

# Creating a Healthy Community

## Nutrition Perspective

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Saturday, January 19<sup>th</sup>, 2008

# The Problem

## Overweight and Obesity

### Santa Barbara Rates:

Children 28%

Teens 36%

Adults 54%

# Health Effects of Overweight

## Santa Barbara County

## CA

Diabetes	9.2%	8%	38,790 People
Heart Disease	5.8%	6.2%	24,454 People
High Blood Pressure	22%	25%	92,758 People
High Cholesterol	19%	22%	80,109 People

# What Nutrition-Related Factors Can Be Addressed in City Planning?

\*Access to healthy foods for all residents

Challenges:

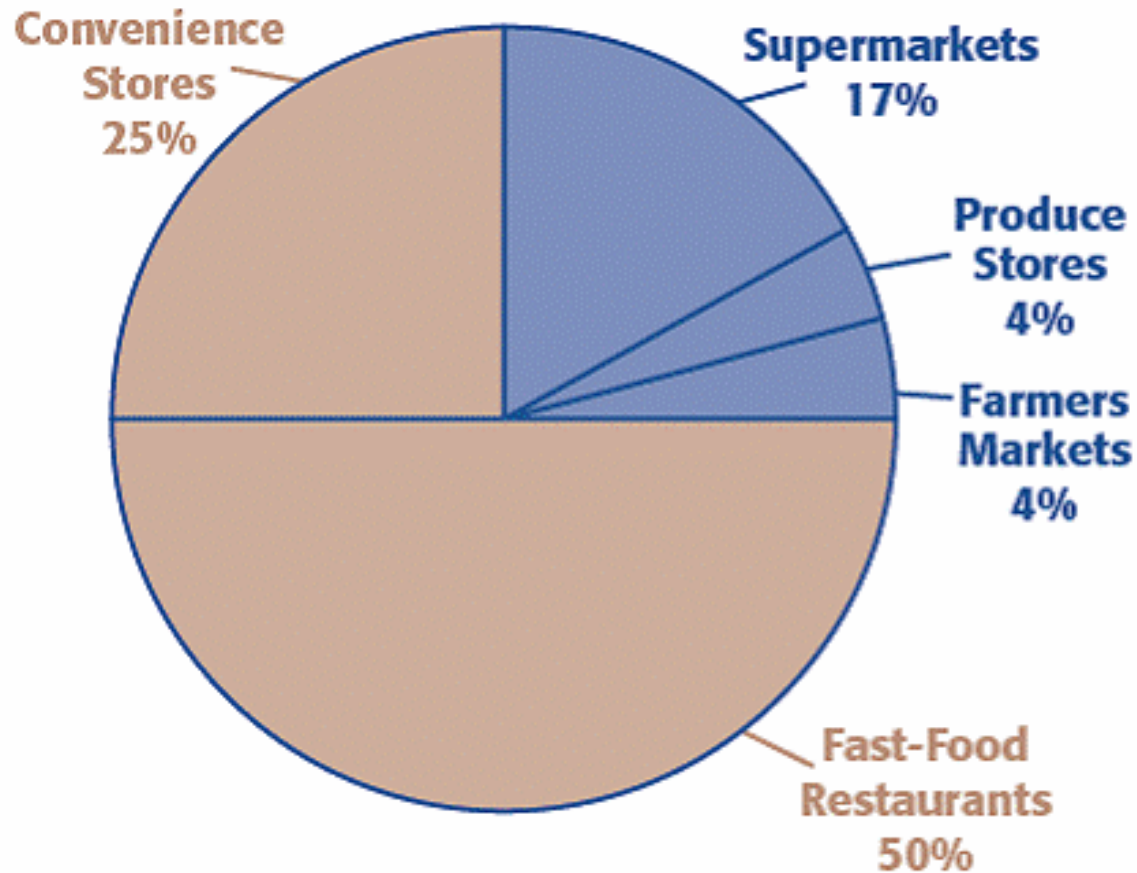
- Fast Food Restaurants (FFR)
- Convenience stores & Liquor stores

**SB County: 3x as many FFR & Convenience stores as Supermarkets & Produce vendors**

# Why Is This a Problem?

- Relationship between available food & health
- Higher rates: Diabetes, Heart Disease & Cancer
- Live near Supermarkets: eat more fruits & vegetables;  
lower rates of obesity
- FFR associated with more calories, fewer vegetables,  
higher obesity rates

# Distribution of Retail Food Outlets in Santa Barbara County



# What Can Be Done to Improve the Nutrition Environment?

**GOAL:** Federal, State & Local Policy Makers enact policies to provide safe, convenient access to healthy foods for all residents

1. ↑ # grocery stores, produce vendors in neighborhoods w/limited access to healthy foods
2. Set reasonable limits on # FFR & Convenience stores in neighborhoods
3. Require FFR to provide consumers with nutritional information for all items
4. Eliminate use of trans fats used in restaurants
5. Increase community gardens and farmers markets