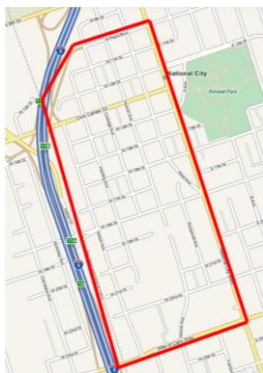


National City, CA Old Town Neighborhood



CX³ Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention

CX³ – COUNTY OF SAN DIEGO, HEALTH & HUMAN SERVICES AGENCY



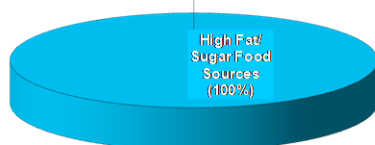
Communities all over the state are working to address nutrition issues shaping the health of their residents. The County of San Diego, Health & Human Services Agency (HHSA) South Region participated in the CX³ Project to assess the Old Town Neighborhood of National City nutrition and physical activity benchmarks.

The goal of the CX³ project is to empower residents to improve their neighborhoods in order to create healthier places to live, work and play.

RATIO OF HIGH FAT/SUGAR FOOD SOURCES TO HEALTHY FOOD SOURCES*

*High fat/sugar food sources include fast-food outlets and convenience stores. Healthy food sources include supermarkets or large grocery stores and farmers markets.

Healthy Food Sources (0%)



SNAPSHOT OF OLD TOWN NATIONAL CITY

Census Tract # 6073021900

- 4,578 population
- 66 percent of people living in poverty (at or below 185 percent federal poverty level)
- 50 percent of adults in the county overweight or obese
- 1 school in the Old Town area
- 0 parks and playgrounds in the Old Town area
- 0 percent of population living within a half mile of a supermarket or large grocery store
- 0 proportion of supermarkets or large grocery stores with convenient public transit
- 0 supermarkets or large grocery stores
- 0 farmers markets
- 3 small markets and other food stores
- 1 convenience store
- 1 fast-food outlet
- 1:4578 ratio of fast-food outlets to population

NEIGHBORHOOD NUTRITION INDICATOR PERFORMANCE

In collaboration with the County of San Diego, HHSA South Region staff, residents conducted assessments of the food outlets in the Old Town neighborhood in National City from June to August 2012.

Using maps and surveys, residents assessed their neighborhood's access to healthy food, recreational and physical activity opportunities. The data provides a realistic picture of areas in need of improvement and offers residents, merchants, decision makers, health advocates and neighborhood groups a focal point as they work to build a healthier community.

What Did We Find?

Total Neighborhood Food Store Quality

There are a total of four stores in the Old Town Neighborhood of National City, three small markets and one convenience store. The stores did not meet the healthy food standards as they had limited healthy food choices.

Fast Food

There is only one fast food restaurant in the Old Town Neighborhood. Although the restaurant does not heavily advertise their products or have children's meals with toys, it still did not meet the nutrition standards for healthy food options.

We all – community organizations, businesses, schools, faith groups, neighbors and local government – can play a role in improving our community.

Get involved today:

Communities of Excellence (CX³)
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