year 2015		Year 2016		Year 2017	
	Number of households	% of households	Number of households	% of households	Number of households	% of households	Number of households	% of households
10	542	32.0	479	29.4	456	29.1	451	28.4
12	267	35.4	241	33.1	176	23.8	205	28.4
13	202	30.0	208	29.9	212	30.9	246	32.9
14	235	28.5	270	32.6	278	35.4	303	41.8
17	347	28.7	386	32.9	404	35.0	347	33.6
18	43	19.0	68	24.6	39	14.0	38	13.6
19	183	35.4	174	34.1	123	25.4	86	21.3
20	145	34.1	157	37.9	193	44.8	167	41.2
25	244	29.4	249	30.7	240	32.0	224	32.7
37.02	629	32.1	706	34.4	751	35.5	708	32.8

## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) BENEFITS

SNAP provides nutrition benefits to *supplement* the food budget of needy families so they can purchase healthy food and move towards self-sufficiency

- Census tract 14 had the highest % of households using SNAP in year 2017.
- Census tract 37.02 had the highest # of households using SNAP at 708 in 2017.
- 2775 total households used SNAP in 2017.
- Average cost of a low-income meal is \$2.36, 27% higher than the maximum SNAP benefit per meal of \$1.86.
- \$9,900 is the estimated cost for a family of four per year for food. About 30-50% of income is used for food purchasing among households in PZ.

# Education Spotlight

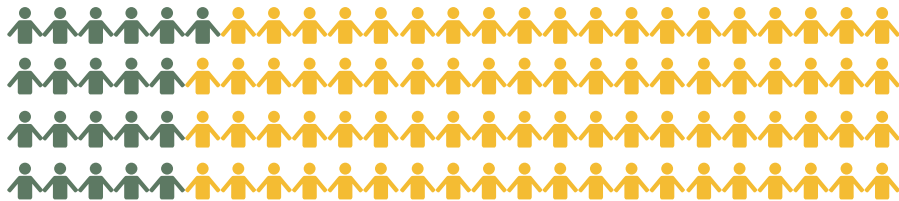


38%

of PZ residents over age 25  
have only a high school  
education.

21%

of PZ residents over age 25 did  
not graduate high school.



# Health Related Information



65% of PZ residents are patients of ECHO Healthcare (HRSA, UDS, 2014).



Nearly 23% report their health as poor or fair (TSHS, 2015).



About 31% did not have insurance (HRSA, UDS, 2014).



Almost 22% did not receive a routine checkup last year (TSHA, 2015).



29.4% indicated there was a lack of healthcare in or around their neighborhood **AND** that healthcare was needed.



9% delayed medical care because transportation was not available (Health Workgroup Survey, 2017).



Language can be a barrier to care. Approximately, 217 people in the PZ speak English "less than very well" (ACS 2014 5-Year Avg).



In Vanderburgh County, 11% of adults have diabetes and 34% are obese. (CHNA, 2019).

## LEGEND

ACS - American Communities Survey  
CHNA - Community Health Needs Assessment  
HRSA - Health Resources Services Administration  
HWS - Health Work Survey  
TSHS - Tri-State Health Survey



# DISABILITY STATUS

**“The Census Bureau defines disability as a long-lasting sensory, physical, mental, or emotional condition or conditions that make it difficult for a person to do functional or participatory activities such as seeing, hearing, walking, climbing stairs, learning, remembering, concentrating, dressing, bathing, going outside the home, or working at a job”.**

5%

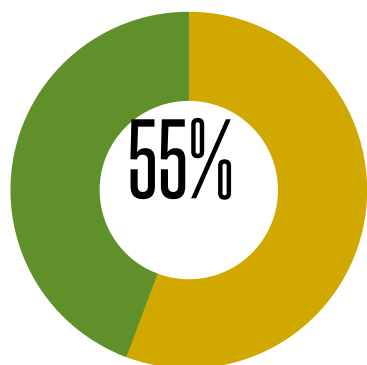
**of people in the Promise Zone  
are disabled**

16%

**of people in Vanderburgh  
County are disabled**

# SCHOOL LUNCH PARTICIPATION IN VANDERBURGH COUNTY

Eight Evansville Vanderburgh School Corporation (EVSC) schools are in the PZ and all are school-wide Title 1. The schools include: Caze, Cedar Hall, Delaware, Fairlawn, Glenwood, Lincoln, Lodge and McGary. As of 2019, all PZ school students are receiving free lunch through the Commodity Eligibility Provision option. About **82% to 98%** of students qualify for free or reduced rate lunches.

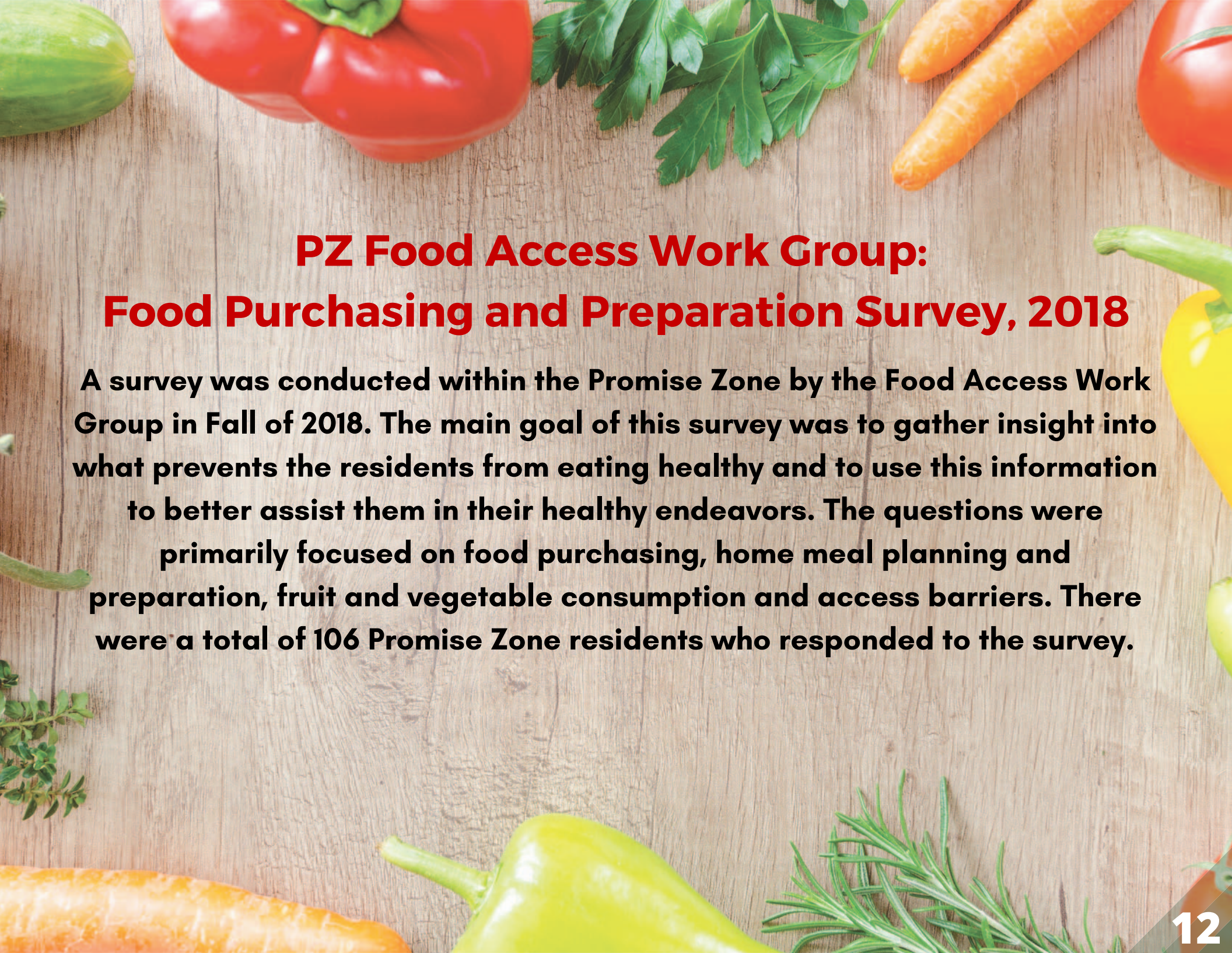


of students in Vanderburgh County participated in the free and reduced school lunch program in year 2017.

The trend in school lunch participation for free and reduced price recipients for Vanderburgh County from 2008-2017.

Location	School Lunch	Data Type	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Vanderburgh	Free	Number	9,110	9,638	10,368	11,183	10,925	11,208	11,575	11,437	11,580	10,916
		Percent	40.4%	42.7%	45.4%	46.6%	46.8%	47.5%	49.7%	49.6%	49.6%	46.8%
	Reduced Price	Number	2,249	2,220	2,234	1,981	2,189	2,272	2,171	2,128	1,900	2,083
		Percent	10.0%	9.8%	9.8%	8.3%	9.4%	9.6%	9.3%	9.2%	8.1%	8.9%
	Total (Free + Reduced Price)	Number	11,359	11,858	12,602	13,164	13,114	13,480	13,746	13,565	13,480	12,999
		Percent	50.3%	52.6%	55.2%	54.9%	56.2%	57.1%	59.1%	58.9%	57.7%	55.7%

Data Provided by  
Indiana Youth Institute



## **PZ Food Access Work Group: Food Purchasing and Preparation Survey, 2018**

**A survey was conducted within the Promise Zone by the Food Access Work Group in Fall of 2018. The main goal of this survey was to gather insight into what prevents the residents from eating healthy and to use this information to better assist them in their healthy endeavors. The questions were primarily focused on food purchasing, home meal planning and preparation, fruit and vegetable consumption and access barriers. There were a total of 106 Promise Zone residents who responded to the survey.**

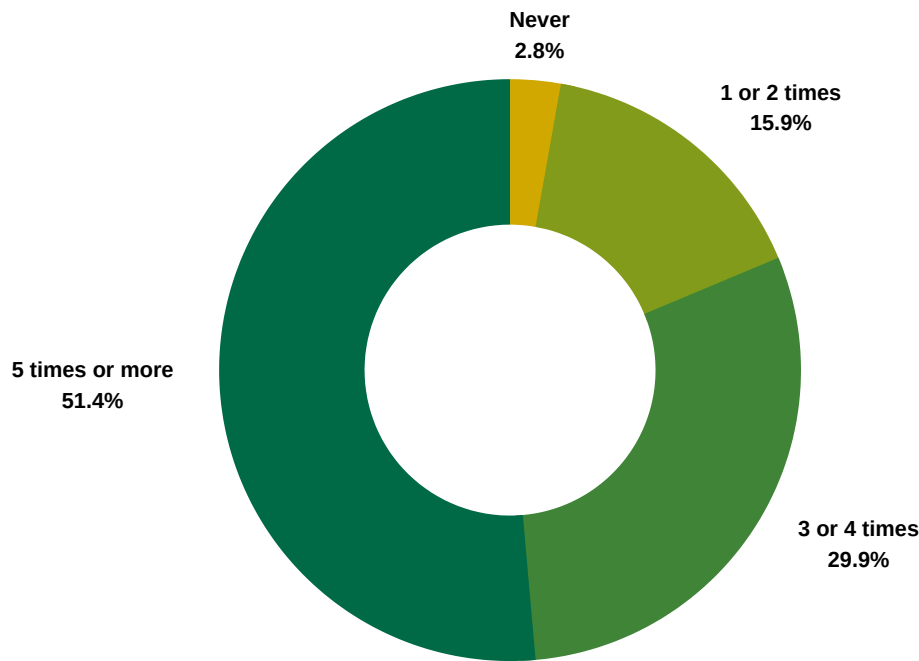
# QUESTION 1

## EACH WEEK, HOW OFTEN DO YOU PREPARE MEALS AT HOME?

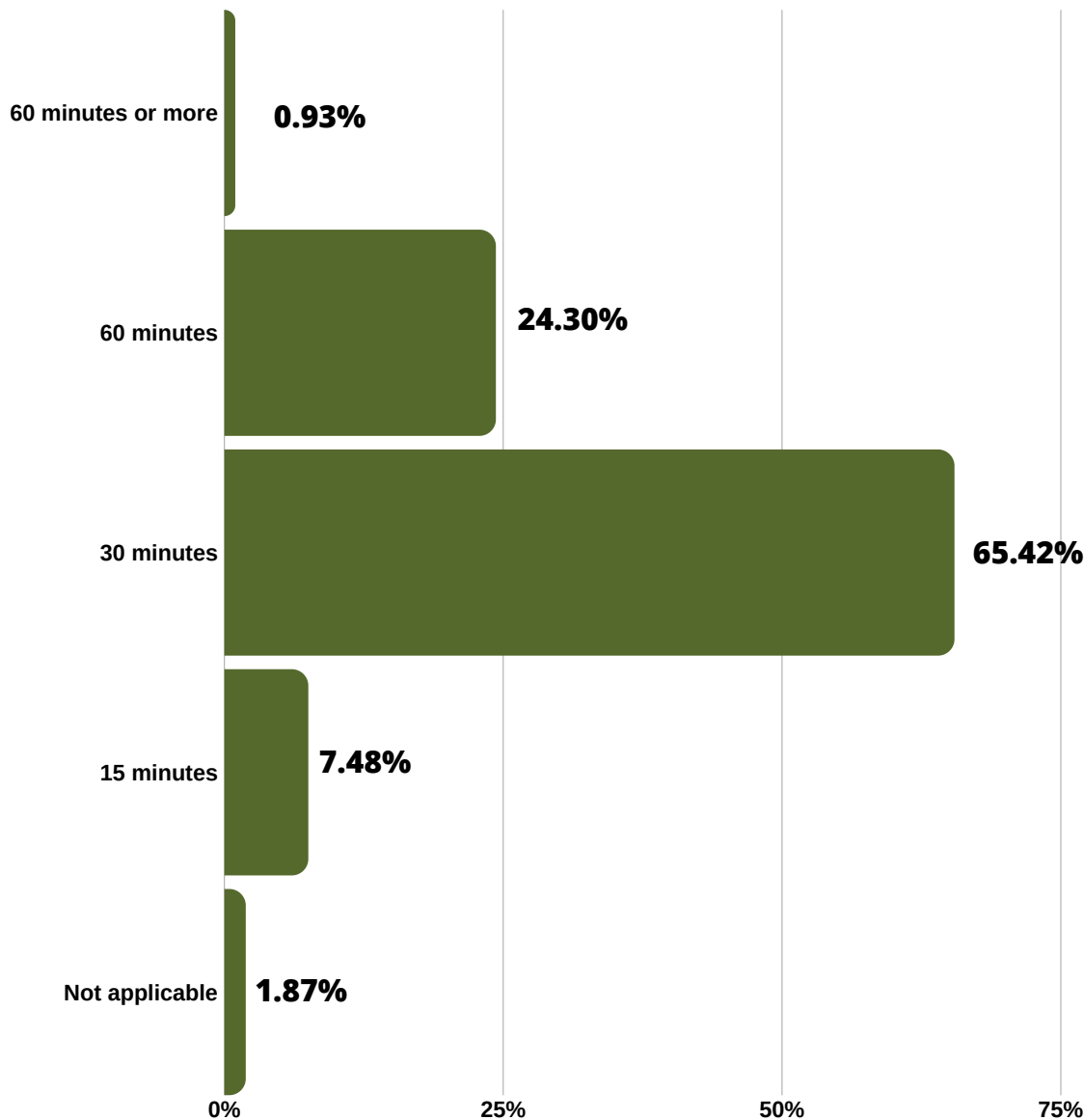


- Food eaten away from home is higher in fat, saturated fat, sodium and lower in fiber, calcium and iron.
- 33% of daily calorie consumption comes from food eaten away from home

	Home	Away
<b>Fat</b>	32.10 %	37.40 %
<b>Saturated Fat</b>	10.70 % of total kcals	12.40 % of total kcals
<b>Sodium</b>	738 mg	3,640 mg
<b>Fiber</b>	15.40 g (2000 kcals)	13.60 g (2000 kcals)
<b>Calcium</b>	1006 mg (2000 kcals)	788 mg (200 kcals)
<b>Iron</b>	15.06 mg (kcals)	12.14 mg (kcals)



- Americans spend 50% of their money eating away from home. Calories eaten from fast food grew the most.
- 75% of suppers were cooked at home in 1984 vs. 60% in 2014



## QUESTION 2

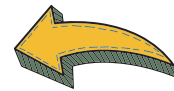
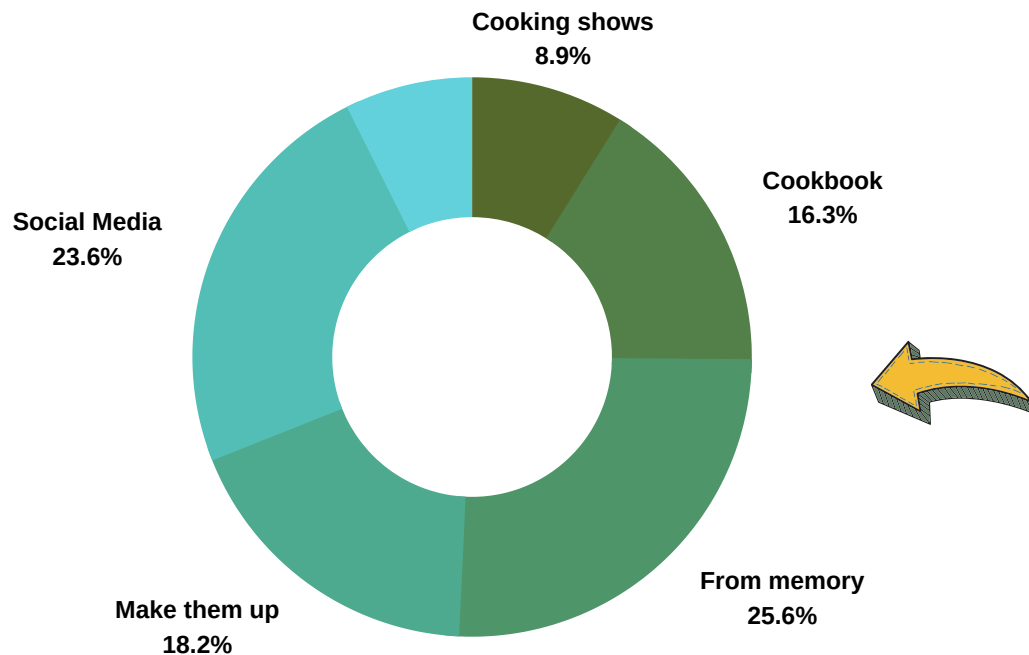
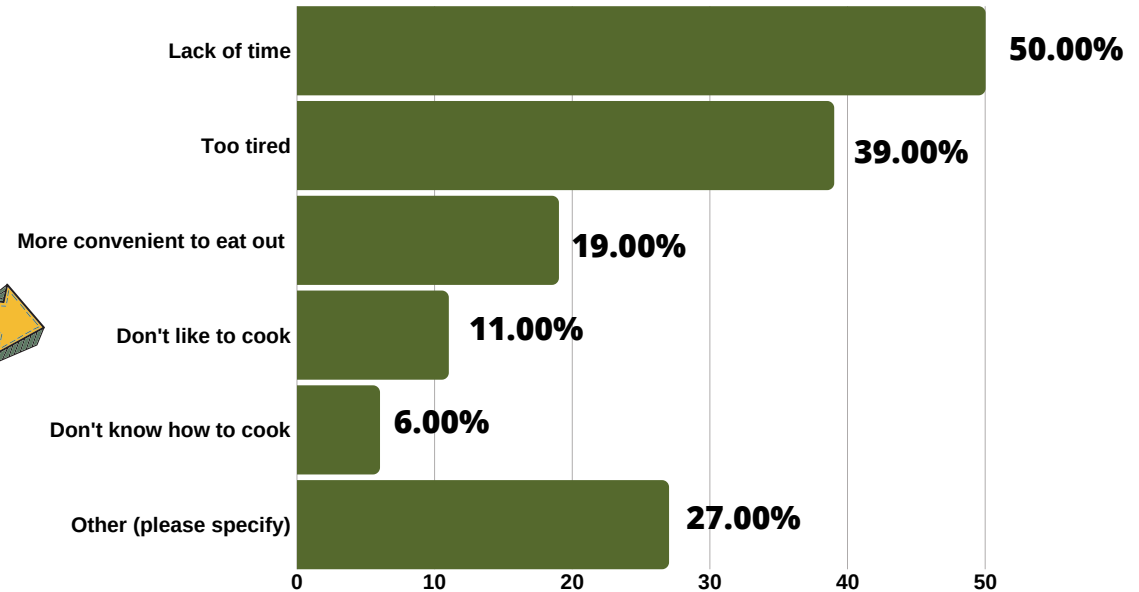
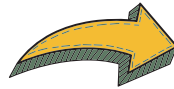
**HOW MUCH TIME DOES IT TAKE YOU TO PREPARE A TYPICAL DINNER AT HOME?**

- Over 75% of PZ residents spend 30 minutes or less on preparing dinner
- In 1965, adults over the age of 18 spent 65 minutes in meal preparation and clean up. In 2014, only 37 minutes per day was spent on meal preparation and clean up.

## QUESTION 3

**WHAT KEEPS YOU FROM PREPARING MORE MEALS AT HOME? (SELECT ALL THAT APPLY)\***

\*Other category includes: cooking for one, homeless, working, nothing, money, lack of food and chose to eat out



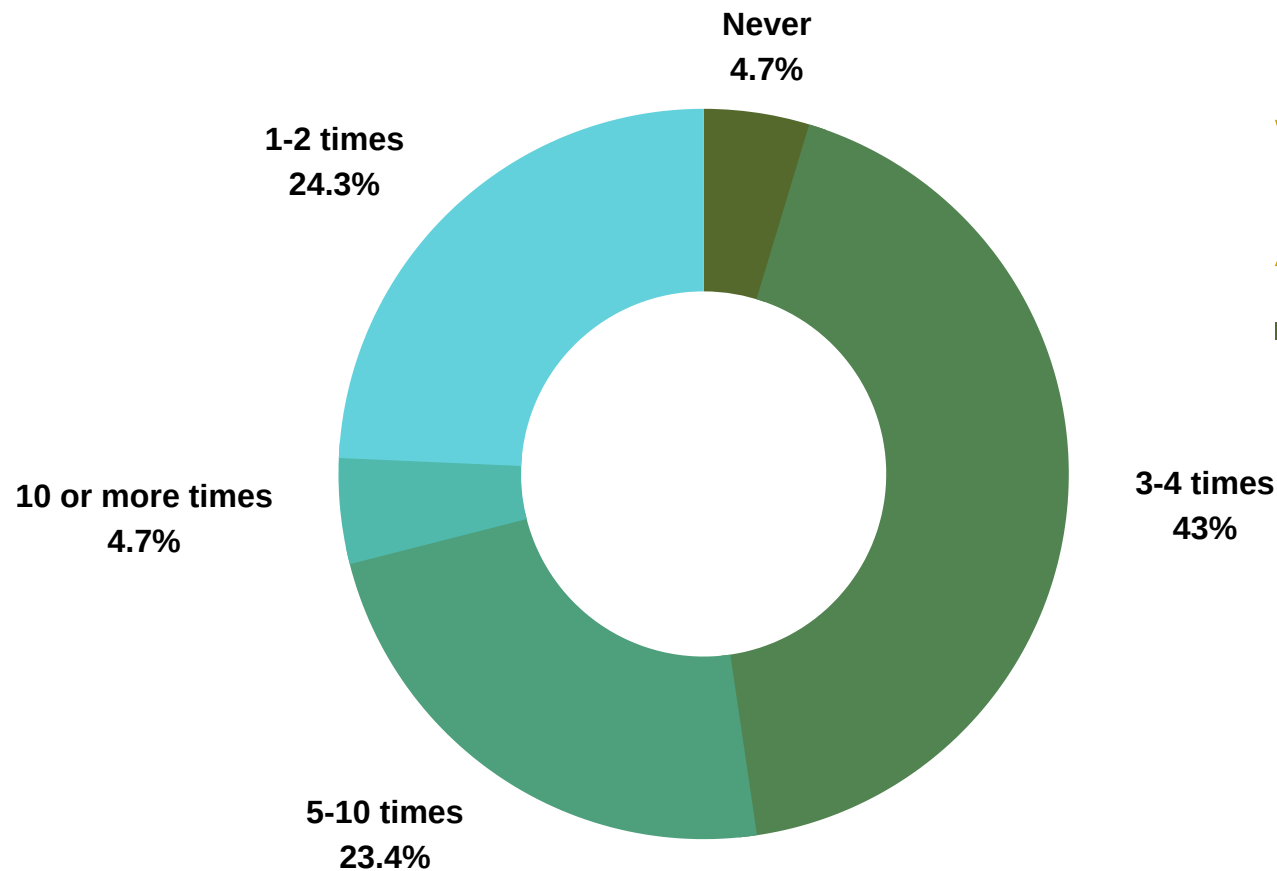
## QUESTION 4

**WHERE DO YOU GET YOUR RECIPES? (SELECT ALL THAT APPLY)\***

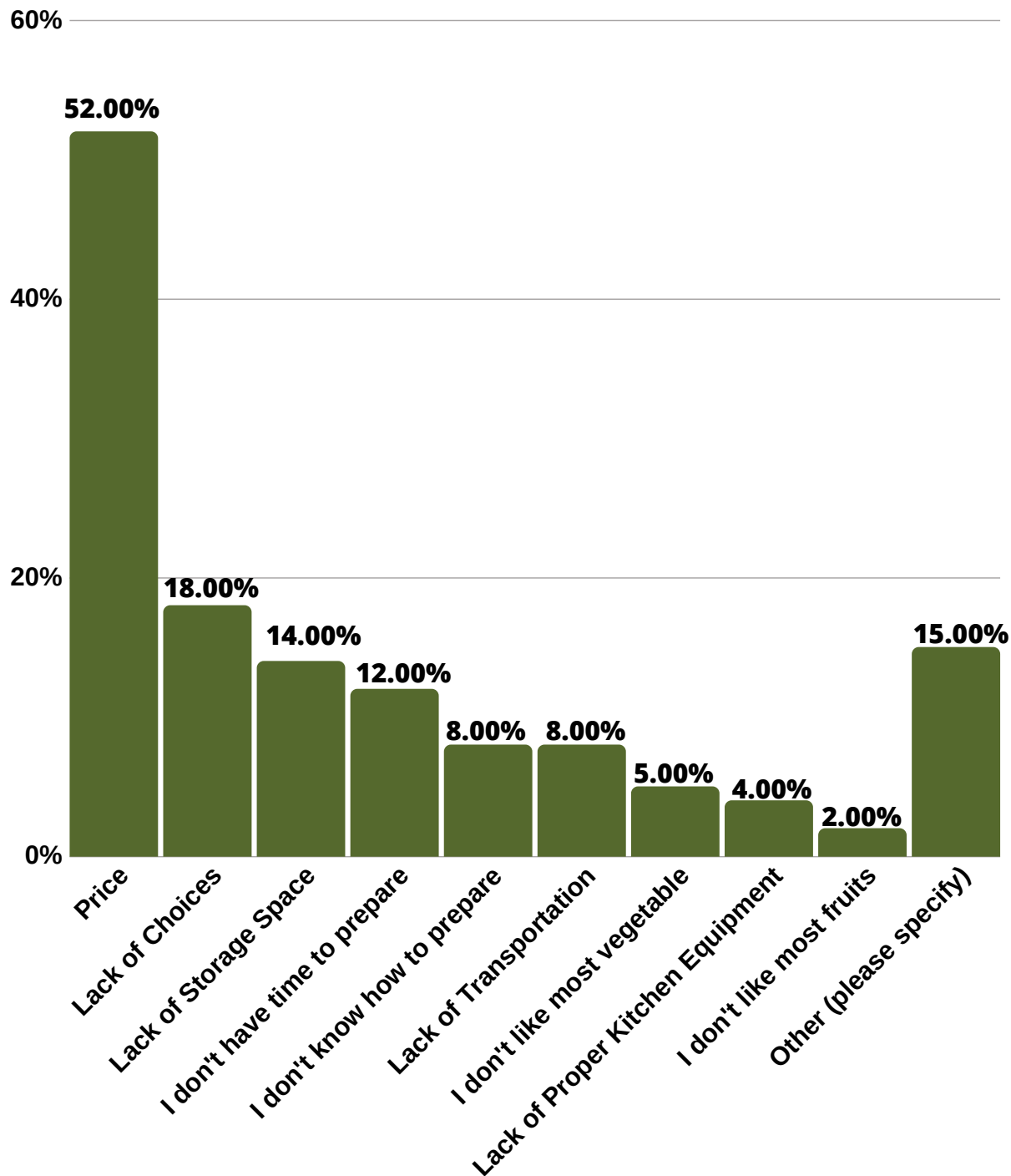
\*Other category includes: food packaging, own recipes, cooking magazines, newspaper, and family and friends

## QUESTION 5

### HOW MANY TIMES EACH WEEK DO YOU SERVE FRESH OR FROZEN FRUITS AND VEGETABLES?



- Only 1/2 of tristate adults consume fruit daily, and even fewer adults consume dark green vegetables daily (TSHS, 2015)
- 57% of female adults eat fruit daily (TSHS, 2015).
- 42% of male adults eat fruit daily (TSHS, 2015).

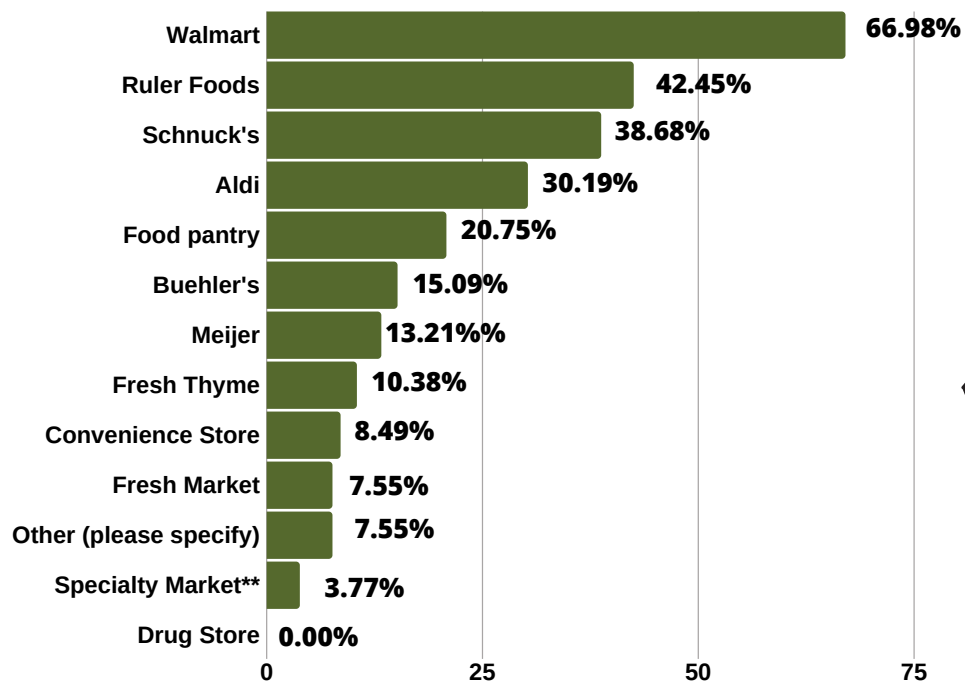


## QUESTION 6

**WHAT IS/ARE YOUR BIGGEST BARRIER(S) TO PURCHASING FRESH OR FROZEN FRUITS AND VEGETABLES? (SELECT ALL THAT APPLY)\***

\*Other category includes: food goes bad, lack of money, distance to store, availability, none, and finding things that others eat

- 59% of tristate residents earning \$75,000 or more consume fruit daily, compared to 38% of those earning less than \$15,000 (TSHS, 2015)

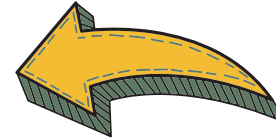


## QUESTION 7

**WHERE DO YOU CURRENTLY GET YOUR GROCERIES? (SELECT ALL THAT APPLY)\***

\*Other category includes: Simpson's, Save-A-Lot, Elbert's, Sam's Club, Dollar General and the Farmer's Market

\*\* Specialty Market category includes: Oriental, Hispanic and Natural/Organic stores.

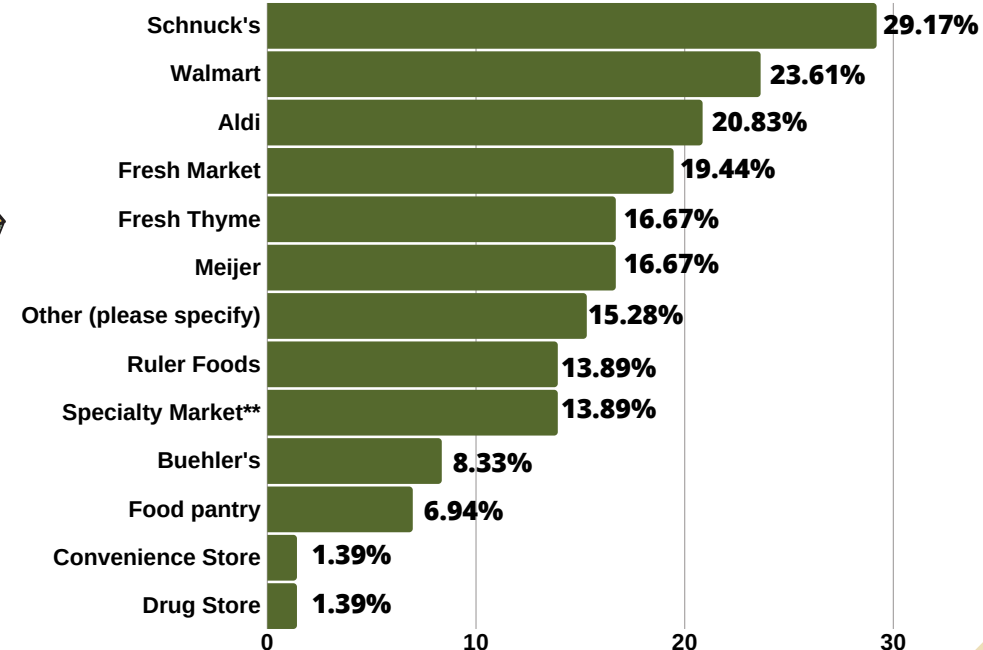
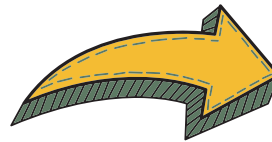


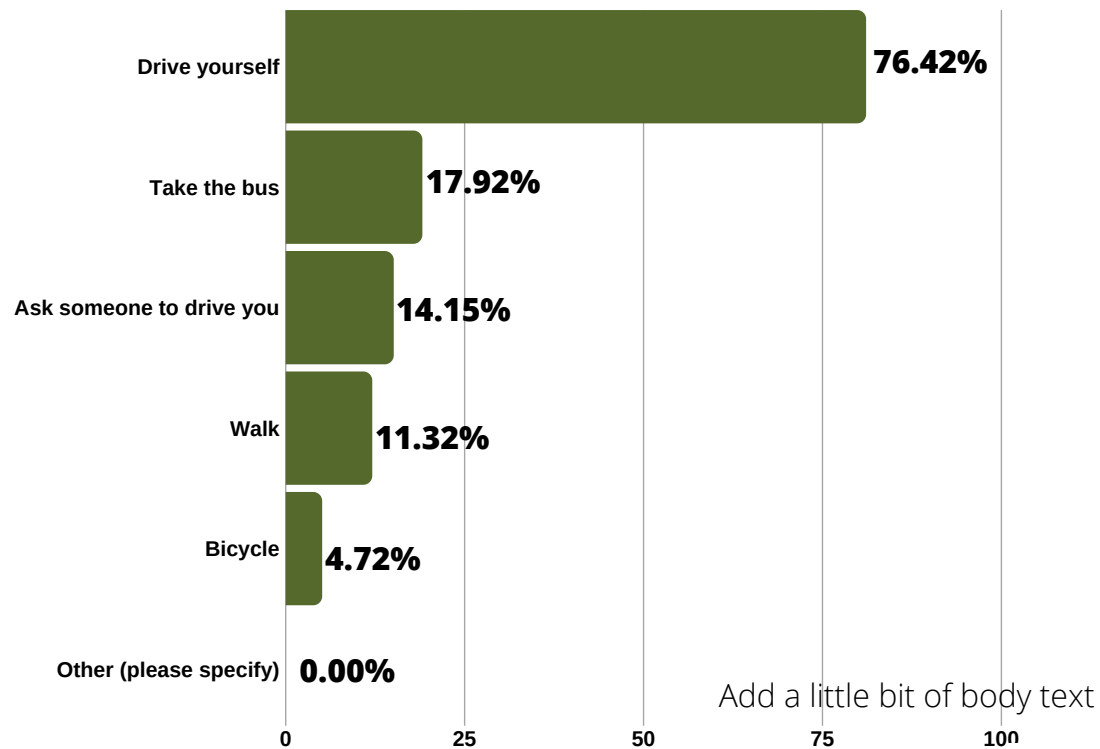
## QUESTION 8

**IS THERE SOMEPLACE ELSE YOU WOULD PREFER TO GET YOUR GROCERIES? (SELECT ALL THAT APPLY)\***

\*Other category includes: Save-A-Lot, walking distance, none, cheapest place, closer to downtown, Farmer's market, and places closer to home

\*\* Specialty Market category includes: Oriental, Hispanic and Natural/Organic stores.

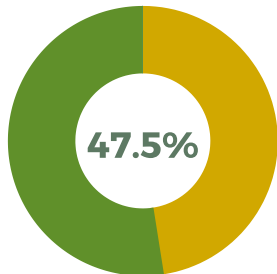




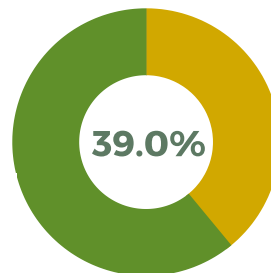
## QUESTION 9

**TO GET YOUR GROCERIES,  
WHICH OF THE  
FOLLOWING  
TRANSPORTATION  
METHODS DO YOU USE?**

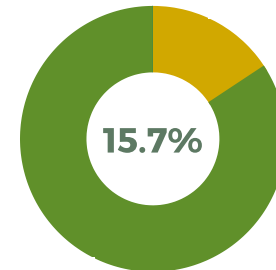
\*Other category had no responses



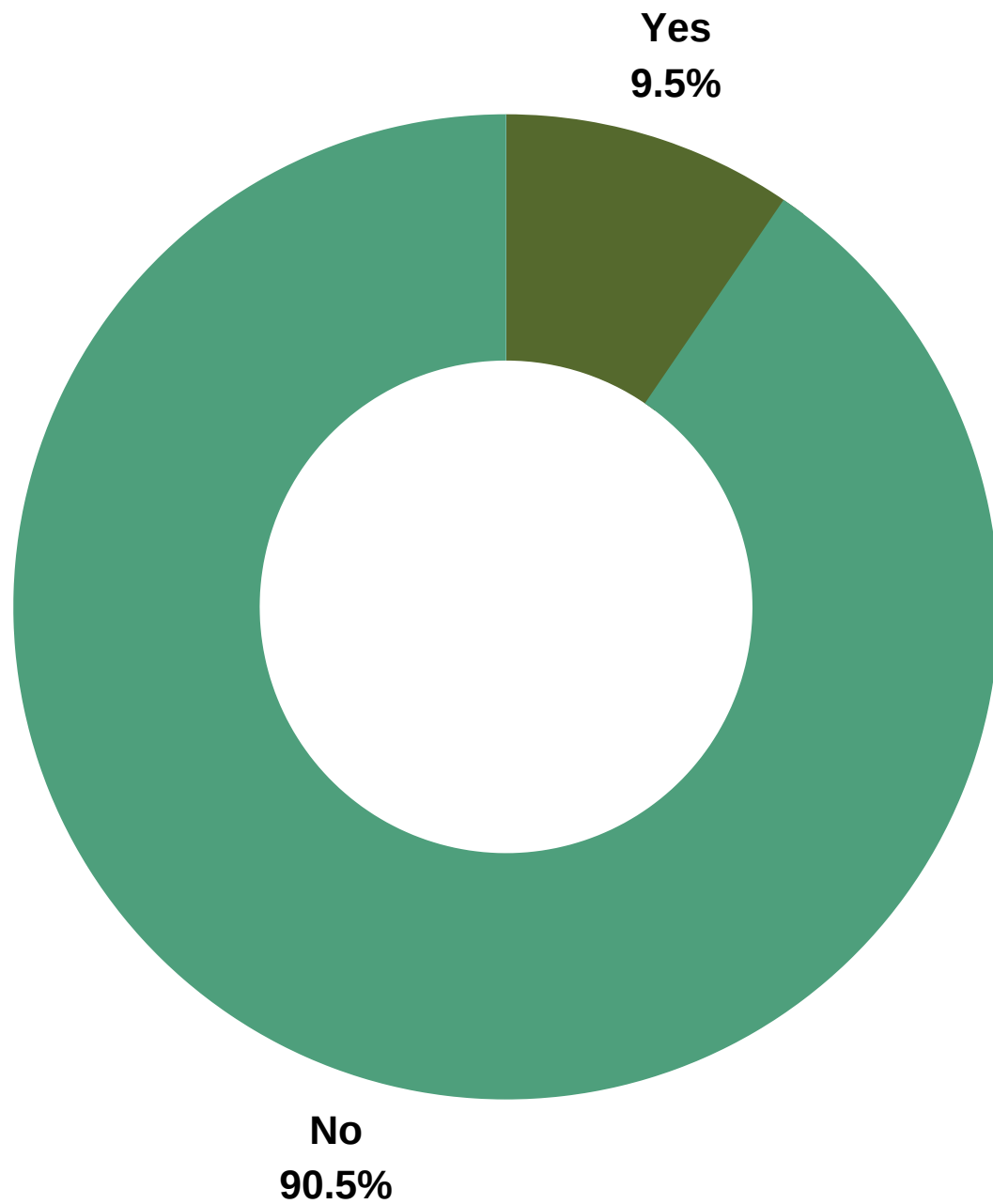
Households in  
Census Tract 20,  
Jacobsville, without a  
vehicle in 2015



Households in Census  
Tract 20, Jacobsville,  
without a vehicle in  
2018  
(American Community  
Survey, Table BO8201)



Lack of transportation as  
a barrier to travelling  
places in and around the  
community other than  
to access jobs.  
(Health Workgroup  
Survey, 2017)



## QUESTION 10

**HAVE YOU EVER HAD  
YOUR GROCERIES  
DELIVERED?**



## Food Access and Availability: 2011 vs. 2019

	2011	2019
Convenience Stores	10	13
Grocery Stores	5	3
Variety Stores	1	4
Sit-down Restaurants	29	36
Quick Service Restaurants	8	7
Food Pantries*	15	18
Seasonally Available**	16	11
<b>TOTAL</b>	<b>84</b>	<b>92</b>

\*Food pantry categories include food pantries, soup kitchens and food banks.

\*\*Seasonally available outlets include farmers' markets, farm markets, orchards, produce stands and community gardens.

- Residents living in the census tract area 13 had the least access to food outlets 2011.
- Additionally, census area 13 had no grocery, and was neither served by a food pantry, food bank or a soup kitchen in 2011.
- Residents on the outermost edge of CT 10 walked 21 blocks to the nearest grocery store, which has no fresh fruits and/or vegetables.
- They also walked 35 blocks (1 mile) to a grocery that does have fresh fruits and vegetables.
- The nonprofit outlets made up 37% of all produce outlets in 2011.
- People living in census tracts 12, 17 and 20 had greater access to food outlets with at least 2 to 5 food outlets every tenth of a square mile in 2011.
- Census Tract 20 area had the greatest access (4.8 store density) to food outlets although only 1 of its fifteen outlets was a grocery store and 2 were food pantries in 2011.

**1 in 10**

**households got an  
inadequate amount  
of food in Indiana**

**7.8%**

**Food insecure  
children in Indiana**

**6.9%**

**Limited access to  
healthy food**

**\$3.17 M**

**Total expenditure in  
Vanderburgh  
County on Food  
Stamps in 2010**

## **FOOD INSECURITY AND FOOD MATTERS**

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Food insecure households are unable, at times during the year, to provide adequate food for one or more household members because the household lacked money and other resources for food. For most food insecure households, inadequacy was in quality and variety of foods. Households with Food-Insecure children were unable, at times during the year, to provide adequate food for one or more child because the household lacked money and other resources for food. For most of these households, inadequacy was in quality and variety of foods.

# Vanderburgh County

15.5 %

Food Insecurity Rate

28,000

Food Insecure Individuals

58%

people below 130% poverty  
(SNAP, WIC, free school meals,  
CSFP, TEFAP)

17%

people between 130% and 185%  
poverty (WIC, reduced price  
school meals)

25%

people above 185% poverty  
(charitable response)

V S

# Indiana

14.4 %

Food Insecurity Rate

950,000

Food Insecure Individuals

53.8%

people below 130% poverty  
(SNAP, WIC, free school meals,  
CSFP, TEFAP)

17.2%

people between 130% and 185%  
poverty (WIC, reduced price  
school meals)

29.1%

people above 185% poverty  
(charitable response)

# Low Income, Access & Vehicle Areas according to the USDA Food Atlas, 2015

Census Tract	Low Income areas*	Low access areas**	Low Vehicle areas***
10	X	X	
12	X		
13	X	X	
14	X	X	
17	X		
18	X		
19	X	X	
20	X	X	
25	X	X	X
37.02	X	X	X

\*Tracts with a poverty rate of 20% or higher, or tracts with a median family income of less than 80% of median family income for the state or metropolitan area.

\*\* Tracts in which at least 500 people or 33% of the population lives farther than 1/2 mile (urban) or 10 miles (rural) from the nearest supermarket.

\*\*\* Tracts in which more than 100 households have no access to a vehicle and are more than 1/2 mile from the nearest supermarket.



2.2% of people living in the United States live more than 1 mile from supermarket without a vehicle.



About 93% travel in their own vehicle or with another household member. However in the PZ, it is 76.42%.



86% SNAP redeemed at supercenter



About 4.1% are low income living in low access areas.



6% do not have food they want because of access issues and 1/2 do not have enough money)



Although SNAP users are 1.8 miles from nearest store, they travel 4.9 miles to shop



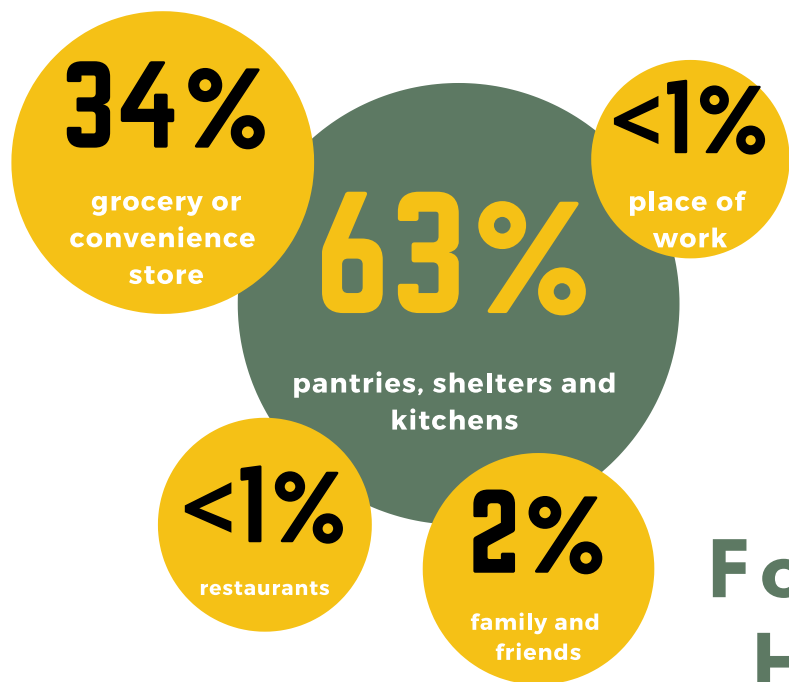
On average they spend 4.5 minutes more going one way to the store.



Supermarkets are 10% cheaper than convenience stores.

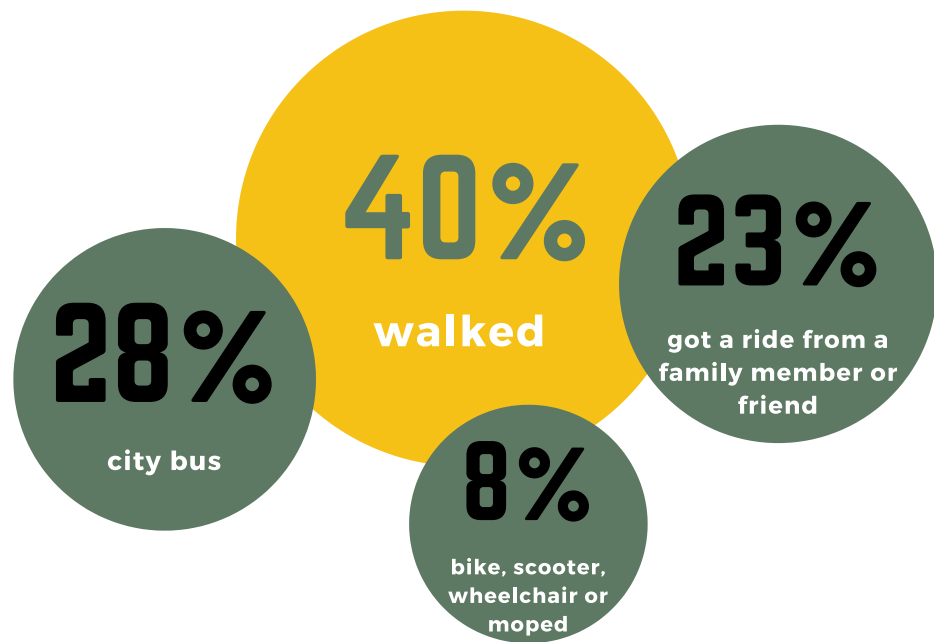


## FACTS




Where food  
is accessed

## Food Access Work Group: Homeless Connect Food Access Survey, 2019



Mode of  
transportation



# Housing Information

8 of the 10 census tracts of the Promise Zone are contained within the Central Submarket.

Census tracts 10 and 37.02 are found in the Near East Submarket.

Between 2000 and 2010 there was a 12.3% decrease in population in the Central submarket and a 4.9% decline in the Near East submarket.

Over 40% of households in the Central submarket have only 1-Person, but it also has the largest share of large-family (4 persons or more) with 17.7%; the average household size is 2.1 people.

East and Central are the only two submarkets that had shares of renter-occupied over 50% at 56.7% and 58.2%, respectively.

Between 2010 and 2017 owner-occupied housing decreased by 4.1% while renter-occupied increased by 9.3%; owner occupied are projected to increase by 1.1% and renter occupied by 1.4%.



## Availability Measures

In 2011, an availability measure was determined by calculating the number of different fruit and vegetables as a percent of the 45 fruit types and 54 vegetable types. Separate scores were constructed to reflect a total of different types of fruits and vegetables by store categories (0-25% = poor, 26-50% = fair, 51-75% = good, and 76 and above = excellent).



The variety of fruit and vegetables was greater (54%) at groceries compared with other sites.



Based on this study's scoring criteria, the grocery stores rated as "good" for variety.



The food pantry and soup kitchens sites received a "fair" rating for fruit.



A "fair" rating of vegetable variety was received for food pantry, soup kitchen and community gardens.



The convenience and variety stores received a "poor" rating for variety of both fruit and vegetables.



There was no site with an "excellent" rating for variety and availability of fruit and vegetable.

10 most common fruit  
and vegetables provided  
by pantries

1. Mixed vegetables
2. Potatoes
3. Mixed Fruit
4. Juice
5. Green Beans
6. Tomatoes
7. Lettuce
8. Apples
9. Beans
10. Corn

Favorite vegetables

1. Green Beans
2. Carrots
3. Corn
4. Cucumber
5. Collard Greens
6. Kale Greens
7. Peppers
8. Potatoes
9. Squash
10. Tomatoes

# Availability of Fruit, Vegetable and Juice Facts, 2011



Census Tract 26 had the largest area set aside for fruit, vegetables and juice at Wesselman's Royale.



Buehler's Buy Low had the second largest square footage in Census Tract 20.



Both Wesselman's Royale and Buehler's Buy Low provided at least 682 square feet of space for produce and juice.



Approximately, 80% of the grocery and convenience stores maintained less than 180 square feet for fruit, vegetables and juice.



In these smaller grocery and convenience stores, the space allotted was as little as 0 square feet and at the most at 117 square feet.



The convenience stores space allotted to fruit, vegetables and juice averaged 35 square feet.

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## ARCGIS Map

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