

**NORTH HARTFORD PROMISE ZONE |  
HARTFORD, CONNECTICUT**

## To Have Quality of Life, We MUST Have Quality Food



**THE NORTH HARTFORD PROMISE ZONE**— which includes the Hartford neighborhoods of Clay Arsenal, Upper Albany and Northeast — is home to close to 36,000 residents. But for many of them, finding a fresh apple or head of lettuce is not easy. Full-service grocery stores, farmers markets and other retailers that sell fresh fruits, vegetables and other healthy foods cannot be found in North Hartford's neighborhoods. Instead, what can be found are numerous corner stores, convenience markets and fast food restaurants that mainly sell cheap, high-fat, high-sugar, processed foods and offer few healthy options.

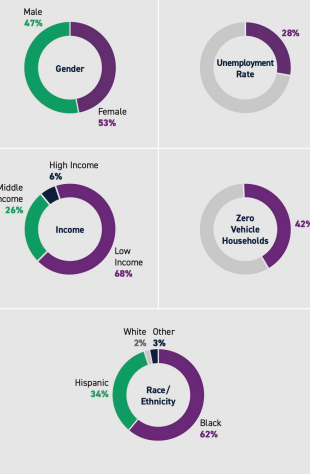
The absence of quality supermarkets in the North End is not just an inconvenience. There are health consequences, too. People without access to healthy food are 25% more likely to have heart disease and diabetes, and 50% more likely to have kidney disease. In the North End, more than 15% of residents have diabetes, and about one-third of adults and children are obese.

A 2017 survey of residents found that many struggle with food insecurity:

- 75%** said they sometimes or often did not have enough to eat at home.
- 57%** participated in a food assistance program.
- 53%** bought their food from a convenience or corner store on a weekly basis.
- 45%** bought food from dollar or discount stores on a weekly basis.

### THE NORTH END At a Glance

Population, 2016: 25,247



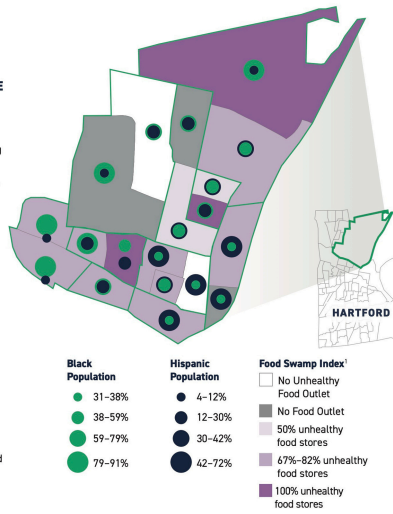
### NORTH END Food Swamp Exposure by Race and Ethnicity

With limited access to healthy foods, many of our communities have become "food swamps" crammed with unhealthy food options like corner stores and fast food chains.

**COMING TOGETHER TO BRING ABOUT CHANGE**  
The Healthy Hartford Hub team is working with Hartford residents to make sure that everyone who lives, works, and plays in the city has access to high quality basics: healthy, quality, food and other health promoting services, like cooking programs and . . . The Hub envisions a North End that is a vibrant, diverse place with opportunities for kids and families.

Residents, local leaders and health advocates are working on reducing barriers to health and creating a healthier Hartford, by bringing more healthy food options to the North End. A resident-led Community Advisory Task Force, made up of over 20 residents from key neighborhoods, is leading the charge. In addition, many community and corporate partners have joined forces to support this effort including:

- Hartford Food System
- Hartford Community Loan Fund
- Hartford Foundation for Public Giving
- United Way of Central and Northeastern Connecticut
- Saint Francis Hospital / Trinity Health of New England
- University of Connecticut
- North Hartford Triple Aim Collaborative, a multisector group led by the United Way that includes: CT Children's Medical Center, Hartford HealthCare, Trinity Health, Hartford Foundation for Public Giving, CT Health Foundation, City of Hartford, Village for Families and Children, Welville, University of Connecticut



<sup>1</sup>Food Swamp Index scores were calculated for each neighborhood based on the total number of healthy, unhealthy, and intermediate food stores. Healthy stores include small and mid-size grocery stores, convenience stores, convenience with a gas station, full-service pizza, limited-service restaurants (e.g. carry-out restaurants), unhealthy specialty stores (e.g. for cream puffs), dollar stores, alcohol drink stores, and fast-food restaurants. Intermediate stores include sit-down restaurant and mixed specialty stores (e.g. stores selling baked goods). The darker shade indicates the worst food swamp exposure, i.e. more unhealthy food stores. The white areas have healthy stores.

<sup>2</sup>Greater Hartford Community Wellbeing Index. DataHaven, <https://datahaven.org/reports/greater-hartford-community-wellbeing-index>.  
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