

ACCESS TO FOOD



OUTDOOR RECREATION

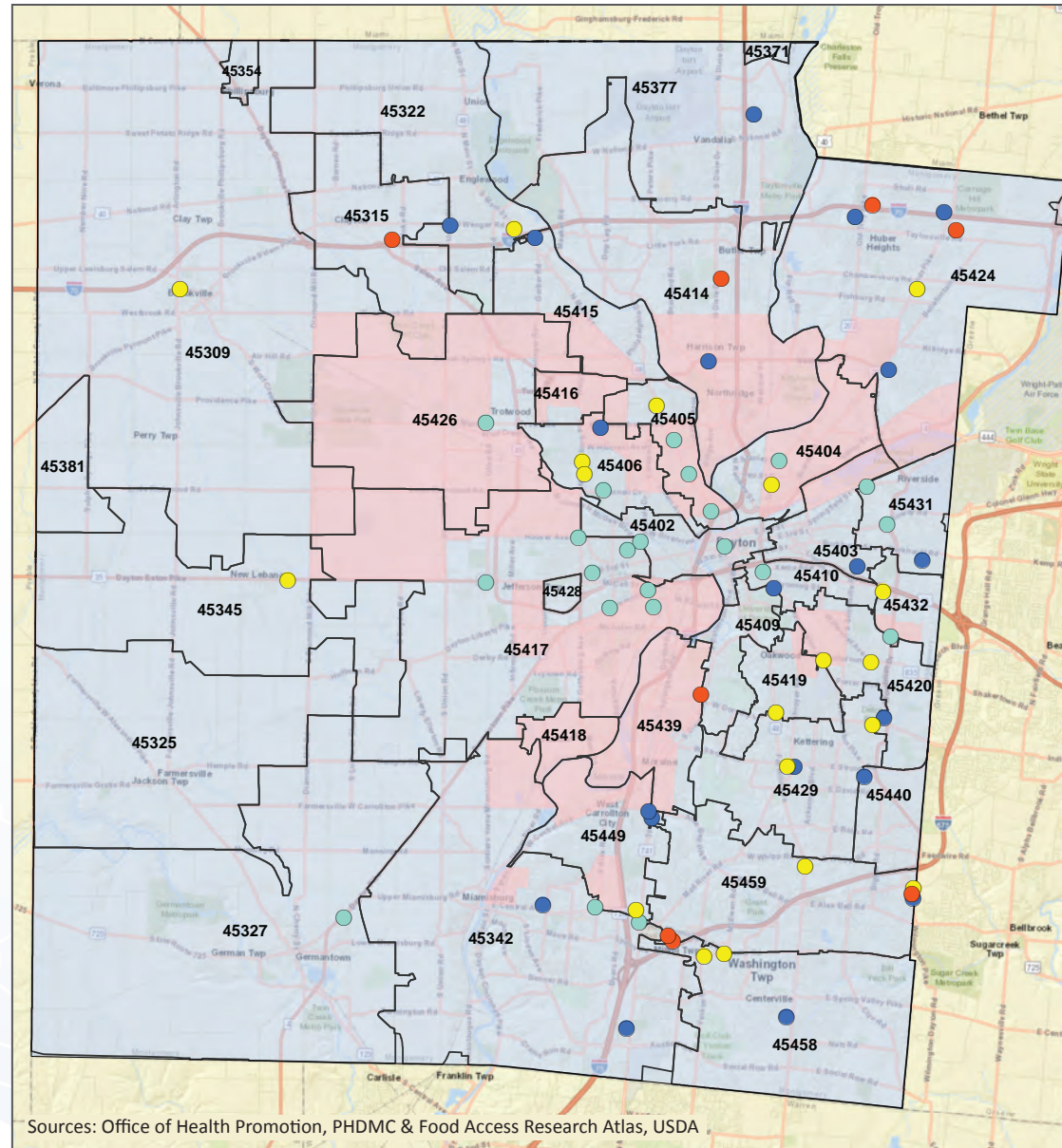
Food Deserts and Available Food Options, Montgomery County, 2018

Food deserts are low income census tracts where a significant number of residents are more than 1 mile in urban areas or 10 miles in rural areas from the nearest supermarket.

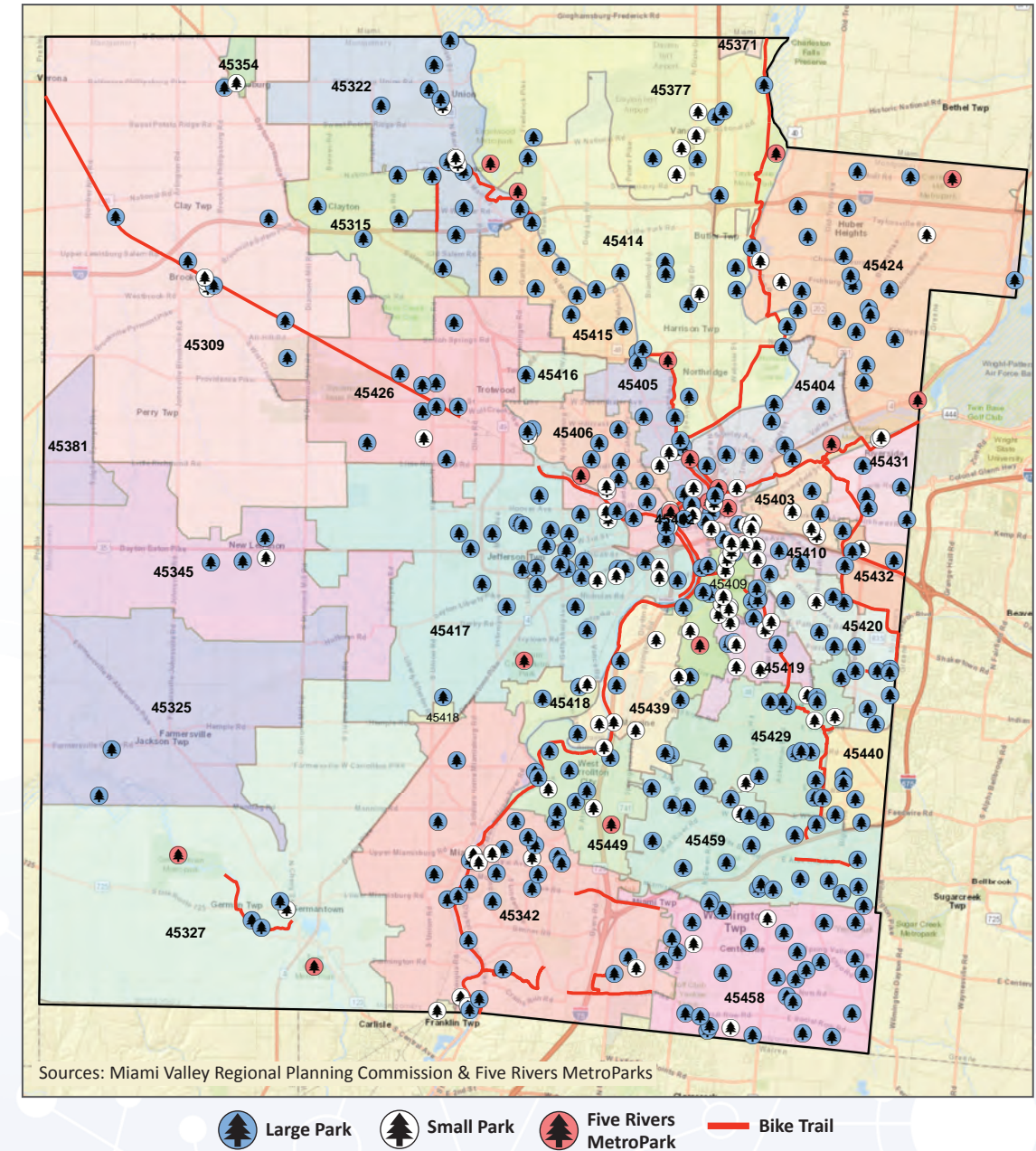
Food Desert

Food Location Types

- Grocery**
Small chain retail shop that primarily sells food
- Local Market**
Small neighborhood market that offers food options
- Supercenter**
Combined supermarket and department store (i.e., Walmart)
- Supermarket**
Large grocery store that also sells non-grocery items (i.e., Kroger)



Parks and Bike Trails, Montgomery County, 2019



The park and trail systems within Montgomery County are extensive. Dayton's Five Rivers MetroParks maintains 18 parks and six regional recreation trails within nearly 16,000 acres of green space. Each city and township also has a system of parks and trails.

SDOH SOCIAL DETERMINANTS OF HEALTH:

Neighborhood conditions can impact the availability of healthy, fairly-priced, quality food. Residents of lower income and rural neighborhoods are more likely to have poor access to supermarkets that offer fruits, vegetables, and whole food options due to distance and transportation. Additionally, low income neighborhoods are less likely to have supermarkets or chain grocery stores nearby and tend to have a higher number of convenience stores and small food markets that carry foods of lower nutritional quality. If healthier food options are available in the smaller neighborhood stores, they are often more expensive than in a chain supermarket.

SDOH SOCIAL DETERMINANTS OF HEALTH:

When neighborhoods have nearby parks and bike trails, they may often go unused. In communities where sidewalks are absent or poorly maintained, streets are poorly lit, crosswalks are nonexistent, or cars travel at a high rate of speed, residents do not feel safe walking to parks. A fear of violence, whether real or perceived, may also discourage the use of neighborhood parks.