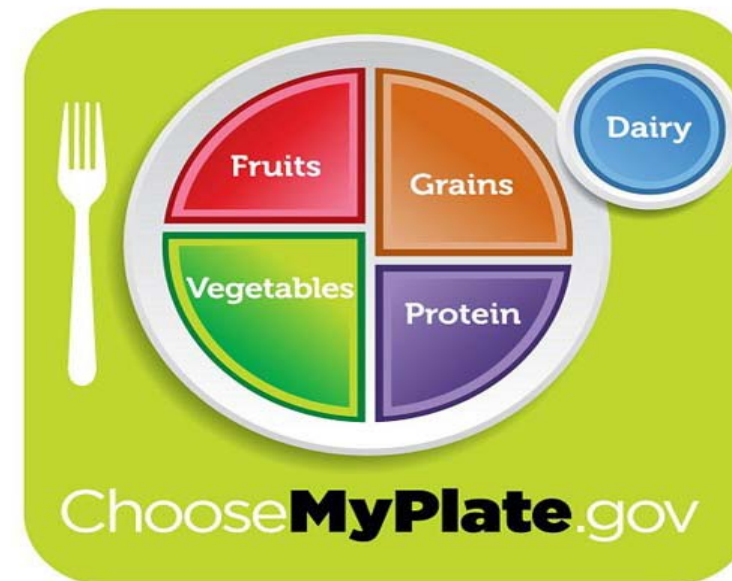# Summer Learning Camp (SLC) 2012 Study:
"Why minorities are dying from eating unhealthy in urban cores"

Location:

CTA Headquarters

7 Glenwood Ave, Suite 407

East Orange, NJ 07017

www.cta-us.com

Community Technical Assistance, Inc. (CTA) was founded in 2002 to provide technical assistance on a national and international level for the empowerment of citizens to improve their quality of life, and become leaders of their respective communities. CTA engages many different communities from rural to urban that have experienced a loss of social capital, human resources, economic power, and are redefining their cultural identity.

MISSION statement

Community Technical Assistance, Inc. (CTA) is a non-profit 501(c)(3) organization with a mission to provide technical assistance to low-to-moderate income communities in order for youth, residents, focus groups, and organizations to transform their community.

Acknowledgement

On behalf of Community Technical Assistance, Inc. (CTA), we would like to thank our parents, high school and college student interns for their participation in our 2012 Summer Learning Camp (SLC).

As part of our organization's mission, CTA established Education First Initiative (EFI) to continue our dedication to young citizens and their growth as future leaders. EFI promotes critical thinking, problem solving and communication skills among high school and college students. The success of EFI has resulted in their increased academic performance and achievement, increased comprehension of their role to foster positive community change, and continued awareness of the process to solicit change.

CTA gives special thanks to our partners who with out their financial support our study could not have been possible.

Prudential Foundation, Newark NJ
Art-in the Atrium, Morristown, NJ
Community Technical Assistance, Inc., East Orange, NJ

In addition, we want to thank each participating high school and college student interns for their insight, commitment and resolve to complete the intense 2012 SLC. Our college students were also former graduates of our high school program component and have returned to continue as mentors and further their devotion to improving urban communities.

Student First Name	Student Last Name	High School/College	Grade	County
Jevonna	Morrison	Rutgers University	Junior	Middlesex
Joseph	Littlejohn	Centenary College	Sophomore	Middlesex
Amber	Whitley	Morristown High School	Senior	Morris
Brianna	Beaumont	Orange High School	Senior	Essex
Darian	Hamlett	East Orange Campus High School	Junior	Essex
Janiyah	Berry	East Orange Campus High School	Senior	Essex
Richard	Edwards	East Orange Campus High School	Senior	Essex
Shaheed	Bryant	East Orange STEM Academy	Sophomore	Essex
Albert	Cozier	East Orange STEM Academy	Junior	Essex
Jaukeel	Carvan	East Orange STEM Academy	Sophomore	Essex
Donte'	Morgan	East Orange STEM Academy	Sophomore	Essex
Scion	Wellington	East Orange STEM Academy	Junior	Essex
Jaunelle	Carvan	East Orange STEM Academy	Junior	Essex
Wyneniece	Purefoy	East Orange STEM Academy	Sophomore	Essex
Akim	Price	East Orange STEM Academy	Sophomore	Essex

INTRODUCTION

Our study targets Urbanized Areas (UAs) of 50,000 or more people as designated by the 2010 US Census Bureau. The City of East Orange was determined to serve as our primary area of focus for our study since it has:

1.) 2010 population of 64,484,
2), Located within Essex County a densely populated metropolitan urban core
3.) An estimated 3.9 square mile geographical radius,
4.) A density of 16,534 persons per square mile, and
5.) Easy access for our student interns to conduct field investigation

The scope of work was based on a six (6) week summer schedule with student interns attending five days per week from 9am to 5 pm. Each student was eligible to receive a financial stipend for their participation in our 2012 SLC via support from the Prudential Foundation. Student selection was intentional rigorous and required performance based data to determine their SLC entry. The following are a few significant selection criteria:

1.) Pre-post test evaluation data,
2.) Ability to excel in group discussion,
3.) Technical and skill development obtained from previous program years with the ability to process critically and communicate within a shorten time frame,
4.) Tenure in our program with no less than one prior year of experience, offering a unique approach to problem solving.

The students were presented with the challenge to develop critical thinking, problem solving and communicate skills as a tool to impact the lives of citizens. The results of our study are intended to solicit further discussions among key decision makers, stakeholders, major authorities and agencies to aid in the resolutions needed to save the lives of many minority residents in Urbanized Areas.
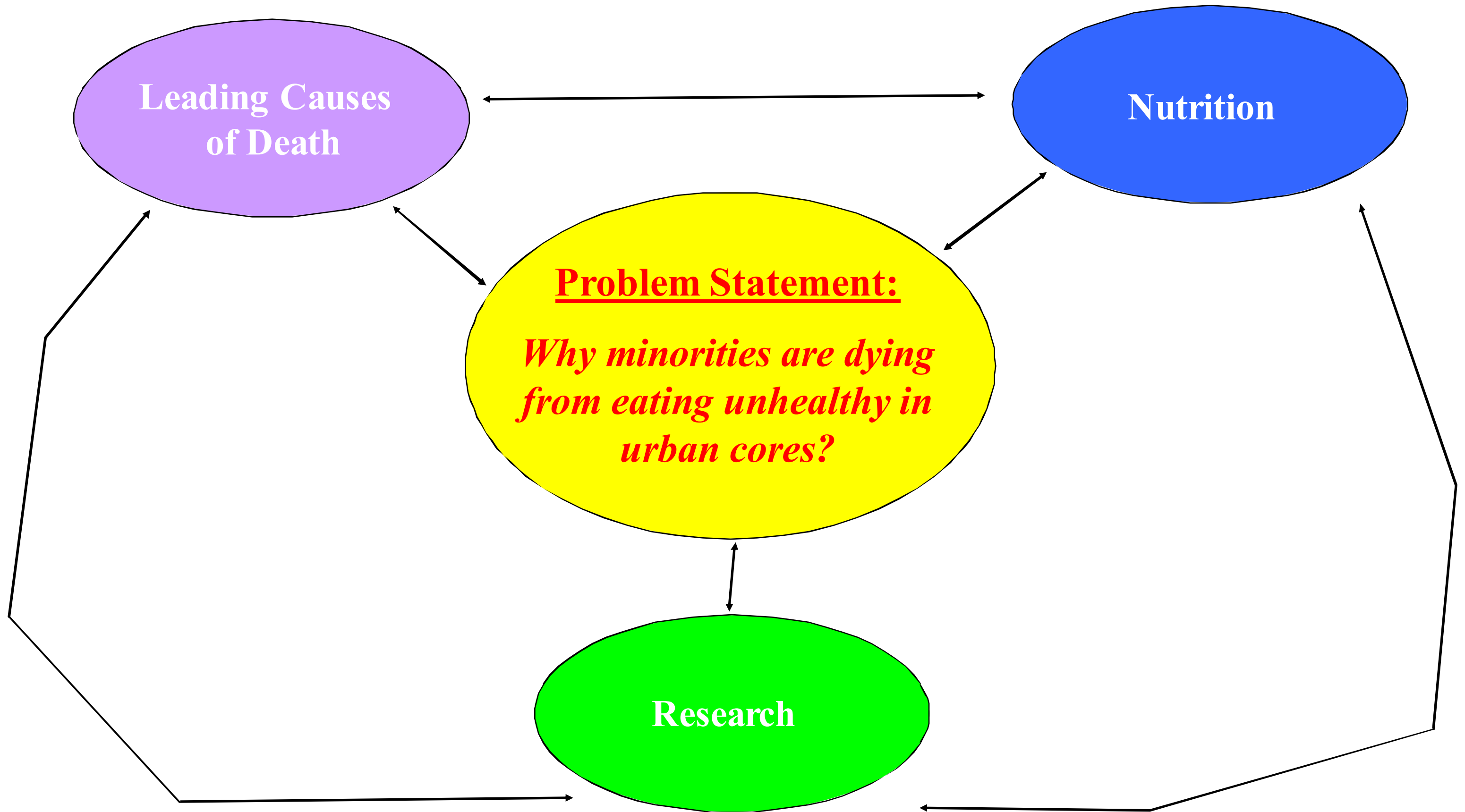
The study begins with:
1)   The Thesis Statement and three research areas
2)   Analysis of the Urbanized Areas (UA) and the identification of the studies methodology
3)   Discussion of the leading causes of death among minorities from Chronic Diseases
4)   Discussion of the Nutritional and Dietary Limits within UA
5)   Identification and Analysis of significant Case Studies relating the nutrition and food processing
6) Open discussion of problems to solicit global support

The research and findings presented are intended to serve as foundation for more in-depth research and to outline the challenges presented that address our thesis statement, "Why Minorities are Dying from Eating Unhealthy in Urban Cores."

TABLE OF CONTENTS

The Discovery Process

Leading Causes of Death

Nutrition

Problem Statement:

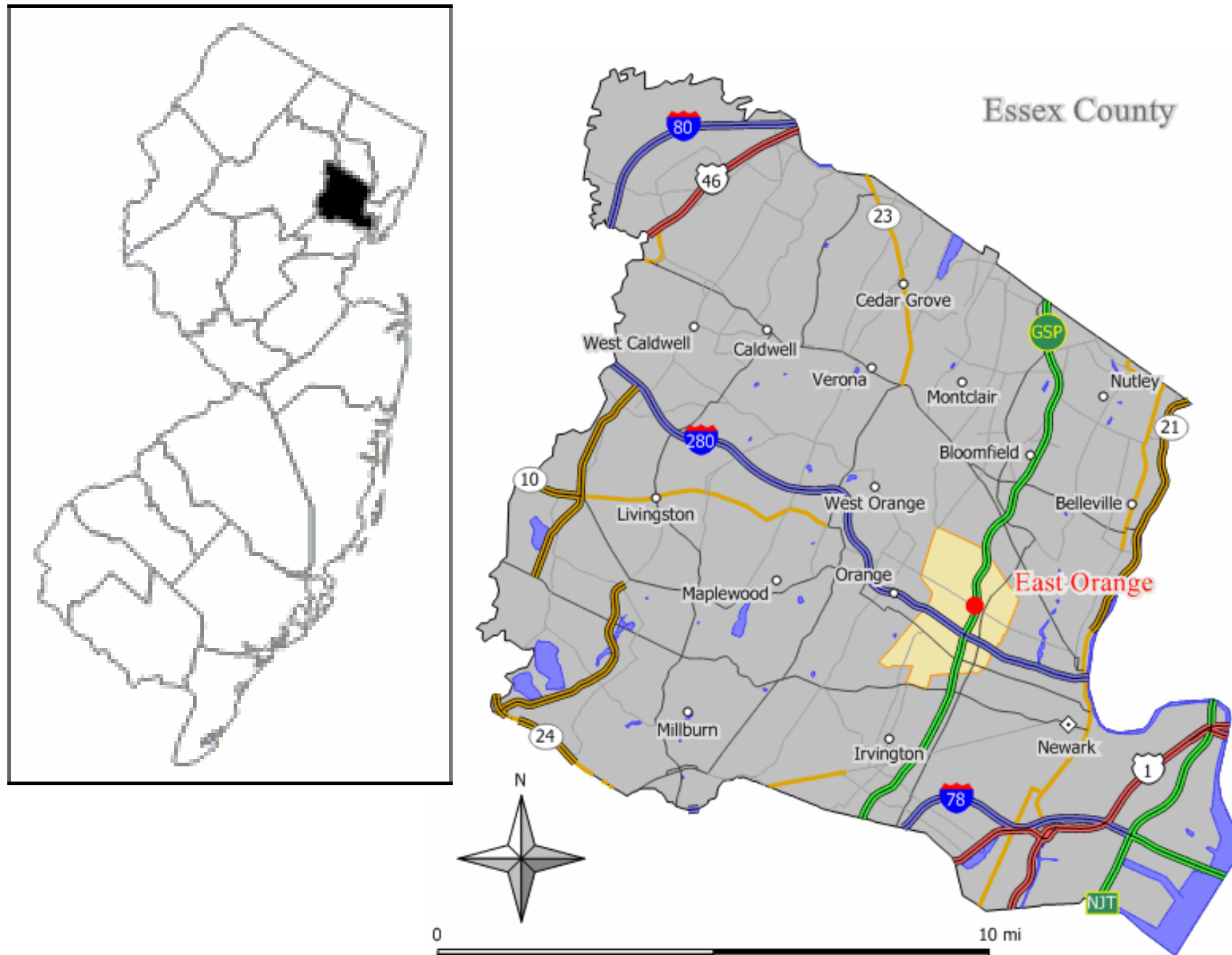*Why minorities are dying from eating unhealthy in urban cores?*

Research

Urban Cores

Urban Cores of Metropolitan Areas – Urban Areas of 50,000 or more people

City of East Orange, New Jersey

Source: US Census Bureau

Population Characteristics:

Total Population:

69,852

Area Size:

3.924 sq mi.

Race:

Non Hispanic (Black) 88%, Hispanic 8%

Poverty Status:

Total persons below Poverty Level 18.3%
-Age under 18 years 29.0%

Education:

Persons without a High School Diploma or GED 17%

Urban Cores

	City	State	ACS 2008-2010 Total Population	Square Miles	Density per sq. mile	Non-Hispanic Blacks	Hispanics	Males	% of Males	Females	% of Females	% Local	% State	% National	* % Difference of Local & State *	* % difference of Local & National *
			Urban Areas		**Density**	**Racial Composition**		**Gender Composition**				**% of Population Below Poverty 2008-2010**				
3 to 4.9	Lynwood City	California	69,751	4.9	14,235	7,231	59,082	33,483	48%	36,268	52%	20.5	14.5	14.4	6	6.1
	Mount Vernon City	New York	67,147	4.4	15,261	40,540	9,655	30,596	46%	36,551	54%	14.1	14.4	14.4	-0.3	-0.3
	East Orange City	New Jersey	64,484	3.9	16,534	56,482	5,367	28,169	44%	36,315	56%	18.3	9.5	14.4	8.8	8.8
	Passaic City	New Jersey	69,354	3.1	22,372	5,339	47,524	12,490	34,553	50%	34,801	28.5	9.5	14.4	19.0	14.1
5 to 8.9	Camden City	New Jersey	77,687	8.8	8,828	34,815	35,673	36,368	47%	41,319	53%	36.4	9.5	14.4	26.9	22
	Miami Beach City	Florida	87,542	7	12,506	2,009	45,355	47,412	54%	40,130	46%	15.6	15	14.4	0.6	1.2
9 to 12.9	Wilmington City DE	Delaware	71,183	10.8	6,591	39,100	8,161	33,090	46%	38,093	54%	23.4	11.3	14.4	12.1	9

*The Formula to Calculate the % difference of the local & state % is (local % - State %=% difference)

*The Formula to Calculate the % difference of the local & state % is (local % - National %=% difference)

Identified Urban Cores

- 5 States and 7 Cities

    -California (Lynwood City)
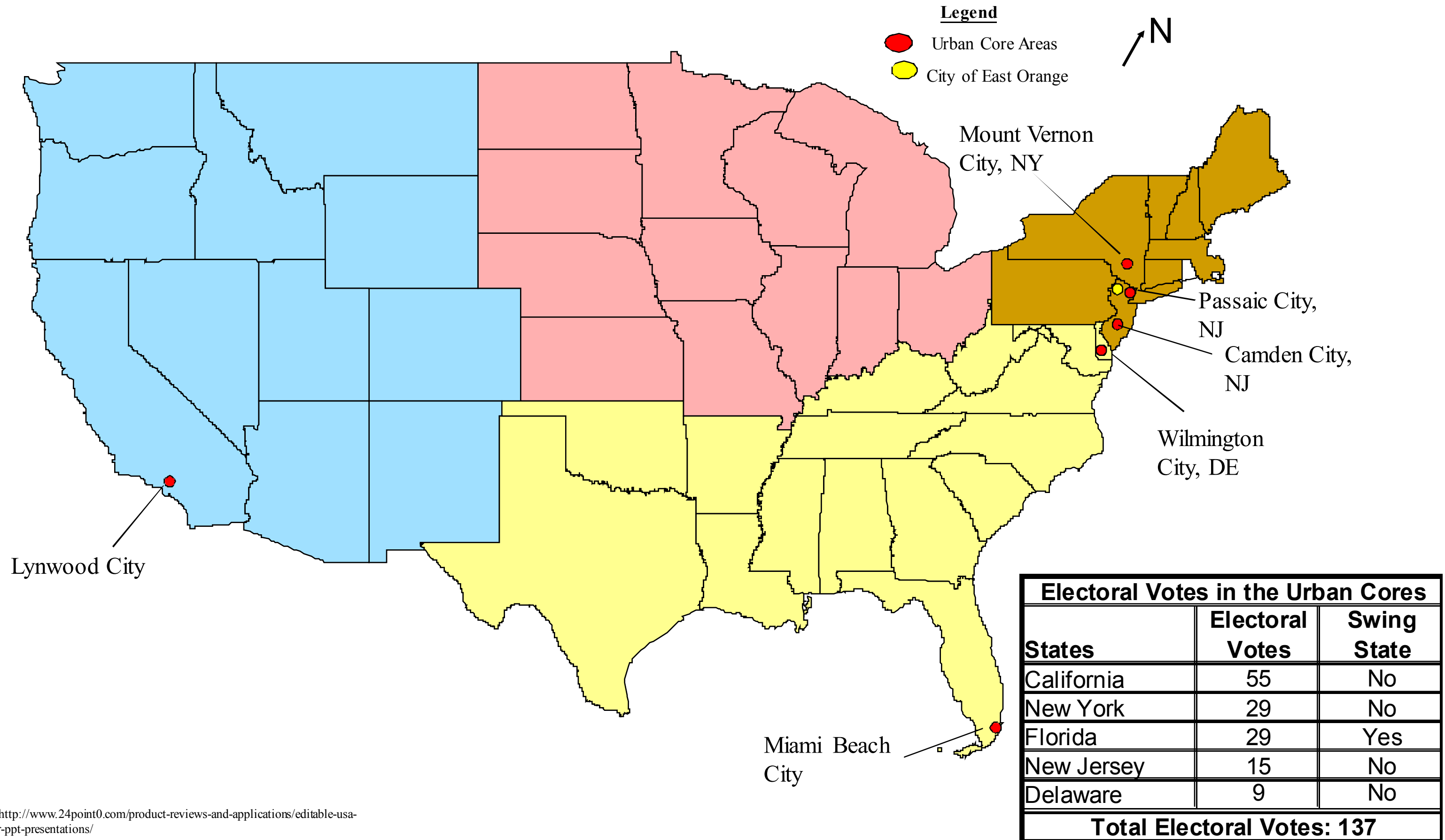
    -New York (Mount Vernon City)

    -New Jersey (East Orange City, Passaic City and Camden City)
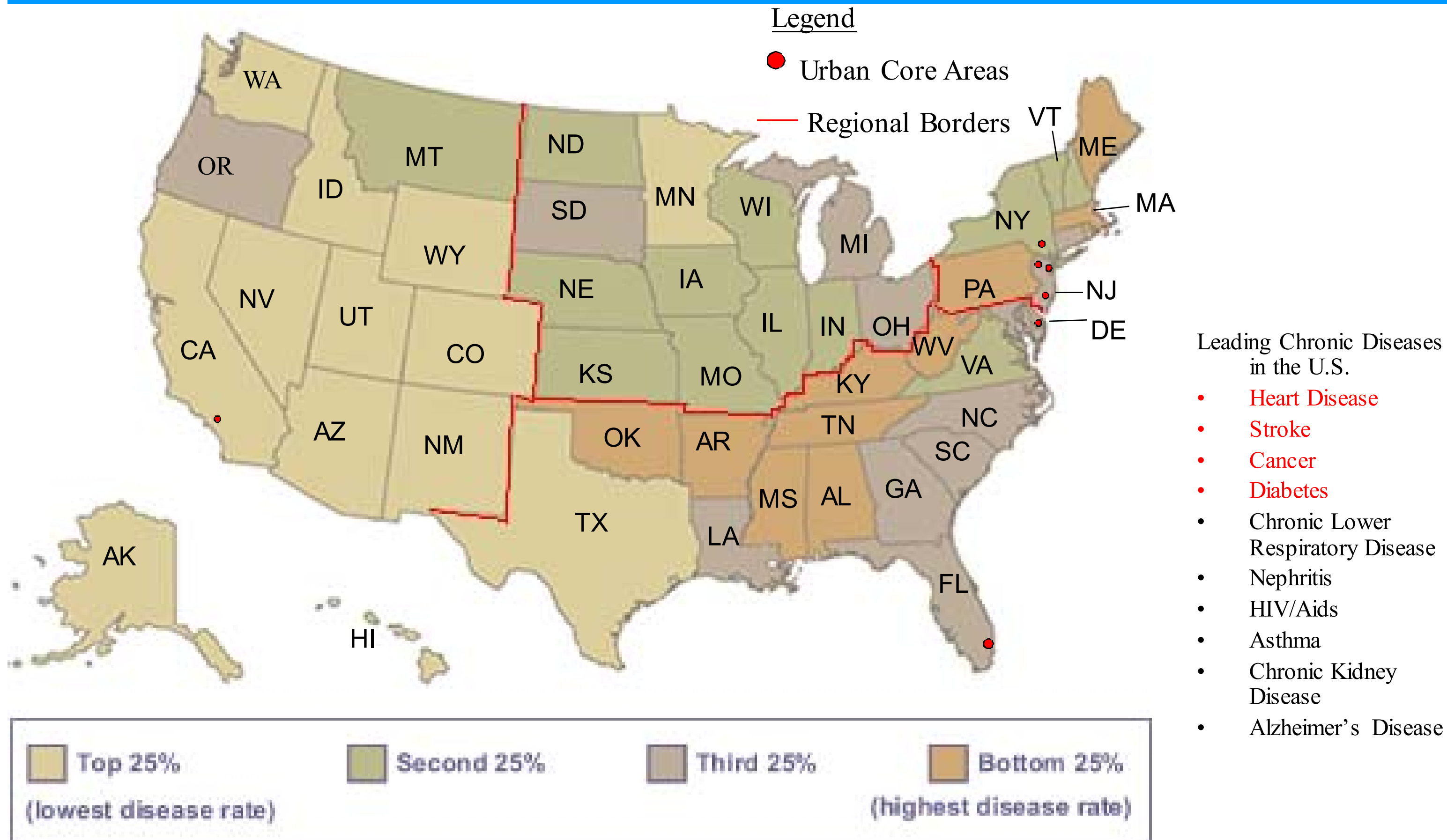
    -Delaware (Wilmington City)

    -Florida (Miami Beach City)

Urban Cores

N

Mount Vernon City, NY

Passaic City, NJ

Camden City, NJ

Wilmington City, DE

Lynwood City

Miami Beach City

Electoral Votes in the Urban Cores		
States	**Electoral Votes**	**Swing State**
California	55	No
New York	29	No
Florida	29	Yes
New Jersey	15	No
Delaware	9	No
Total Electoral Votes: 137		

Prevalence of CHRONIC DISEASES, 2008

Legend

🔴 Urban Core Areas

—— Regional Borders

WA
OR
ID
MT
ND
MN
WI
VT
ME
MA
NY
SD
MI
NV
WY
UT
NE
IA
PA
NJ
DE
CA
CO
IL
IN
OH
WV
VA
KS
MO
KY
NC
AZ
NM
OK
AR
TN
SC
AK
TX
MS
AL
GA
HI
LA
FL

Leading Chronic Diseases in the U.S.

- Heart Disease
- Stroke
- Cancer
- Diabetes
- Chronic Lower Respiratory Disease
- Nephritis
- HIV/Aids
- Asthma
- Chronic Kidney Disease
- Alzheimer's Disease

▢ Top 25%	▢ Second 25%	▢ Third 25%	▢ Bottom 25%
(lowest disease rate)			(highest disease rate)

Heart Disease is the Number 1 leading cause of Death

Blood clot
Artery
Cholesterol plaque
© 2004 MedicineNet, Inc.
Coronary arteries
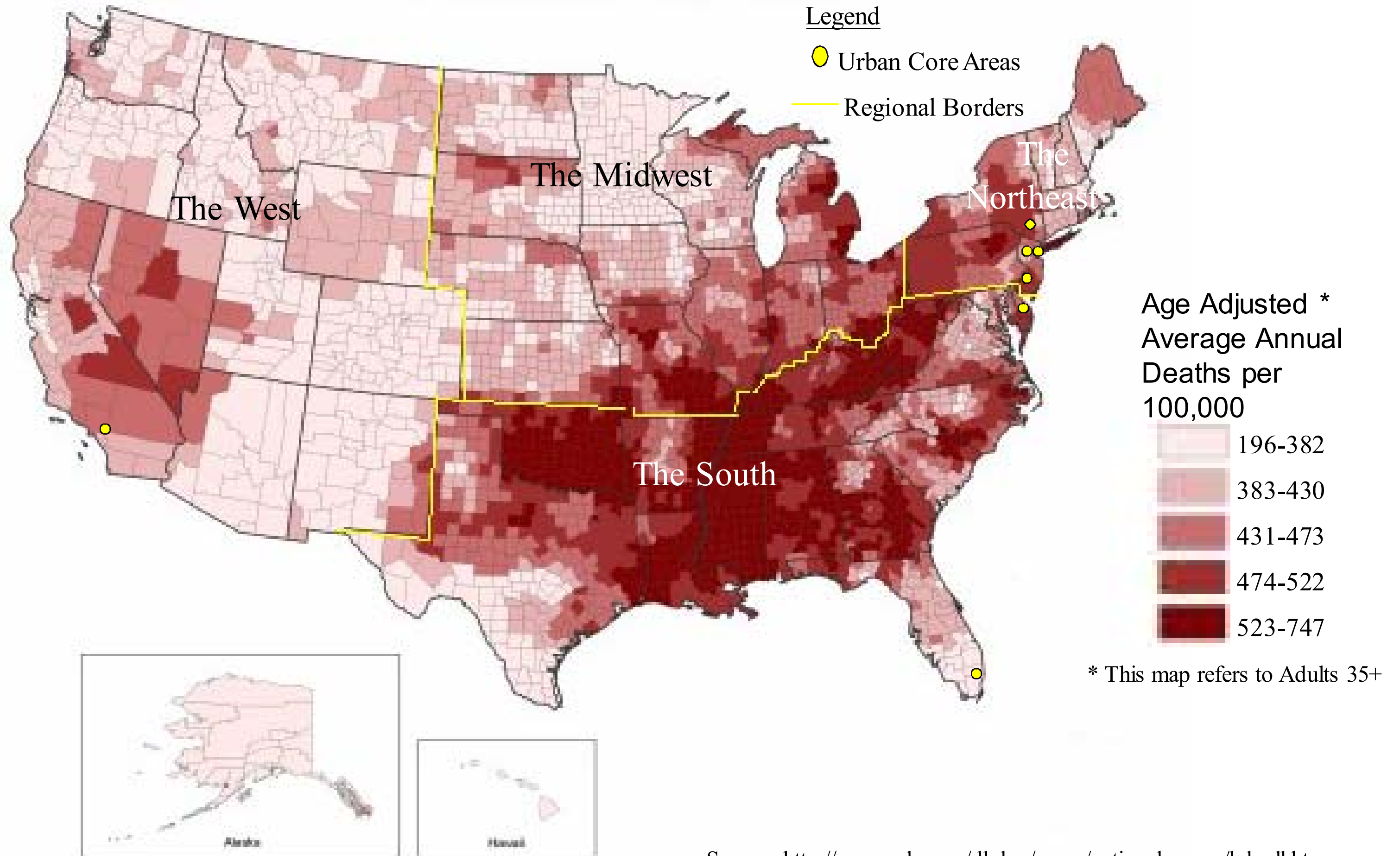Healthy muscle
Dying muscle
Heart Attack
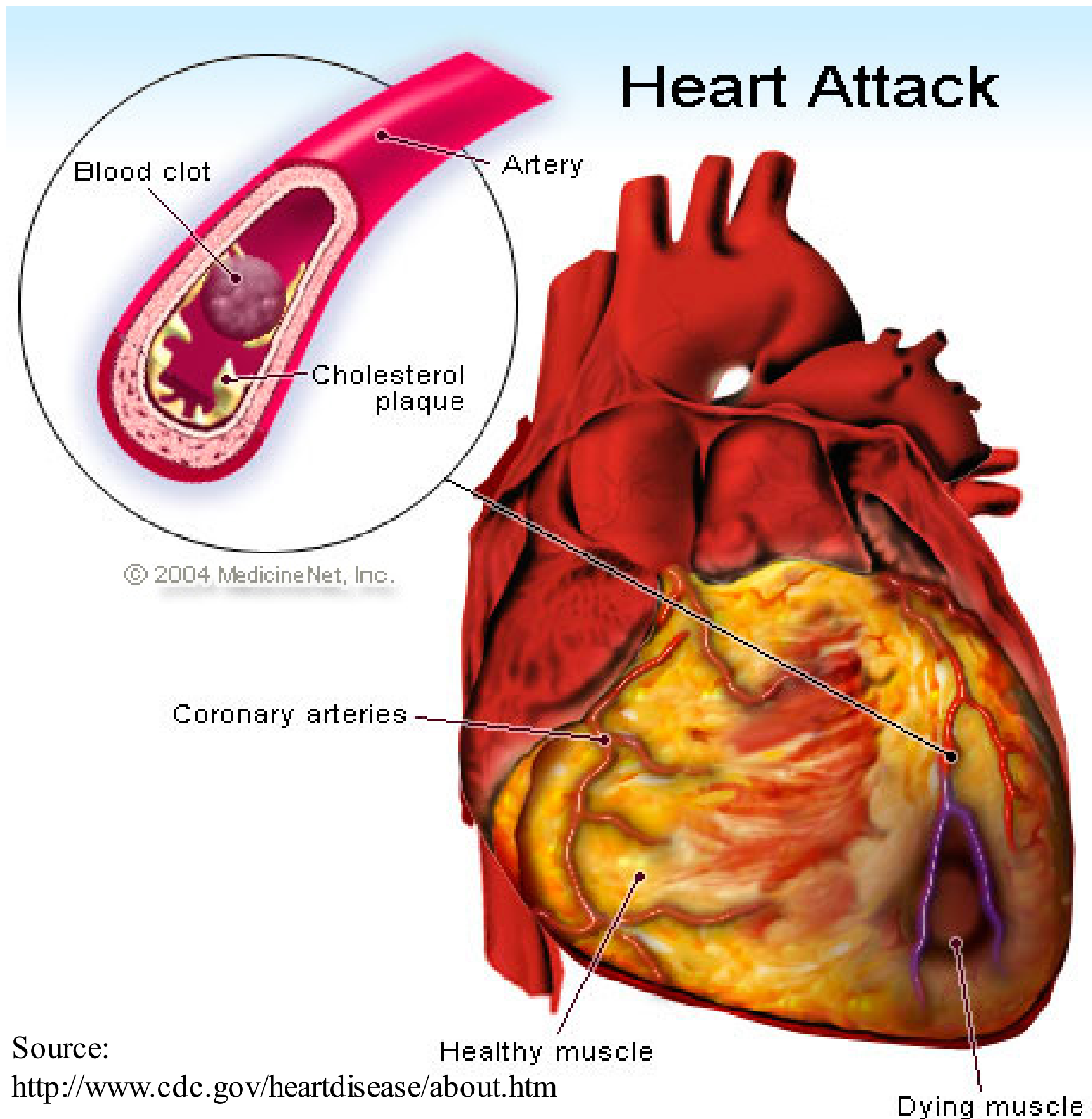
Statistics:

- In 2008 Heart Disease resulted in about 25% of deaths in the U.S

- **The City of East Orange's consists of 88% Blacks**

- **Mount Vernon City, NY is 60.4% Black**

- **Wilmington City, DE is 54.9% Black**

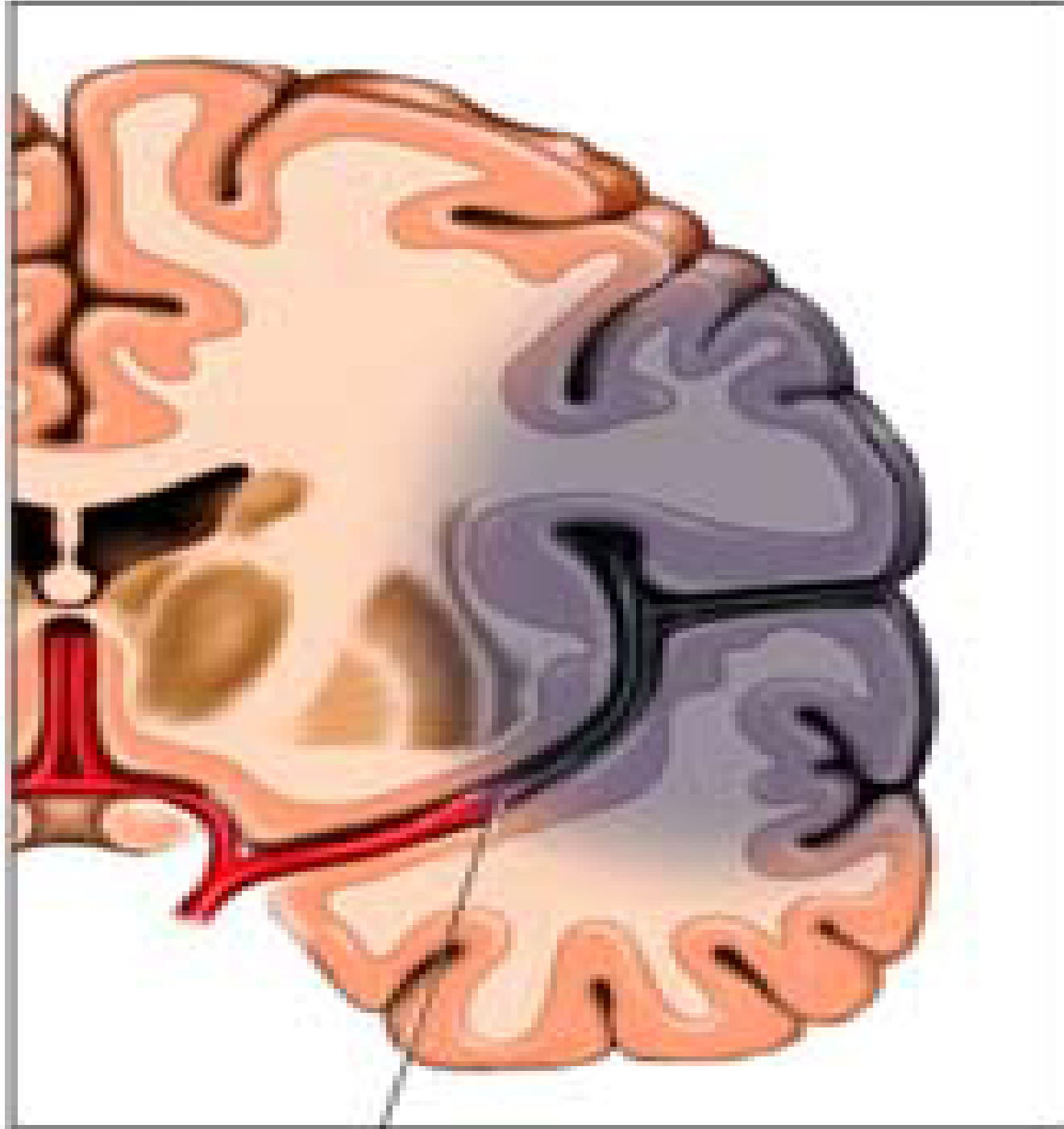- **Camden City, NJ is 44.8% Black**

Reducing the Risk of Heart Disease:

- Eat plenty of fruits and vegetables

- Eat foods **low in saturated fat** (lean meats, frozen yogurt and low fat or skim cheese products)

- Eat foods that can **lower your cholesterol** (walnuts, oatmeal, fish and salmon)

- Maintain a healthy weight

Source:
http://www.cdc.gov/heartdisease/about.htm

http://www.medicinenet.com

HEART DISEASE Deaths Rates, 2000-2006

Legend

⬤ Urban Core Areas

— Regional Borders

The West

The Midwest

The Northeast

The South

Age Adjusted *
Average Annual
Deaths per
100,000

	196-382
	383-430
	431-473
	474-522
	523-747

* This map refers to Adults 35+

Alaska

Hawaii

Source: http://www.cdc.gov/dhdsp/maps/national_maps/hd_all.htm

ISCHEMIC STROKE

Clot stops blood supply
to an area of the brain

Statistics:

- Stroke is a leading cause of death for Hispanics(32%) and Blacks (24%) in the U.S.
- Ischemic Stroke is the 3rd leading cause of death in African Americans women
- **In East Orange 88% of the population is black and 56% of the population is female**
- **Mount Vernon City, NY is 60.4% Black and 54% female**
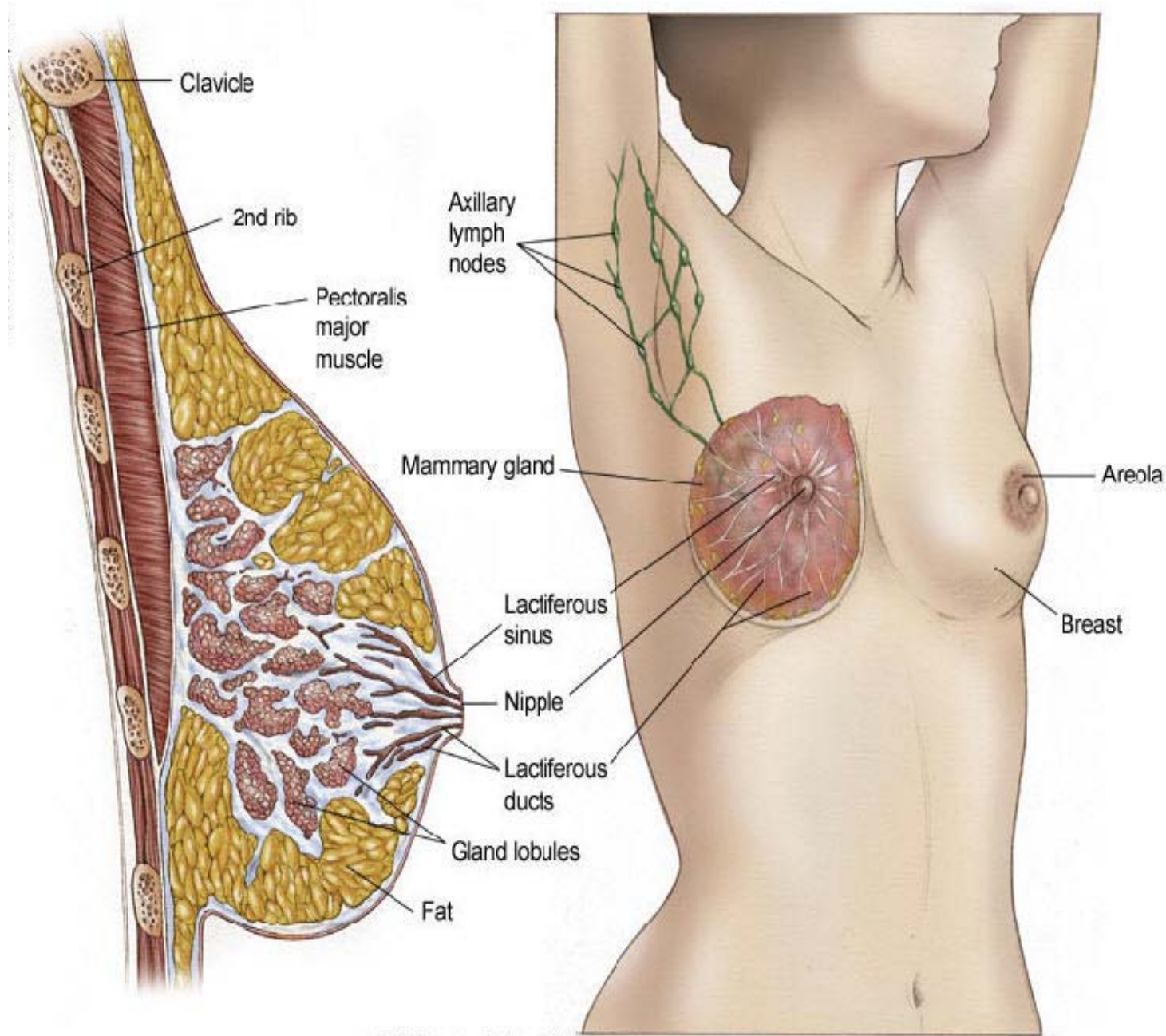- **Wilmington City, DE is 54.9% Black and 54% female**

Reducing the Risk of Stroke:

- Eat 5 daily servings of fruits and vegetables
- Eat foods **high in fiber** (avocado, black beans, whole-wheat pasta, brown rice, oatmeal)
- Eat foods **low in saturated fat** (lean meats, yogurt and low fat or skim cheese products)

Percentage of People Who Were Ever Told They Had A Stoke, 2008

Legend

⬡ Urban Core Areas

— Regional Border

Percentage

☐ = 1.9%–2.2%
■ = 2.3%–2.5%
■ = 2.6%–2.9%
■ = 3.0%–4.3%

Source:www.cdc.gov
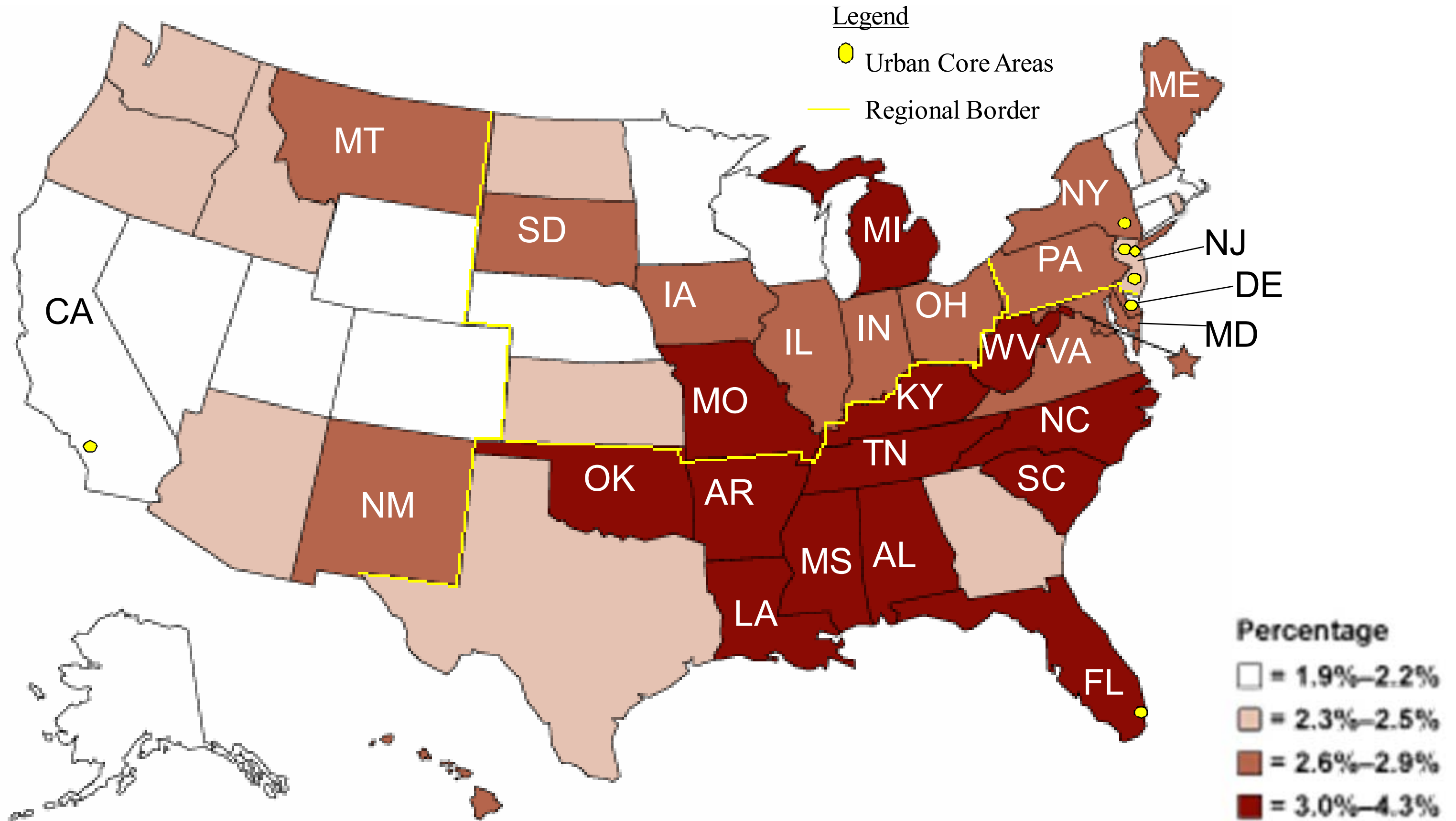
BREAST CANCER

Most common type of breast cancer is IDC (Invasive Ductal Carcinoma)

Sources:

http://www.breastcancer.org/risk/

http://www.cdc.gov/chronicdisease/resources/publications/AAG/reach.htm"

http://www.cdc.gov/cancer/breast/statistics

Statistics:

•In 2008, 40,589 women in the United States died from breast cancer

•African American women are 34% more likely to die from breast cancer than any other race

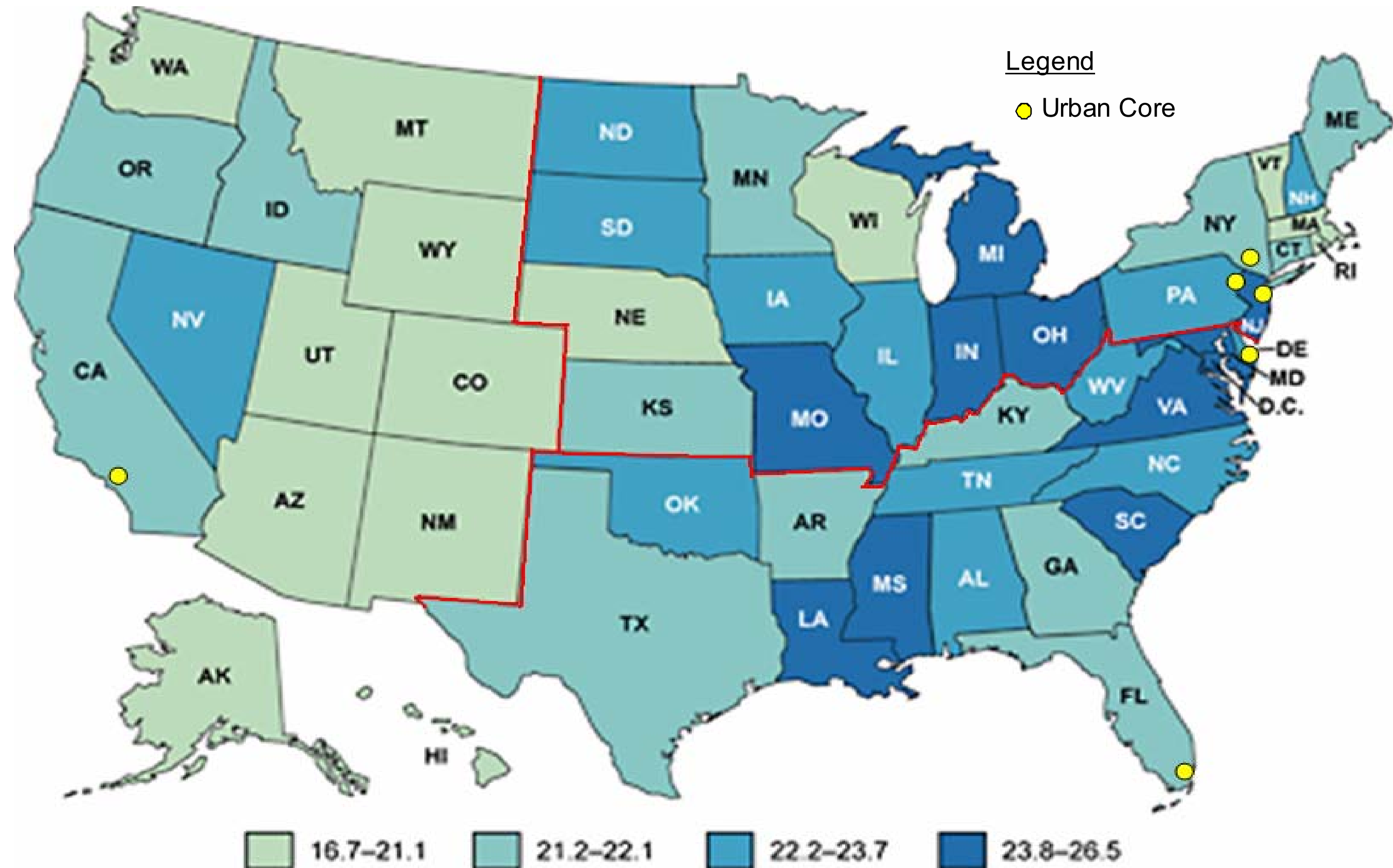•**In East Orange 88% of the population is black and 56% of the population is female**
•**Mount Vernon City, NY is 60.4% Black and 54% female**
•**Wilmington City, DE is 54.9% Black and 54% female**

Reducing the Risk of Breast Cancer:

•Create a healthy eating plan and exercise plan

•Lower amount of **saturated fat** (Remove skin and fat from meat, poultry, and fish)
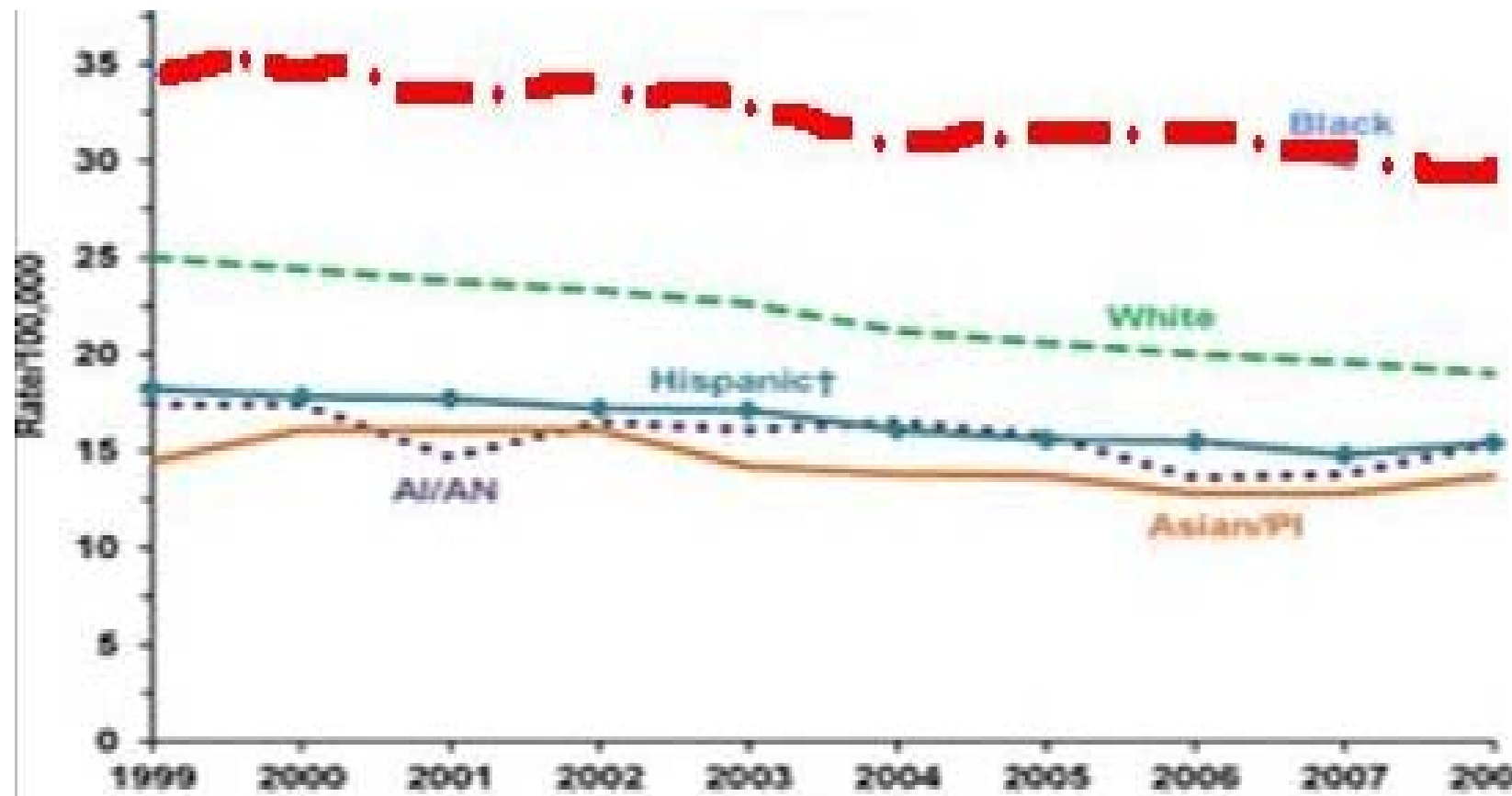
•**Non fat** milk and dairy products
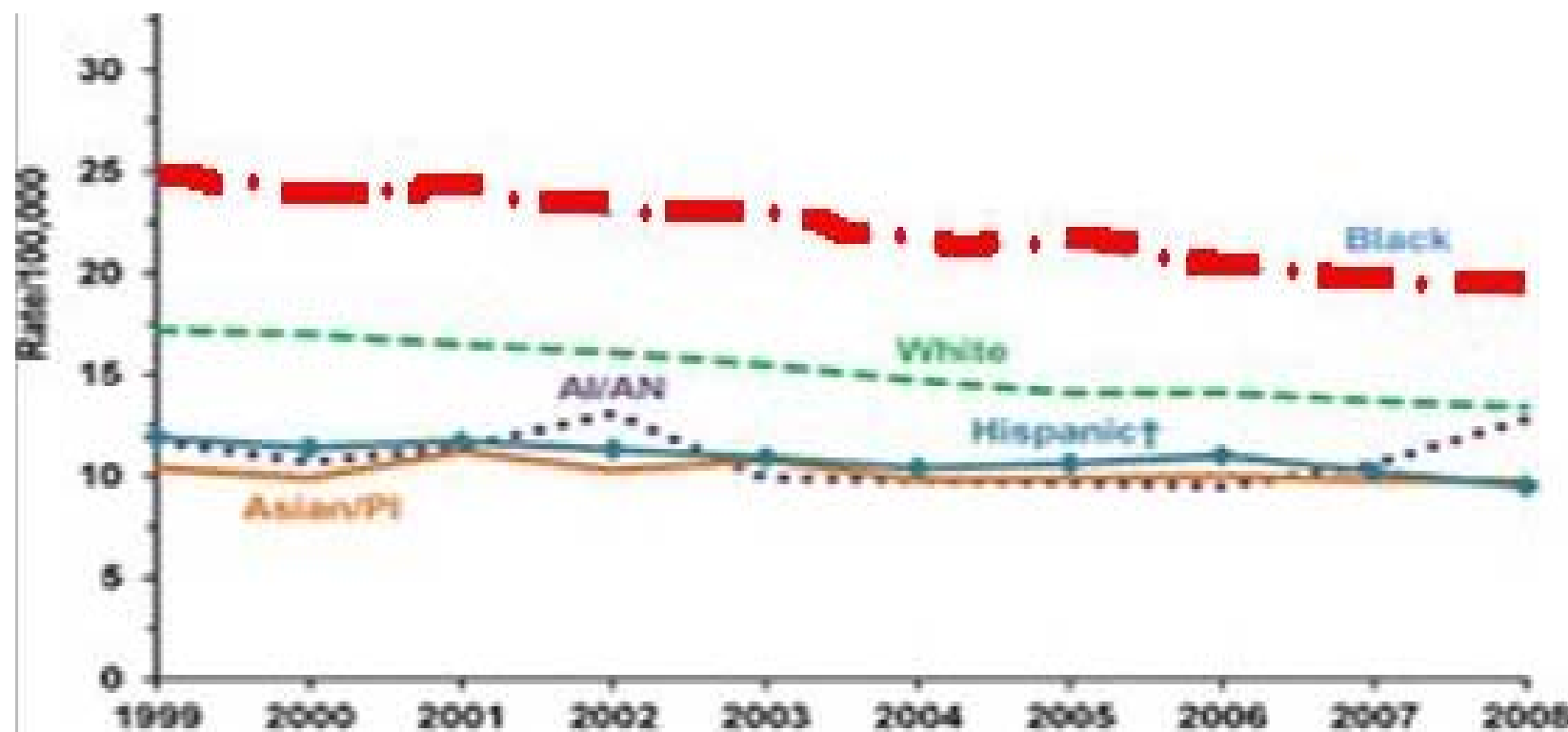
Female Breast Cancer Death Rates in America, 2008

Legend
○ Urban Core

☐ 16.7–21.1	☐ 22.2–23.7
☐ 21.2–22.1	☐ 23.8–26.5

Source:

http://www.cdc.gov/cancer/breast/statistics/state.htm
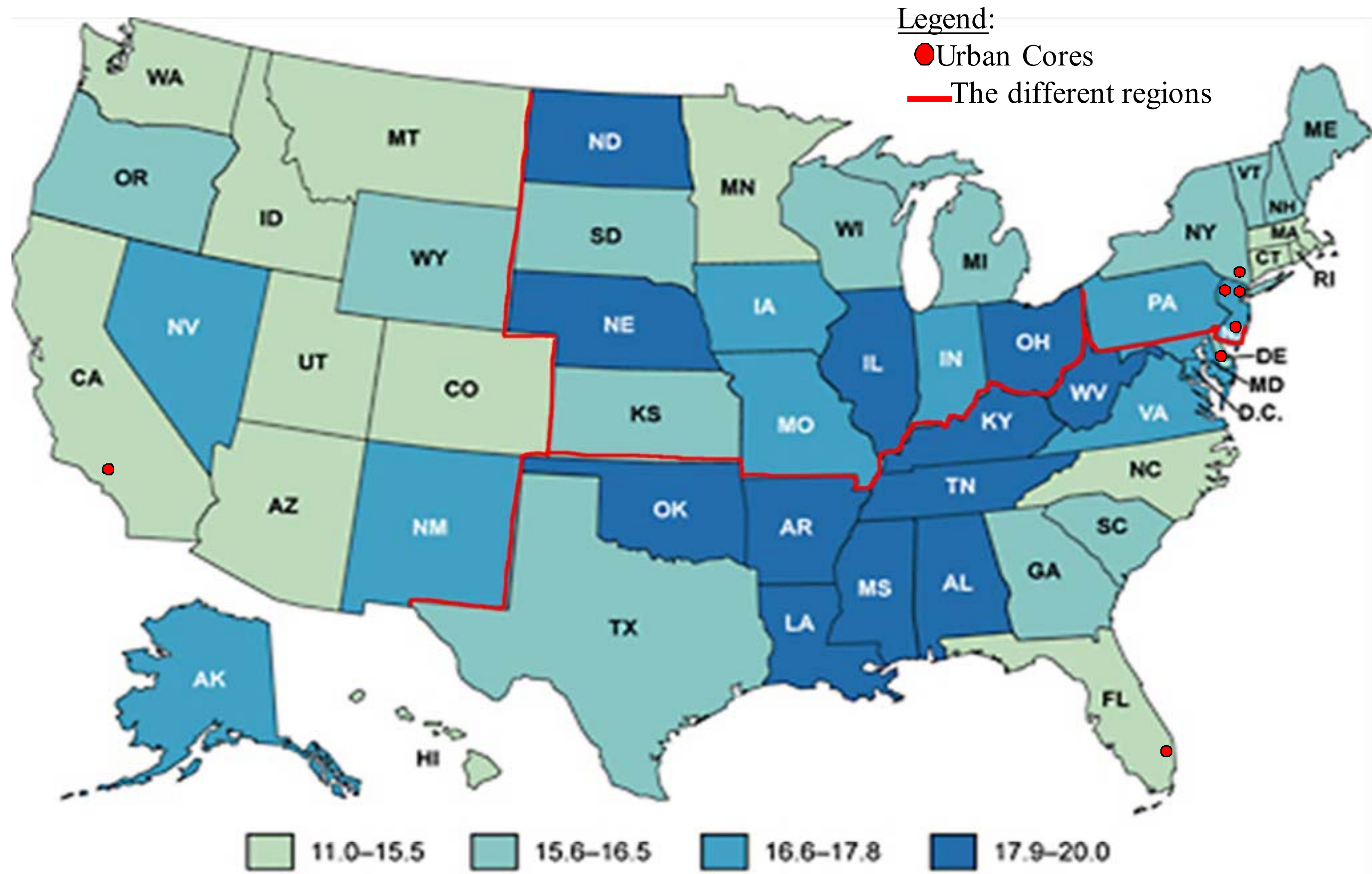
Male

Female

Statistics:.

- Blacks have the highest death rate
- Overall, Colorectal Cancer incidence and mortality rates are about 35% to 40% higher in men than in women
- **The population of East Orange is 88% Non-Hispanic (Blacks) and 44% is male.**
- **Mount Vernon City, NY is 60.4% Black and 46% is male**
- **Wilmington City, DE is 54.9% Black and 46% is male**

Reducing the risk of Colorectal Cancer:

- Limited how much process and **red meat**
- Eat at least 2 ½ cups of **vegetables & fruits** each day
- Choose **whole grains** instead of refined grains products

Source:http://www.cdc.gov/cancer/colorectal/statistics/race.htm
http://www.cancer.org/acs/groups/content/@epidemiologysurveilance/documents/document/acsp

c-028323.pdf http://www.cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf

Colorectal Cancer Death Rates, 2008

Legend:
- ● Urban Cores
- ── The different regions

Legend (death rate ranges):
- 11.0–15.5
- 15.6–16.5
- 16.6–17.8
- 17.9–20.0

Source:http://www.cdc.gov/cancer/colorectal/statistics/race.htm

DIABETES

Statistics:

- 18.8 million people are diagnosed with diabetes in the U.S.
- Blacks (12.6%) have the highest death rate from Diabetes followed by Hispanics(11.8%) in the U.S
- Age 65 years or older: 10.9 million, or 26.9% of all people in this age group within the nation, have diabetes.
- **The population of East Orange is 88% of Non-Hispanic (Blacks), 8% Hispanics**
- **65 years and older Miami Beach City (16%), Mount Vernon City (14%), the City of East Orange (12%) and Wilmington City (11%).**

Reducing the risk of Diabetes:

- Limit **red meats** and avoid processed meats.
- Nuts, seeds, **low fat or non-fat**.
- Choose **whole grains** and whole grain products over highly refine grains.

Source: http://www.diabetes.org/diabetes-basics/diabetes-statistics/
http://health-line.com/wp-content/uploads/2012/01/diabet_s.jpg
http://www.eatrightwisc.org/media/documents/Type2DMandRedMeat_WDA_.pdf

NUTRITION

Healthy Eating focuses on nutrient-dense foods, vegetables, fruits, whole grains, fat-free, or low-fat milk products, lean meats and seeds that are prepared without added solid fats, sugars, starches and sodium.
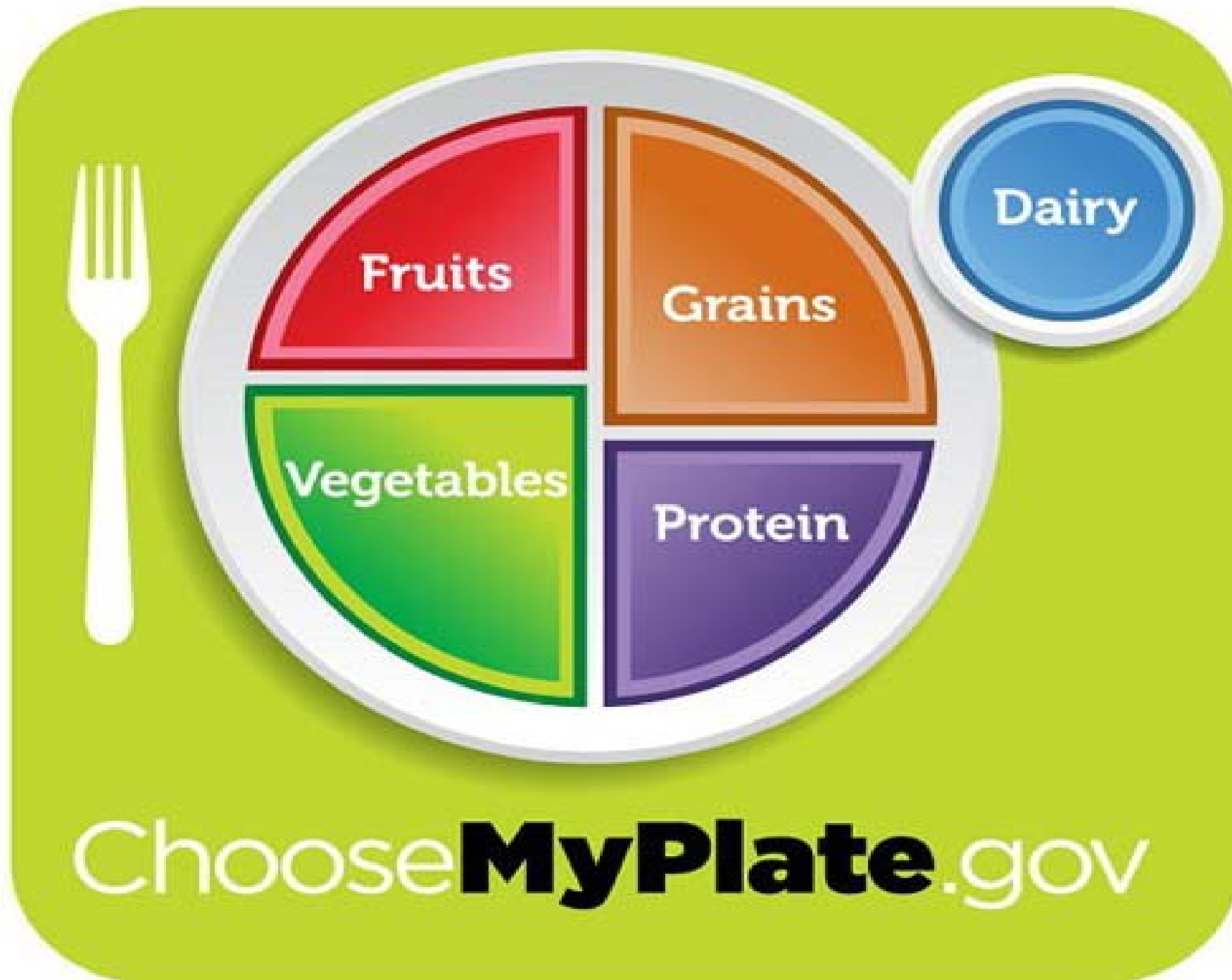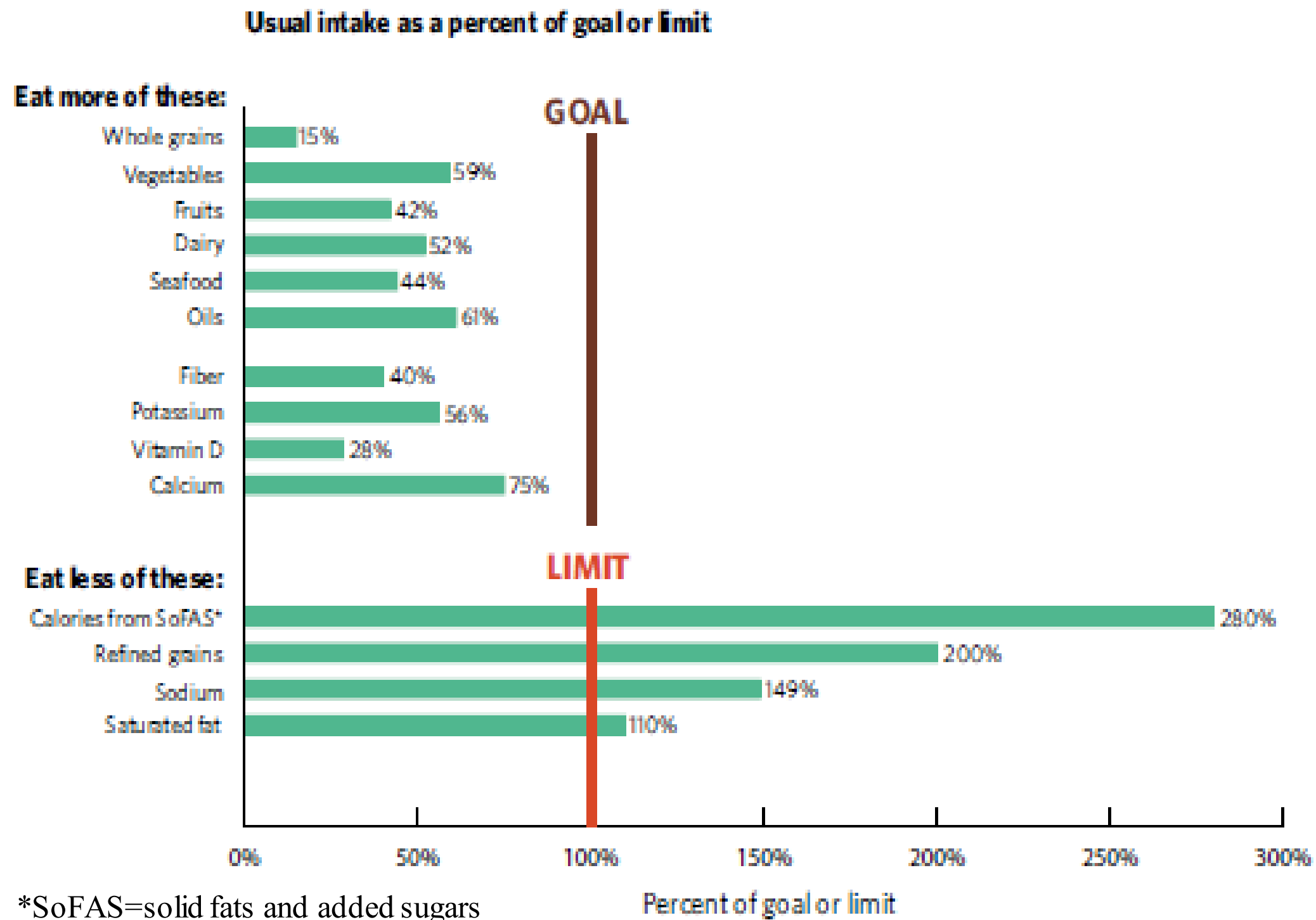

Foods Low in Saturated Fat :

- 1% White Milk
- Skim Cheese
- Yogurt

Foods High in Fiber:

- Avocado
- Corn
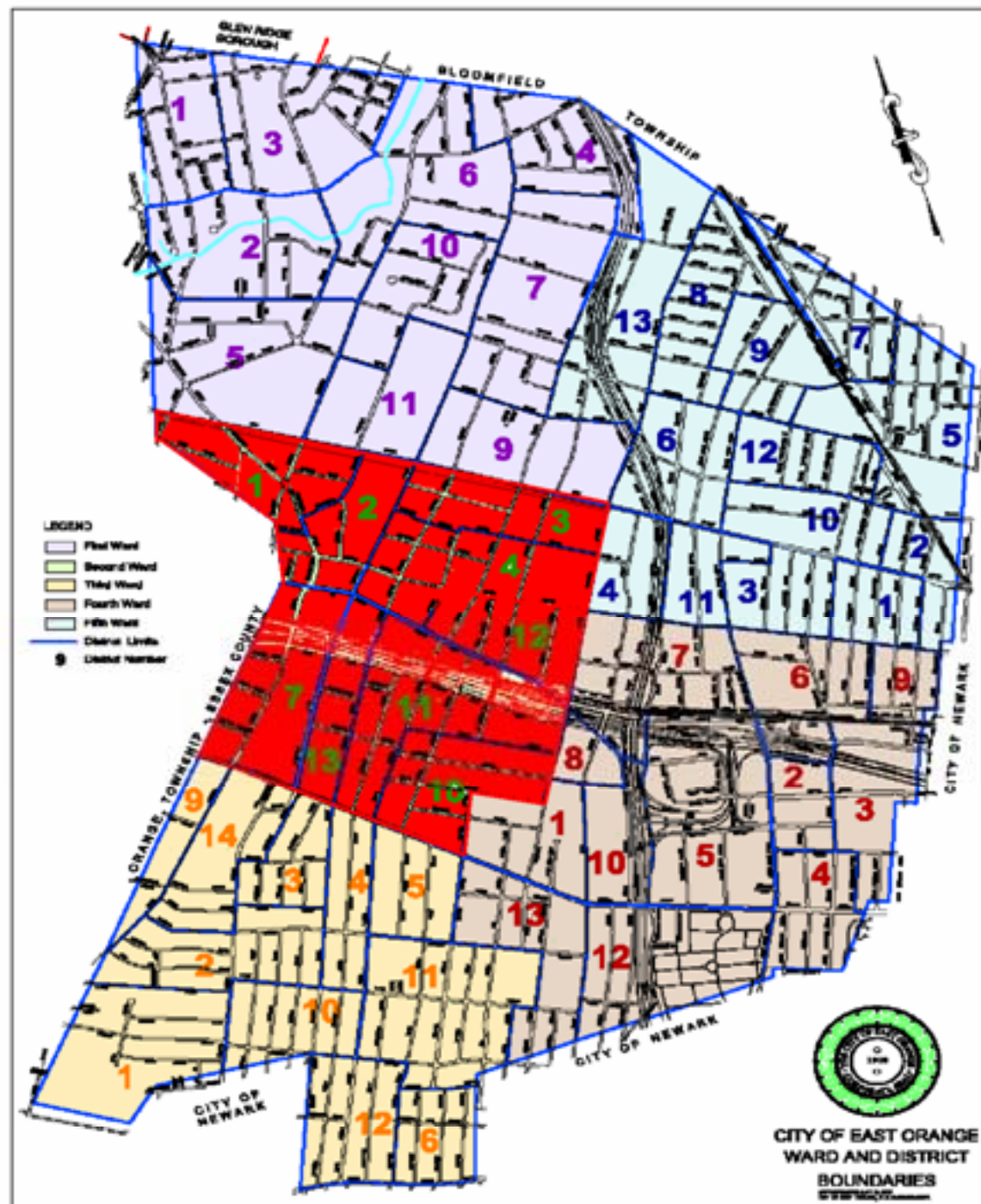- Oatmeal
- Whole Grain Bread
- Whole Wheat Pasta

Source: www.choosemyplate.gov, www.state.nj.us/health/fhs/shapingnj/

DIETARY LIMITS

FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?

Usual intake as a percent of goal or limit

Eat more of these:

Category	Value
Whole grains	15%
Vegetables	59%
Fruits	42%
Dairy	52%
Seafood	44%
Oils	61%
Fiber	40%
Potassium	56%
Vitamin D	28%
Calcium	75%

GOAL

Eat less of these:

LIMIT

Category	Value
Calories from SoFAS*	280%
Refined grains	200%
Sodium	149%
Saturated fat	110%

*SoFAS=solid fats and added sugars

Percent of goal or limit

Source: Dietary Guidelines for Americans 2010

Urban Core (City of East Orange)

Ward Map of East Orange

Food Industries in East Orange

NAICS			
*All Wards for the City of East Orange (2011)			
North American Industry Classification System	**Category Code #**	**Total**	**Percent**
Convenience Store	445120	74	35%
Limited-Service Restaurants	722211	76	36%
Baked Goods Store	445291	2	1%
Fish and Seafood Market	445220	5	2%
All other Specialty food stores	445229	1	0%
Beer, Wine, and Liquor Stores	445310	14	7%
Super Markets and other Grocery Stores	445110	13	6%
Gas Station with Convenience Store	447110	8	4%
Snack and Nonalcoholic Beverage Bars	722213	11	5%
Pharmacy and Drug Stores	466110	6	3%
Food (Health) Supplement Stores	446191	2	1%
Total Food Establishments		212	100%

Source: http://www.eastorange-nj.gov/Resident/WardMaps.html

Information collected by past CTA (EFI) students

Limited-Service Restaurants (722211)

Nutrition Facts

Calories 540 (2257kJ)

Big Mac (1 Big Mac)

		% Daily Value [1]
Total Fat	29g	45%
Sat. Fat	10g	50%
Cholesterol	75mg	25%
Sodium	1040mg	43%
Total Carbs.	45g	15%
Dietary Fiber	3g	12%
Sugars	9g	
Protein	25g	
Calcium	250mg	
Potassium	392mg	

- **33 (43%)** of East Orange's 76 Limited Service Restaurants are located in Ward 2

- **100%** of all Limited Service Restaurants do not provide nutrition facts on their in store food selection menus

- **12 Franchises** make up the 76 Limited- Service Restaurants

540 Calories

High in Saturated Fats

+

500 Calories

High in Sodium

+

560 Calories

High in Calories

= 1600 Calories

Nutrition Facts

Serving Size: 6 nuggets

Amount Per Serving

Calories 200	Calories from Fat 110

	% Daily Value*
Total Fat 12 g	18%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 420 mg	18%
Potassium	
Total Carbohydrate 13 g	4%
Dietary Fiber	
Sugars 0 g	
Sugar Alcohols	
Protein 11 g	
Vitamin A 300 IU	6%
Vitamin C 2.4 mg	4%
Calcium 40 mg	4%
Iron 0.72 mg	4%

- Those 12 Franchises are:

  -Domino's -Subway -Checker's -Wendy's -McDonald's

  -Little Caesar's -Boston Market -Popeye's -KFC
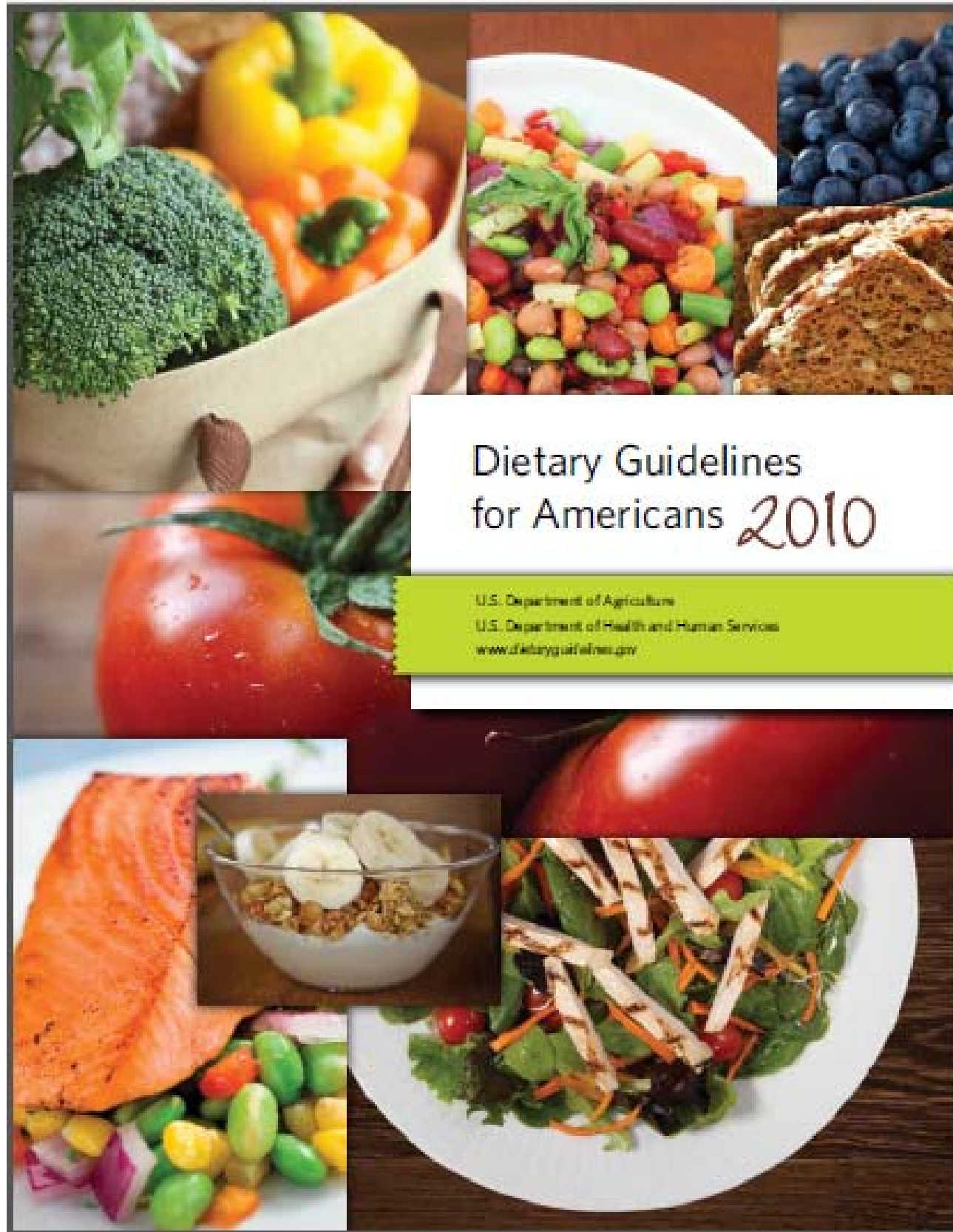
  -White Castle -Rita's -Carvel

280 Calories

350 Calories

350 Calories

CASE STUDY: Dietary Guidelines for Americans 2010

Dietary Guidelines
for Americans 2010

U.S. Department of Agriculture
U.S. Department of Health and Human Services
www.dietaryguidelines.gov

Location: United States

When: 2010

Overview:

To focus eating and physical activity patterns on consuming fewer calories, to help people make informed food choices and to reduce their risk of chronic disease and promote overall health

Significant Findings:

- Calorie balance overtime is the key to weight managements

- Chronic diseases are associated with greater intake of foods that are high in sodium, solid fats, added sugars, refined grains and excessive alcohol consumption

- Health benefits are associated with increased emphasis on vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood and oils

Source: Dietary Guidelines for Americans 2010

CASE STUDY: Dietary Guidelines for Americans 2010

According to the Dietary Guidelines for Americans 2010 the average calorie intake amongst **women** and **men** older than 19 years are estimated to be ***1,785 and 2,640 calories*** per day, respectively. Average daily intake is at or adjusted to a 2,000 calories per day.

Average Eating Habits of Limited Services

Breakfast (Sausage, Egg and Cheese
Biscuit, Hash Brown and Orange Juice) =   **850 Calories**

Lunch (Burger, Fries and a Milkshake) =   **+**   **1600 Calories**

Dinner (Two Piece Chicken Dinner, Potato   **760 Calories**
Wedges and Soda) =
_____

3,210 Calories **≠** **2,000 Calories**

Total Calories Consumed =

CASE STUDY: Greater Philadelphia Food System Study

Greater Philadelphia Region
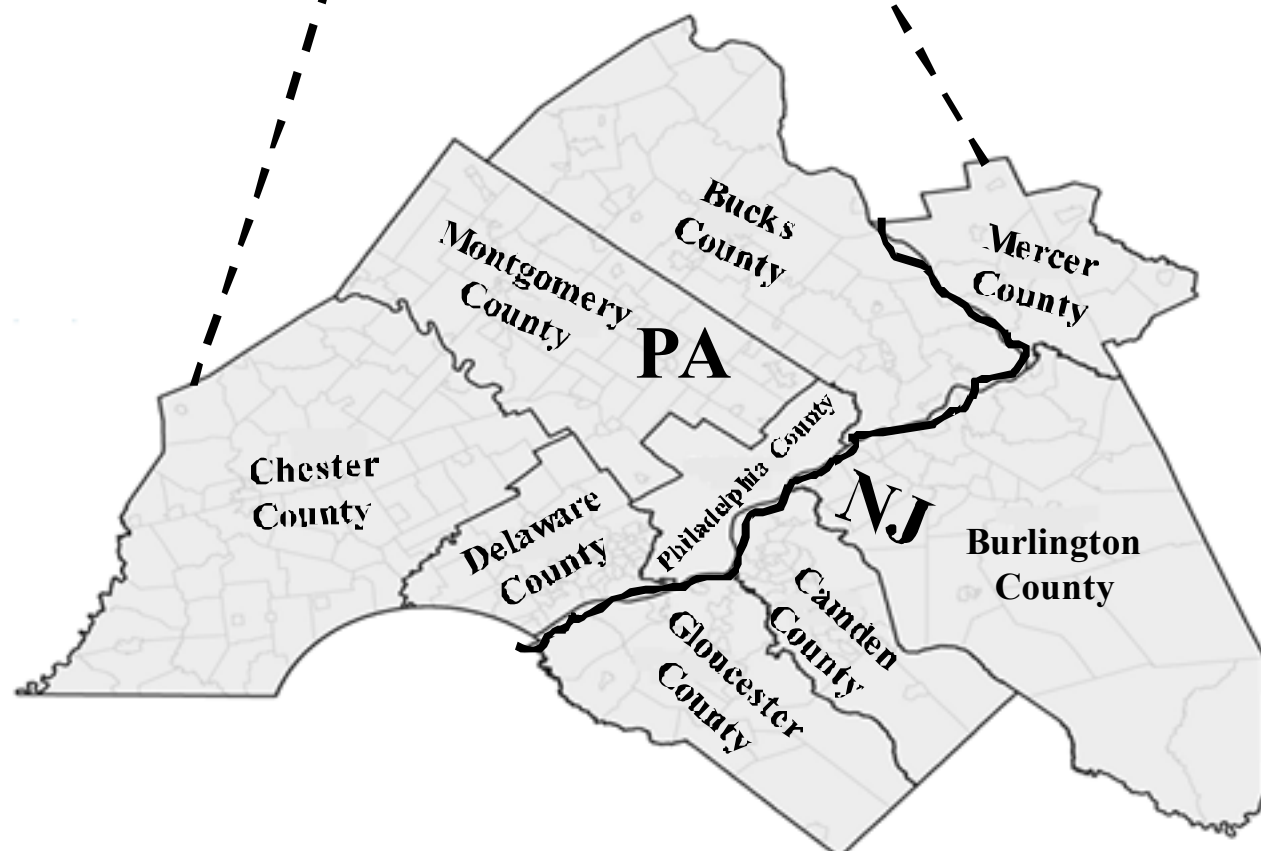
When: 2008-2009 (Year long Study)

Location: Greater Philadelphia Area

Overview: Working to overcome challenges to create a more sustainable and resilient food system through the Greater Philadelphia Food System Study.

Significant Findings:

Food Distribution

Greater Philadelphia's Distribution Network

Greater Philadelphia's Food Movements
- Food Origins
- Food Destinations
- Food Commodities
- Supply Chain Case Studies

The Food Economy

Health

Overweight and Obesity

Healthy Eating Patterns

Image Source: http://www.dvrpc.org/food

What is a FOOD SYSTEM Process?

A food system process examines all actions involved in getting food commodities from its origin to its destination.

Food system processes identified:

Global

Regional

Complex Actions involved:

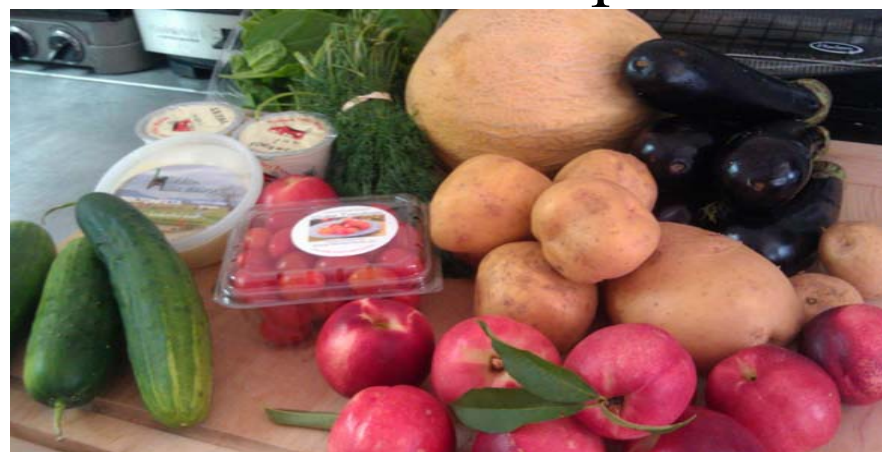• Production

• Manufacturing

• Importing

• Distribution

Food Distribution in Global and Regional Food Systems
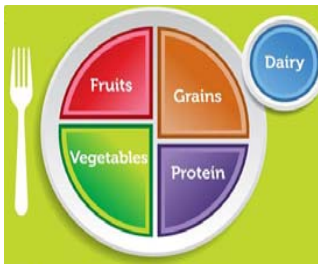

Australian Beef

Chilean Grapes

Buzby Farm's Tomatoes

Food Commodities are examined through Food Distribution:

- Food Origins

- Distance

- Food Movements

- Food Destination

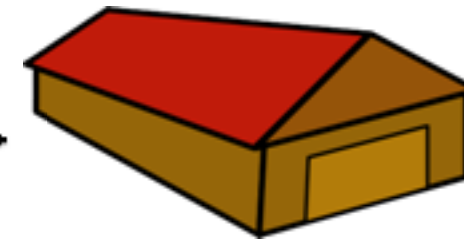- **Processes Involved** (Producers, Manufacturers, Importers, and Distributors.)

Source: Greater Philadelphia Food System Study

Supply Chain Case Study: Australian Beef

Producers	Manufacturers	**Importers**	**Distributors**	Urban Core

Producers	Manufacturers	**Importers**	**Distributors**	Urban Core
Raised On Farm in Australia	Taken to a processing plant in Australia	**At the Port of Sidney, Australia**	**Loaded Off Ship at Port of Philadelphia**	Transported to Retail Food Establishments
Cattle grass-fed or Grain-Fed	Slaughtered	**Freezer Containers loaded onto ships for 40-60 Day Trip to Port of Philadelphia**	**Inspected by Department of Homeland Security**	Supermarkets Fast Food Restaurants
	Packaged in freezer containers		**Transported by Truck to refrigerated Warehouse**	

Source: Greater Philadelphia Food System Study

Complexities of the Food System Process

Because of the limited information given about the complex actions involved in food system processes there were many concerns in certain areas:
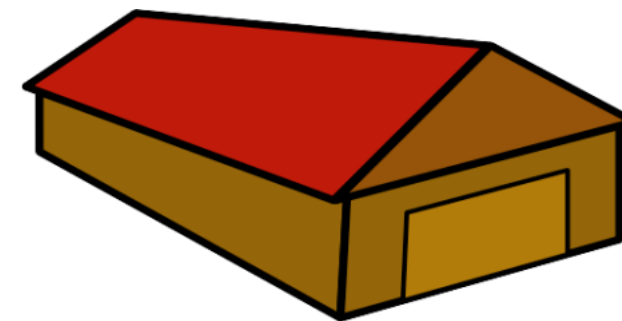
Example: Australian Beef

Importers

Distributors

Freezer Containers loaded onto ships for 40-60 Day Trip to Port of Philadelphia

Transported by Truck to refrigerated Warehouse

Does the distance of this trip effect the freshness of transported beef?

Are additives being added to preserve the beef as a result of the distance?

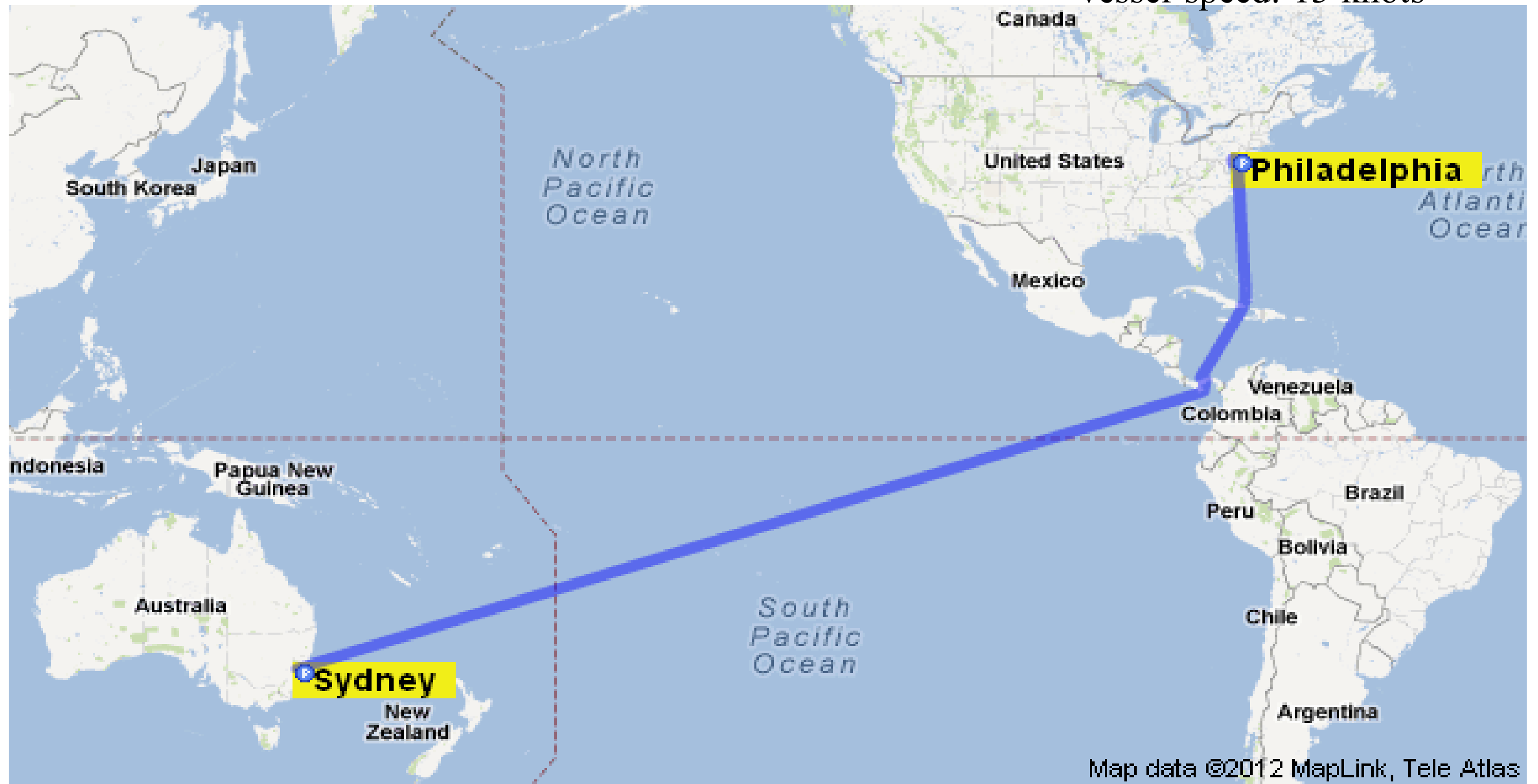# Cargo Ship Origin & Destination Map

Example: **Australian Beef**

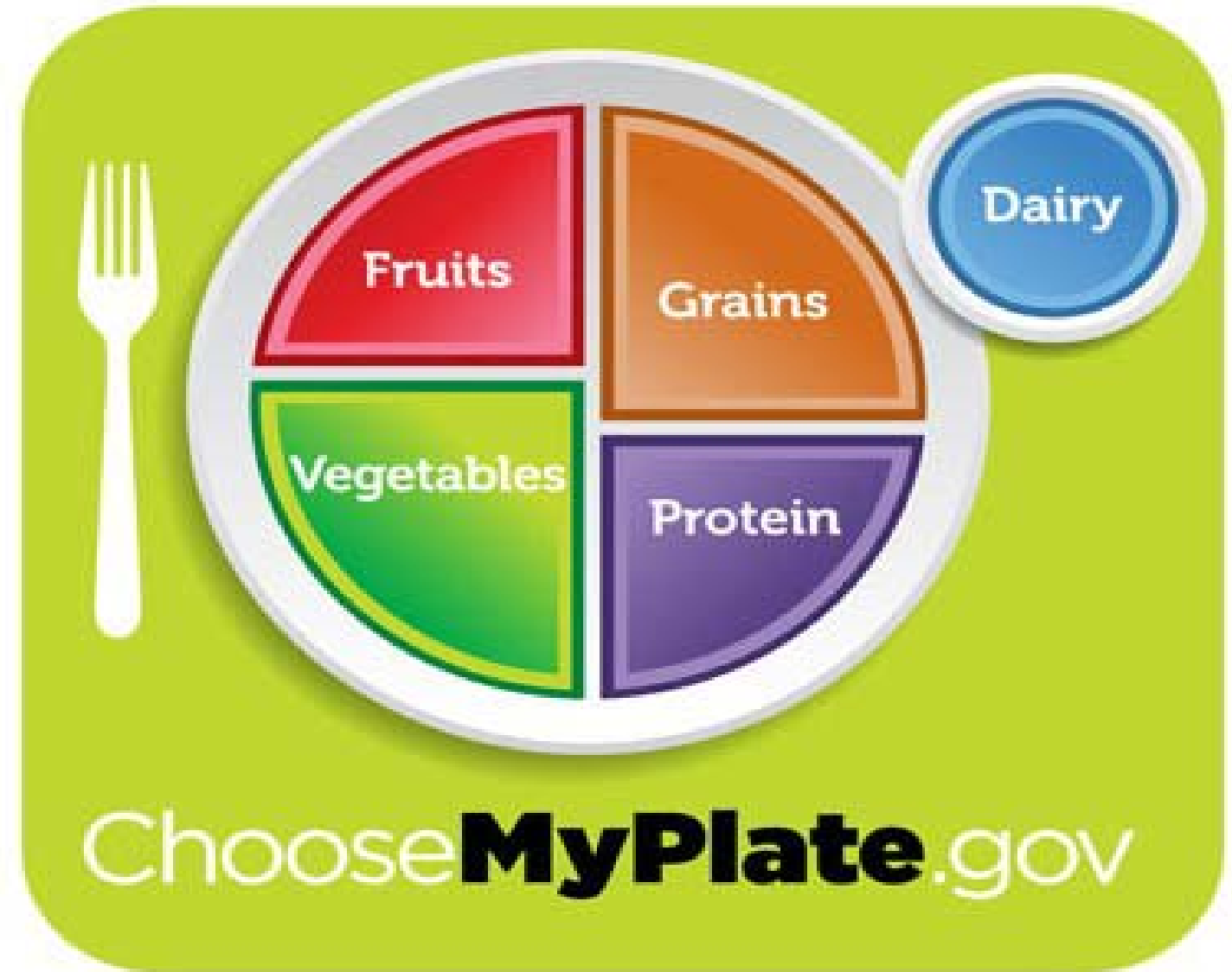Distance: Port of Sydney, AU to Port of Philadelphia, US

Distance: 11,110.8 miles
Time: 30 days 23 hours
Vessel speed: 13 knots

Do we know exactly what we are eating and where it comes from?

Main Points

• Food Security is a concern because in the food system process we are not sure how the food is preserved

• During the transportation of foods, there may be food additives that are added to the foods to keep them fresh from origin to destination

Is eating healthy according to the food plate really reducing chronic diseases?

© Getty Images

Main Points

• The distance that our food travels may take away the nutritional value in our foods that we need to eliminate the chronic diseases

• The way that our foods are preserved during transportation to the market may cause a contradiction to eliminating chronic diseases because of the possible food additives that are used to preserve foods on the food plate.
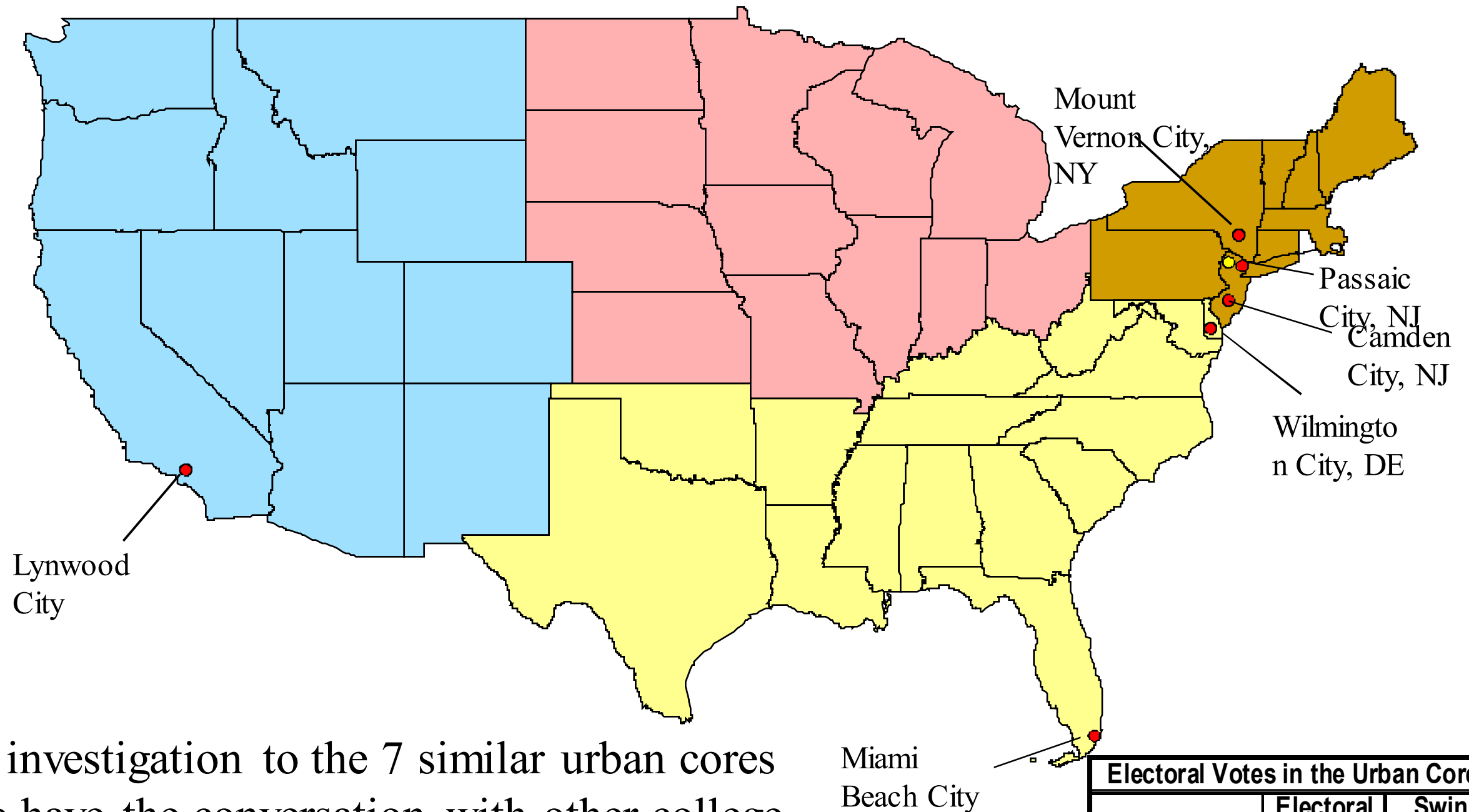
Source: www.safe-food.org/-issue/dangers.html

Why should people continue to have poor food choices from lack of nutrition facts?

Main Points

• Americans are exceeding their limits of foods containing high levels of sodium, calories, saturated fats, and cholesterol due to the lack of nutrition facts posted on the menu boards of limited-service restaurants

• Americans are not reaching their goals of the proper portions of dairy, whole grains, vegetables, fruits, and protein they are suppose to consume due to the lack of nutrition facts

How can the creation of our national healthy eating investigation become replicated throughout the nation?

Mount Vernon City, NY

Passaic City, NJ

Camden City, NJ

Wilmington City, DE

Lynwood City

Miami Beach City

Main Points

•The expansion of our investigation to the 7 similar urban cores will help us to begin to have the conversation with other college students, high school students, organizations, and political representatives in these areas in order to address why minorities are dying from chronic diseases national

States	Electoral Votes	Swing State
California	55	No
New York	29	No
Florida	29	Yes
New Jersey	15	No
Delware	9	No
Total Electoral Votes: 137		

Electoral Votes in the Urban Cores

Source: www.safe-food.org/-issue/dangers.html

Who are our Potential Partners?

Nations Capital ?

NJ State House ?

Hart Senate Office Building ?

Political Discussion?

EFI Student Interns with Mayor Robert L. Bowser

EFI Student Interns with State Senator Ronald Rice & New Jersey Assembly Woman Grace Spencer

EFI Student Interns with US Senator Robert Menendez