

PROJECT ONE / PROCESS

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My project started from the finding that the four diseases that together cause over half the adult deaths in the industrialized world are all directly related to diet. These are diabetes, cancer, stroke and heart disease.

The questions that stemmed from this discovery were

WHAT FOODS CONTRIBUTE TO THE FOUR DISEASES?
WHAT FOODS ARE AVAILABLE IN MY NEIGHBORHOOD?

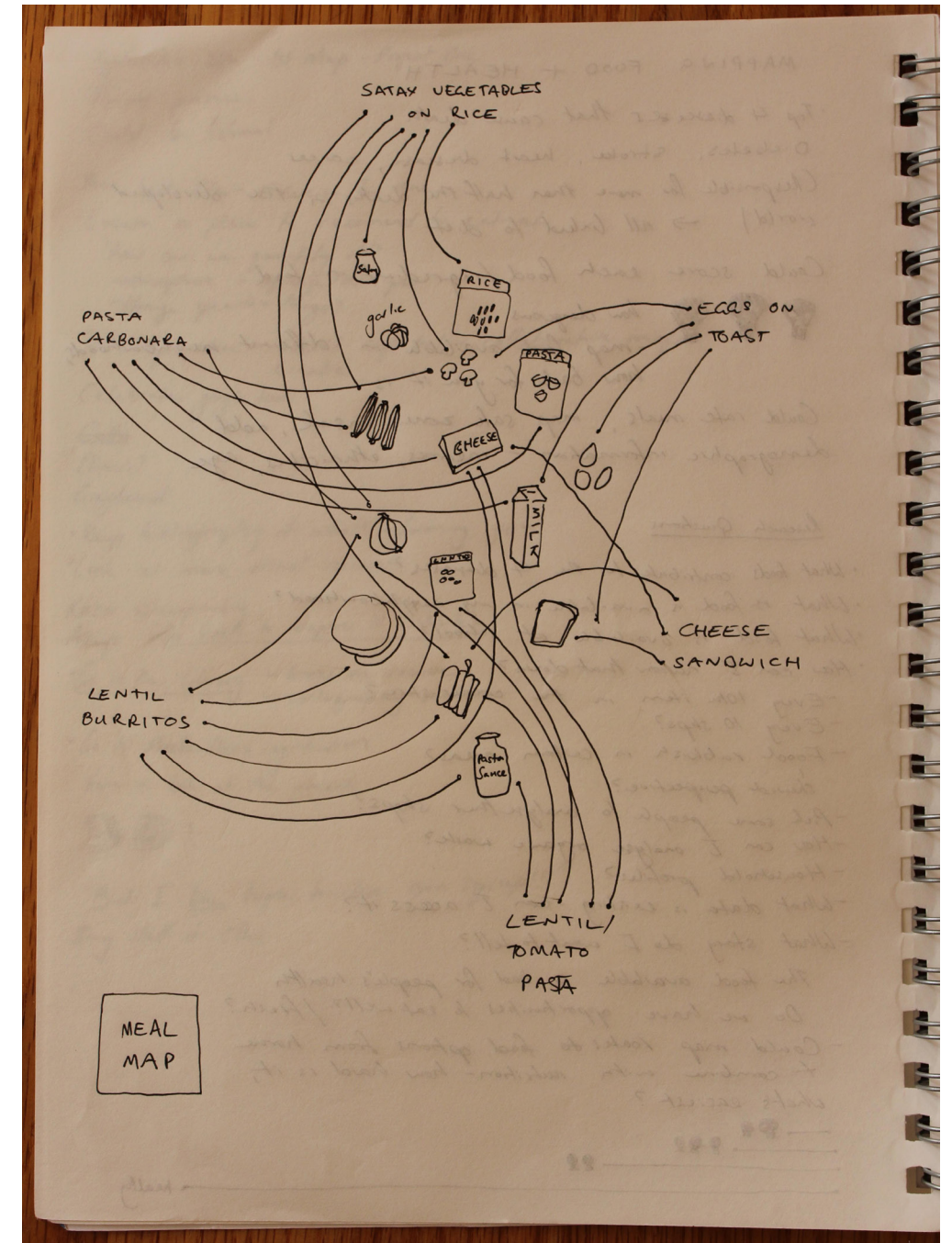
I started by looking at what was in the food I eat. The first chart is a nutritional breakdown of the past 4 meals I had eaten. I found that it is a lot easier to get nutritional information on foods that are pre-made, it is much harder to calculate something you make yourself.

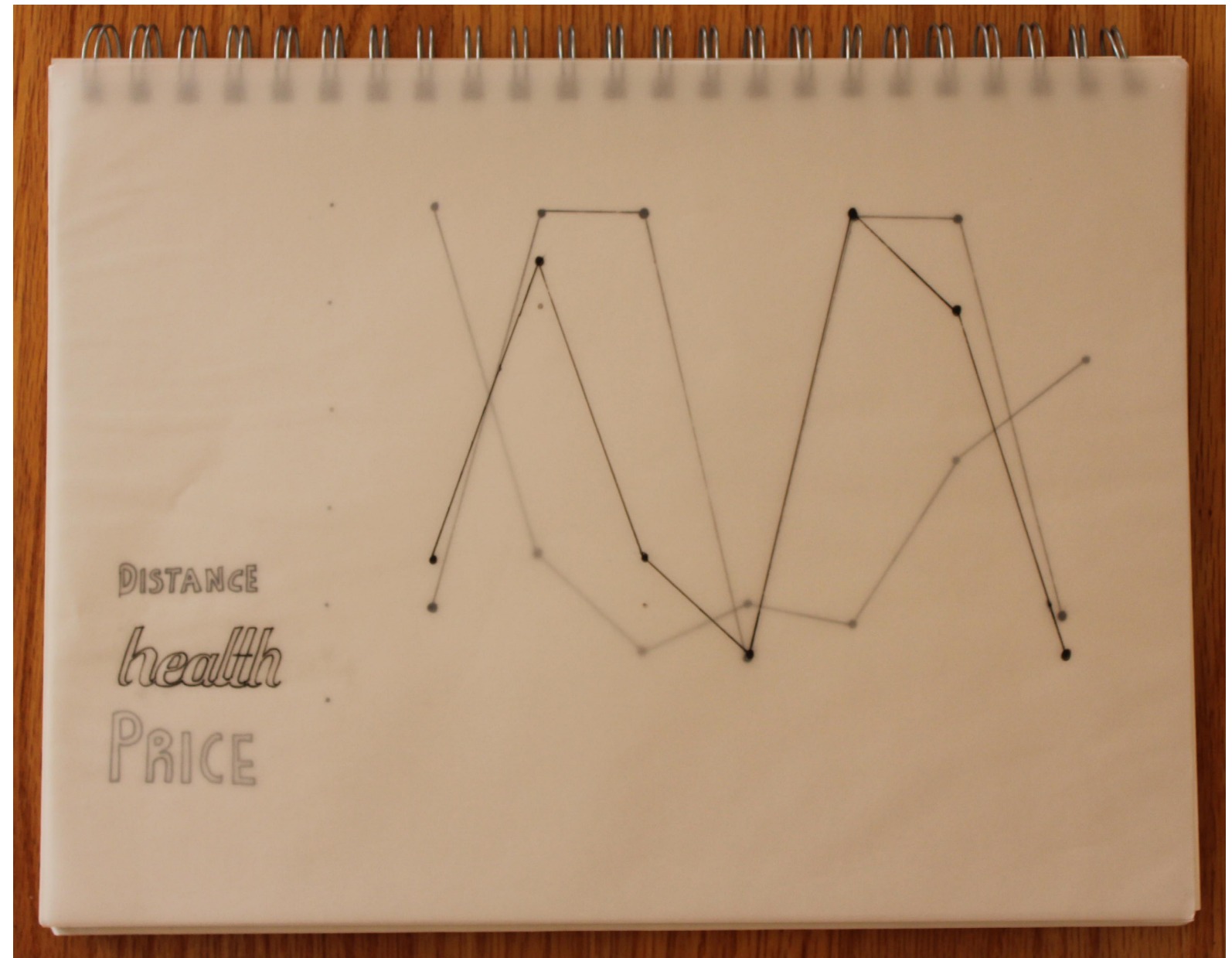
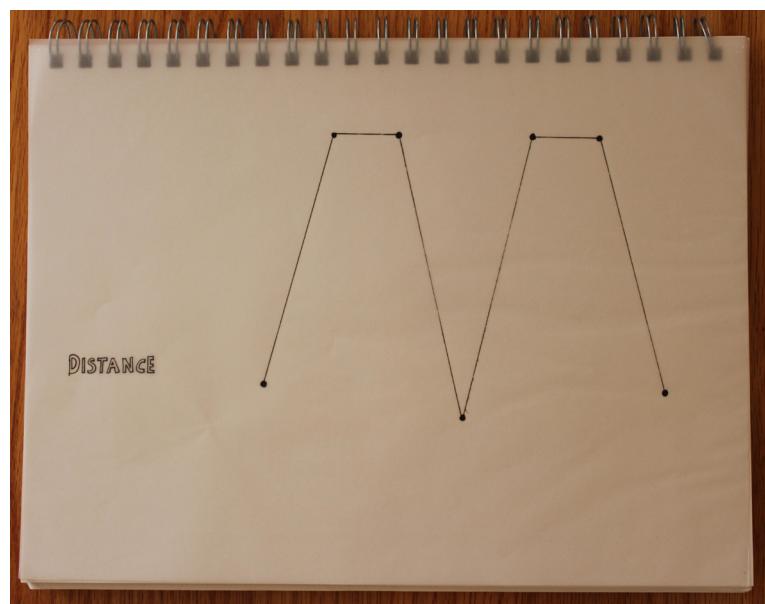
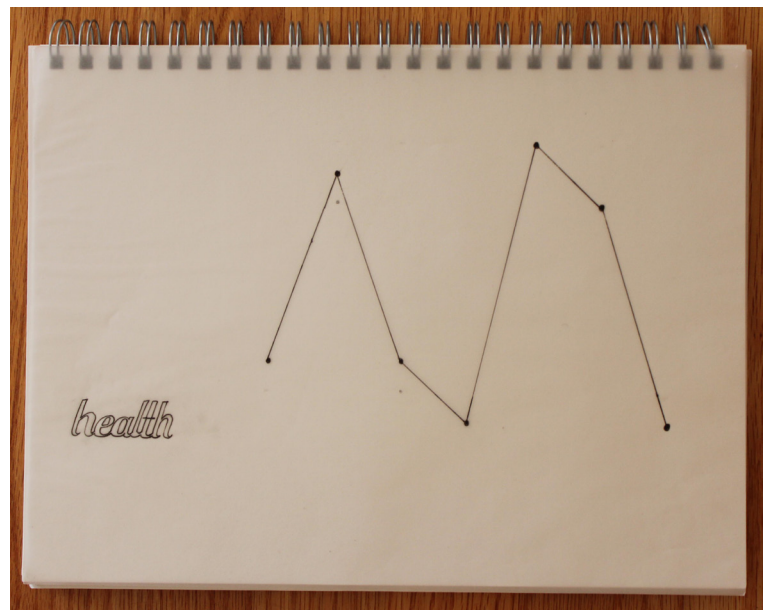
The second chart is a diagram of the ingredients that I buy very regularly, and the meals that I cook regularly. It was interesting to see how often everything gets used. Cheese and onions are the highest frequency ingredients, with bell peppers and zucchinis a close second.

	CHEESE PIZZA	MAC 'N' CHEESE	REESE'S PUFFS	LENTIL BURRITOS
Saturated fat	4.4g 9.8g	3g	3g	12.96g
Cholesterol	22mg	10mg	0mg	31mg
Sodium	551mg	561mg	193mg	343mg
Carbs	33g	48g	22g	54.58g
Sugar	4.1g	7g	12g	4.26g
	salt chol	* + 2.5g of ASH! salt	0.9g Ash sugar	Ash unknown nut fat chol

	lentils	wraps	cheese	mayo	tomato	spinach	
fat	1.9g 0.4g	0.6g	0.25g	0.245	0.12	0.03	12.96g
cholesterol	0g	160	29	2	1.580	0	31mg
sodium	238mg	11mg	174	52	6	22	343mg
carbs	19g	10.71	0.36	1.76	2.33	0.42	54.58g
sugar	1.8g	0.26g	0.15g	0.47	1.58	0.05	4.26g

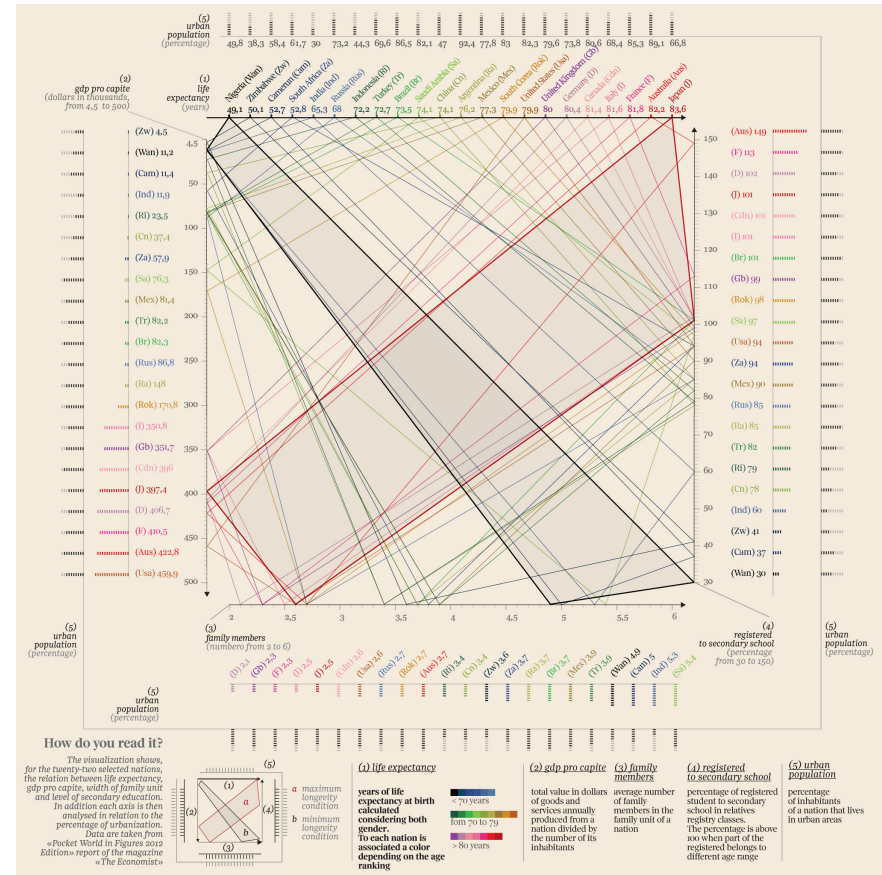
	Fat	Cholesterol	Sodium	Carbs	Sugar
Diabetes	o	x	x	o	o
Stroke	o	o	o	x	x
Heart Disease	o	o	o	x	o
Cancer	x (Same evidence)	x	o	x (not directly)	x (not directly)



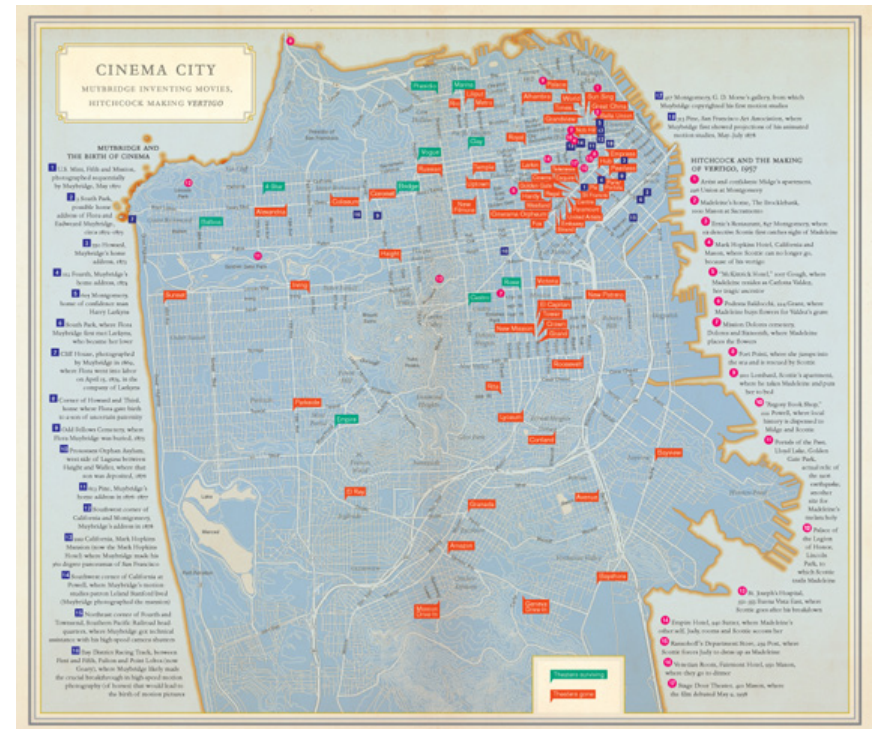
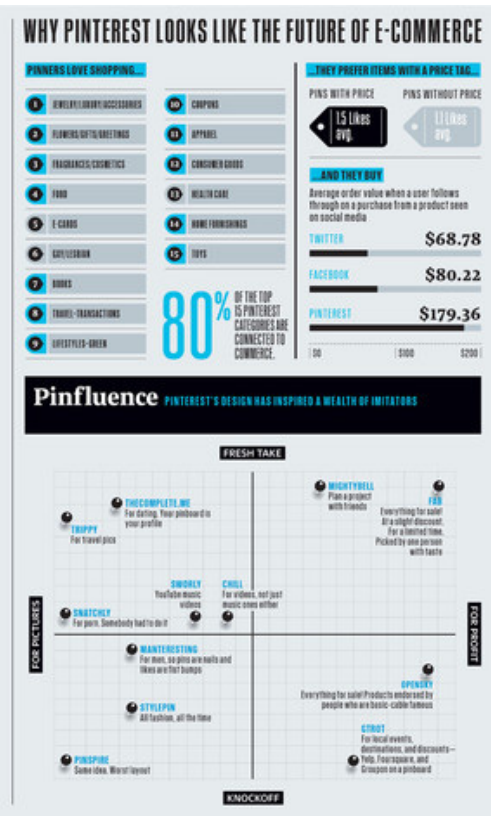
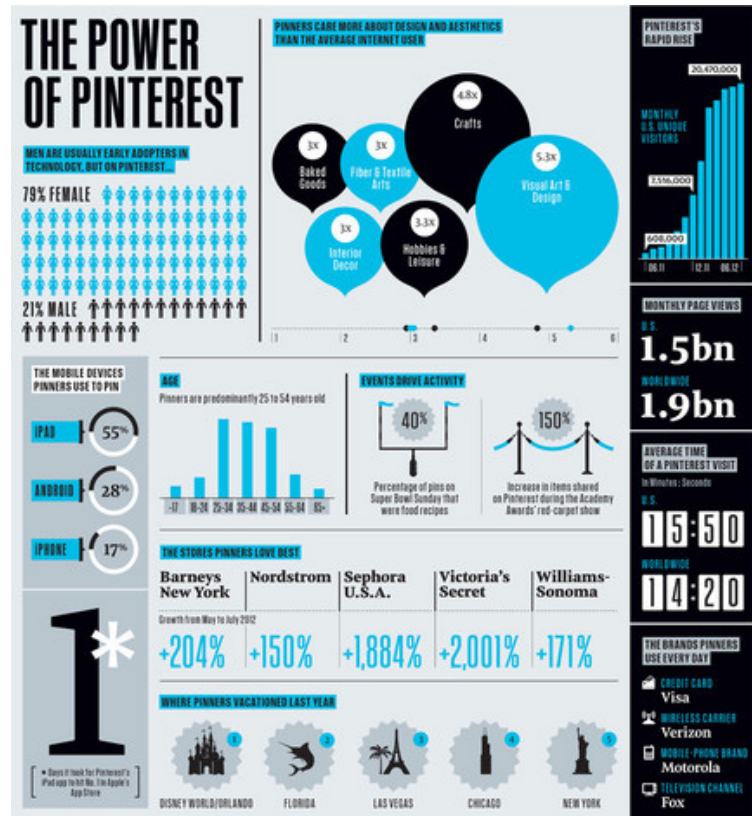


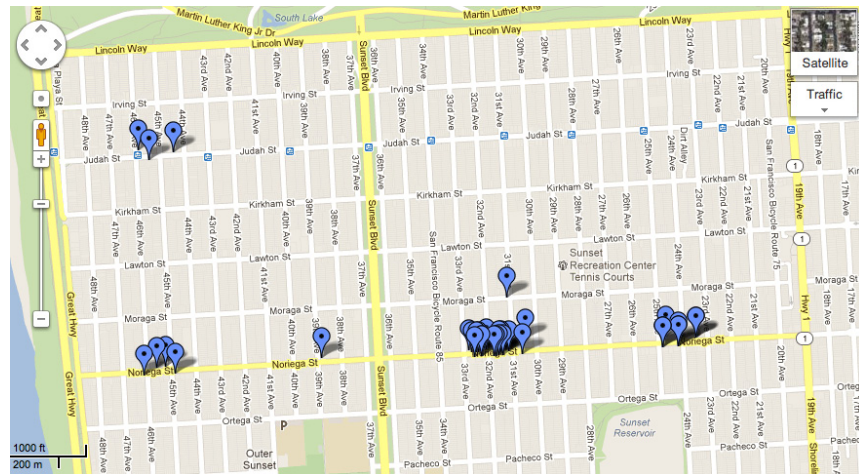
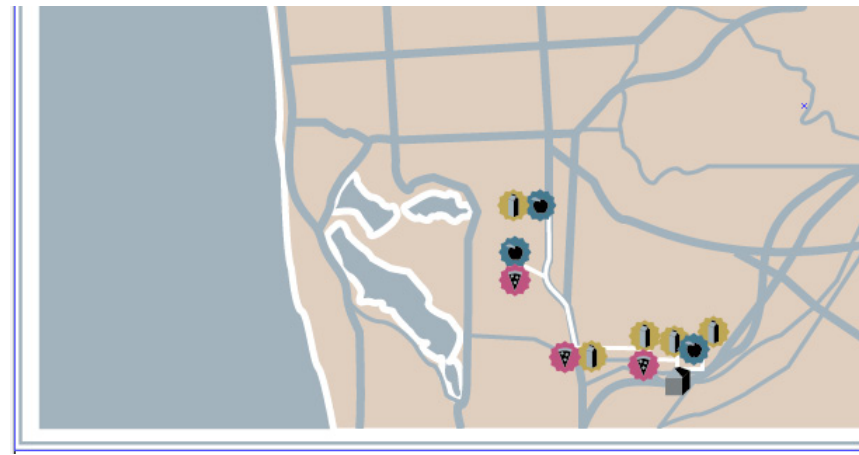
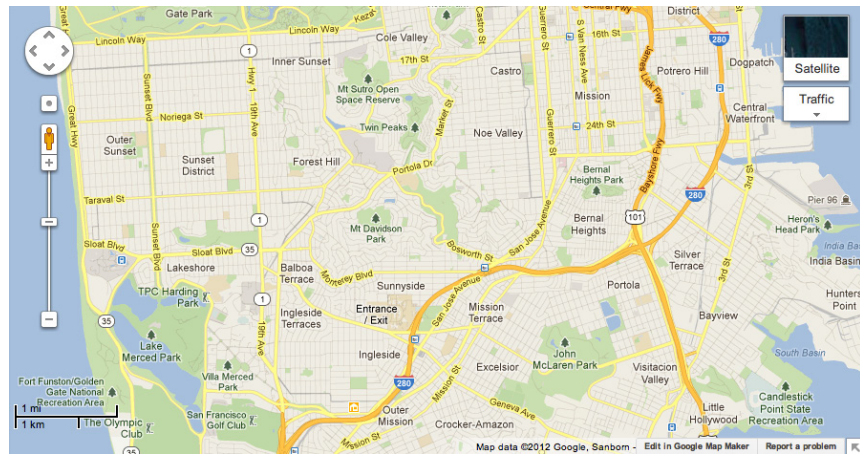
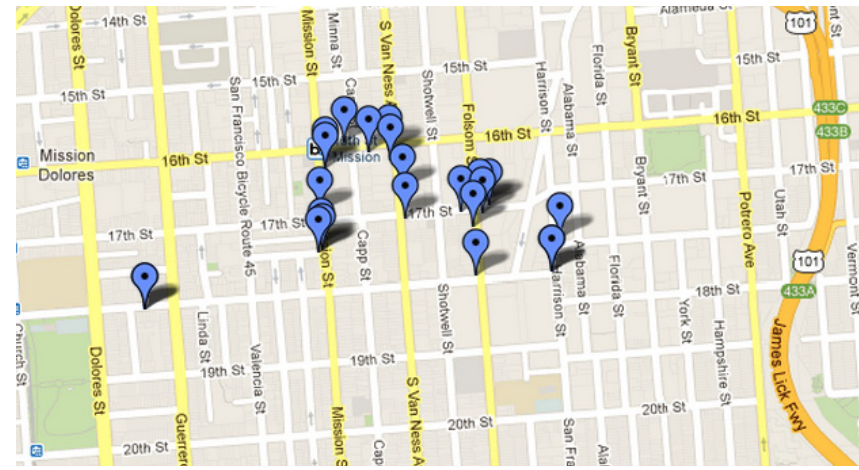
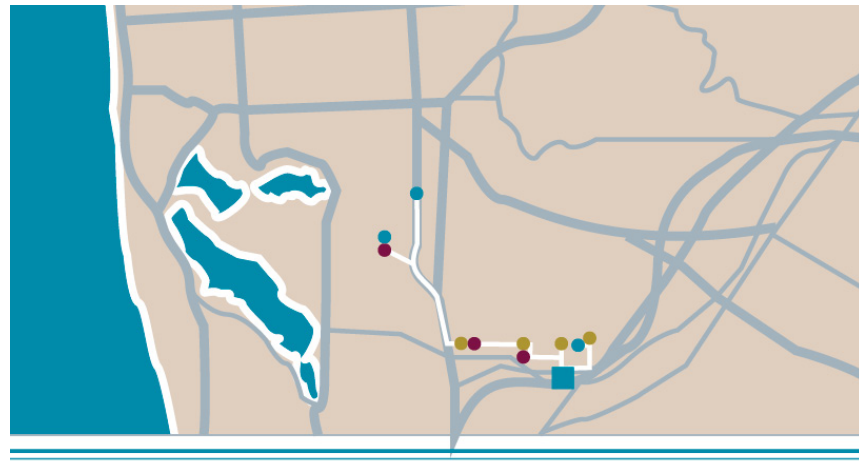
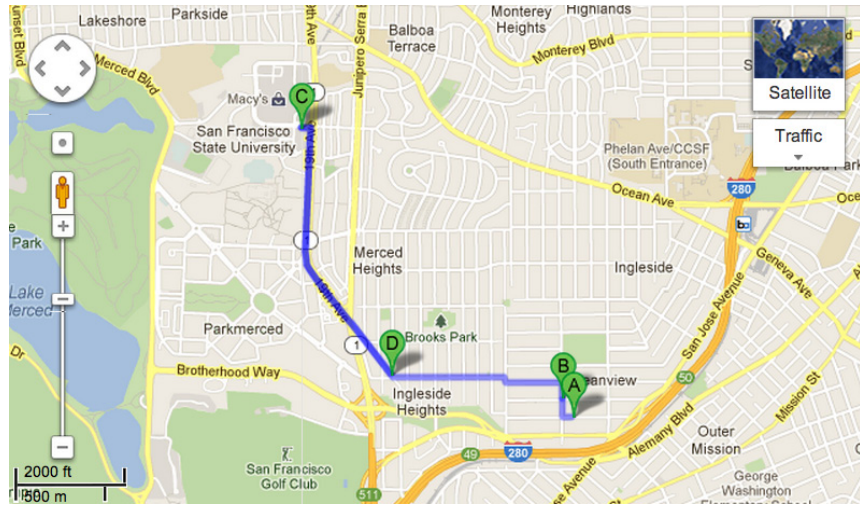
HEALTH AND DISTANCE

My next point of enquiry was the relationship between health, price and distance. I was expecting a much greater relationship between nutritional value and price, but found the real link was between the distance I travelled to get my food and how healthy it was. Again, I was looking at the meals I had eaten in a day.



Some sources of visual inspiration





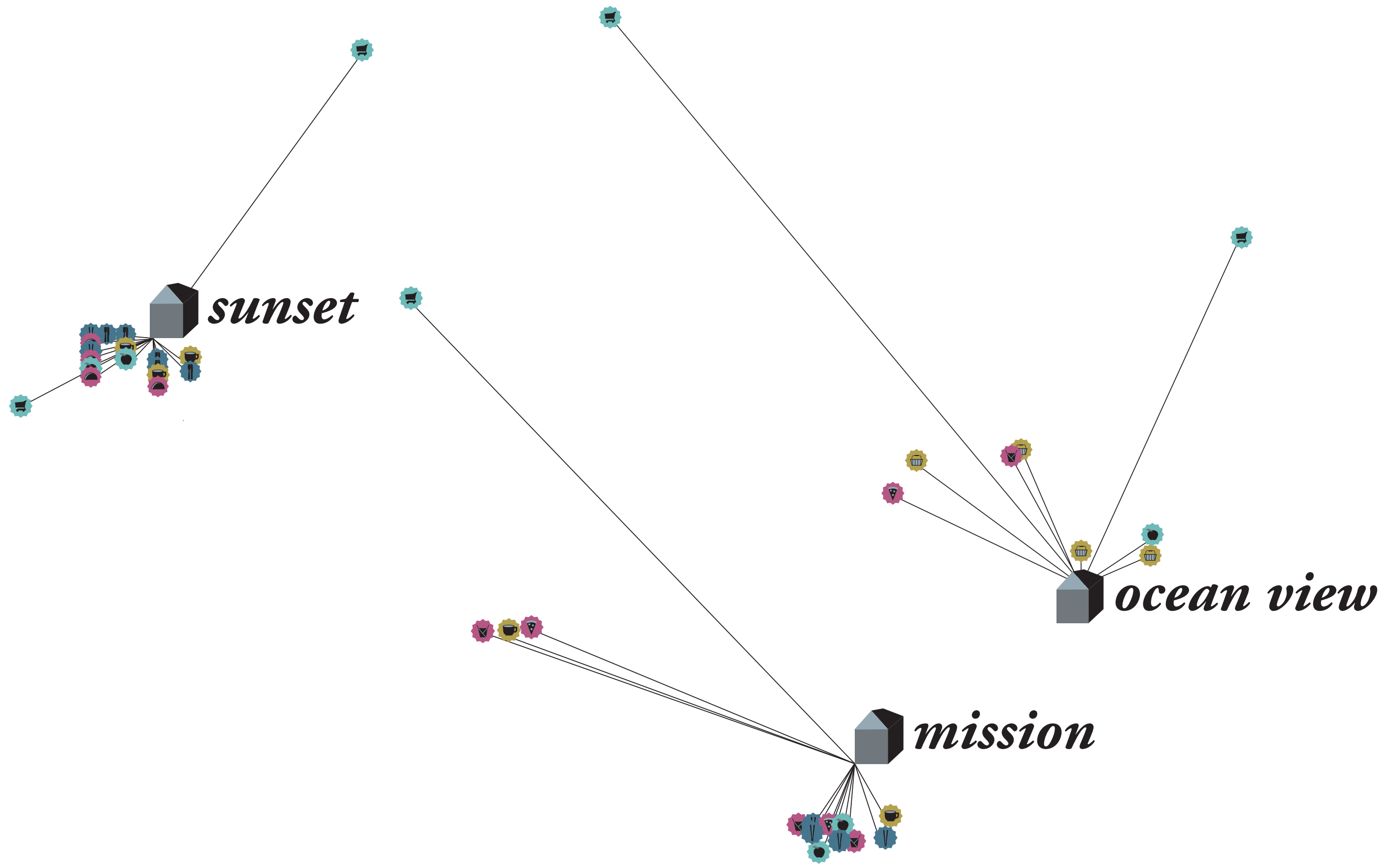
Daft Logic

[Daft Logic > Projects > Google Maps Distance Calculator](#)

Google Maps Distance Calculator
Last Updated 15th February 2012

[Map Height : Small - Medium - Large]
Search For Location :
Use search result as a distance marker? Yes No

DEVELOPMENT OF MAP ONE



2cm = 200m

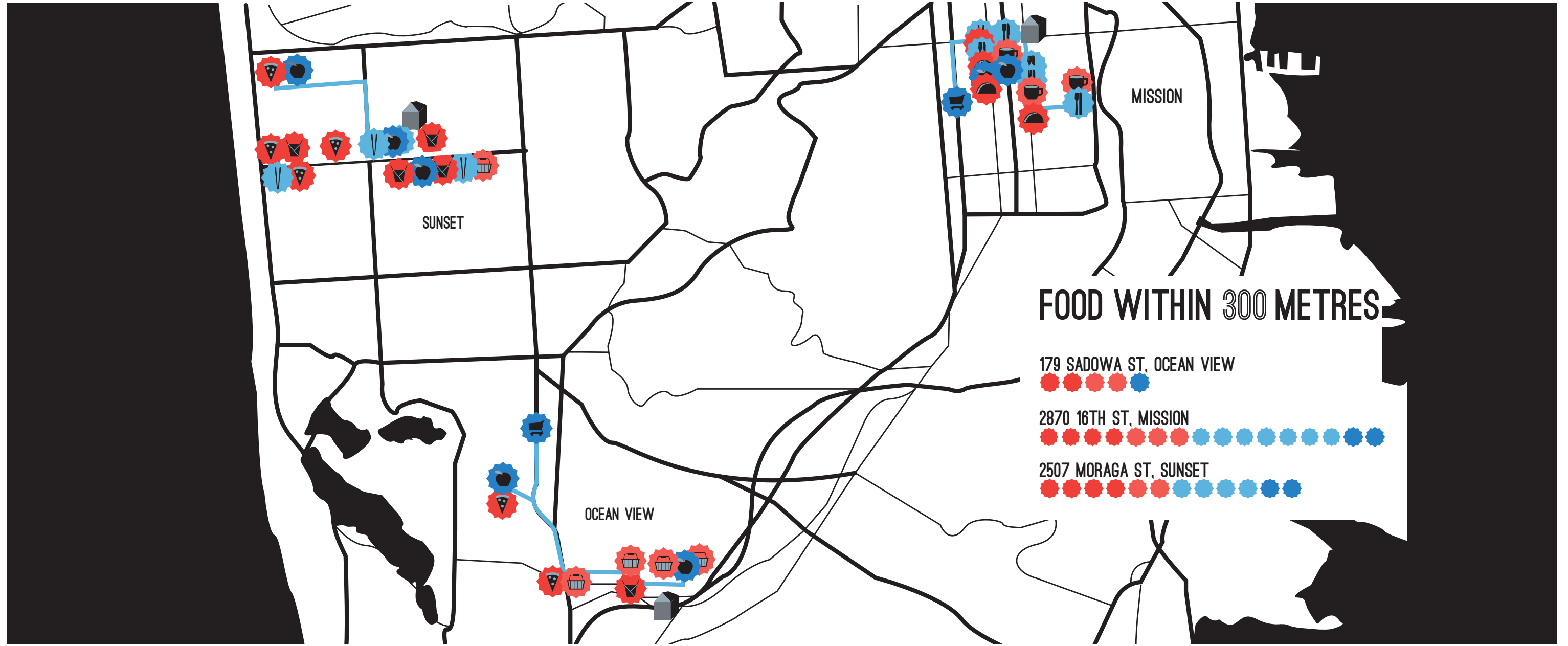


CLOCKWISE FROM TOP:
GARBAGE IN THE MISSION DISTRICT
EMPTY PRODUCE STAND IN OCEAN VIEW
BELL PEPPERS FOR SALE IN OCEAN VIEW
PROCESSED MEATS FOR SALE IN THE SUNSET

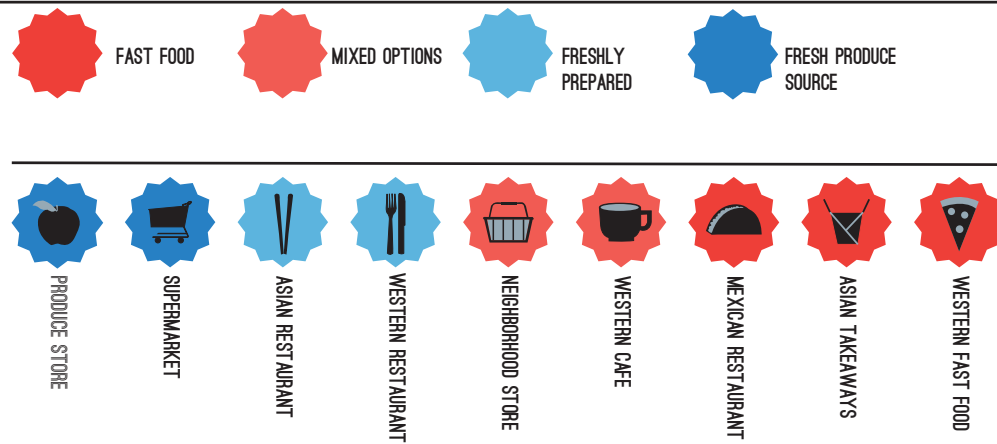
MANY LOW INCOME URBAN RESIDENTS IN THE UNITED STATES **HAVE DIFFICULTY ACCESSING A SUPERMARKET** AS A RESULT OF FOOD INDUSTRY CONSOLIDATION AND SUPERMARKET REDLINING OF LOW INCOME AREAS, WHICH RESULTS IN **SIGNIFICANT BARRIERS** TO THEIR FAMILIES OBTAINING **HEALTHY FOOD**

(RAQUEL PINDERHUGHES, PP. 189, 2004)

BOUNTIFUL DOORSTEPS IN THE BAY



KEY



ABOUT

This map displays the types and quantity of food available in three districts in San Francisco from three hypothetical residences. It is intended to provide a comparison of the distance needed to travel to acquire different types of food, and to provide insights into the socio-economic and ethnic make ups of the districts. The map takes as a premise that accessibility is as significant a barrier to healthy eating as cost.

THESIS

MAPPING FOOD IN NEIGHBORHOODS/ BOUNTIFUL DOORSTEPS

My first map is examining several layers of information relating to food systems within neighborhoods. I want the map to provide information on how far residents must travel to access certain types of food. This is because I am investigating the relationship between accessibility and healthy eating. I have found that distance has a closer relationship to health than cost. Therefore, the map will provide information about which neighborhoods it is easy to access fresh produce in, in comparison to grocery stores, fast food and restaurants.

The map has a secondary level of information which is the type of fast food available in each area. I included this as an indicator of the majority ethnicity groups in each area, so that relationships may become visible between ethnicity and accessibility of fresh produce. I chose three districts with strong ethnic majorities, African American in Ocean View, Chinese in Sunset and Latino in the Mission.

I have developed a key for this map which makes the information readable in several ways. Firstly, I used color to categorize the groups of markers into grocery stores, fresh produce providers and restaurants/ fast food. Within these categories I used pictographs to further distinguish between the type of store/restaurant, giving information about ethnicity and range.

My reason for making this map was to explore the socio economic aspect of food. I am exploring the links between health problems in certain ethnic and income groups and accessibility of fresh fruit and vegetables. This map could make apparent these links and also provide information for people living in these neighborhoods.

I would like to develop a few things further in this map. The first would be clarifying the key so that there is more of a distinction between the shades of red. The second would be to present the information on the smaller maps in a different form, so that it is completely removed from a geographic representation. I would also like to swap out the points plotted on the map with ones that I gather directly from people in each of the three neighborhoods.

BIBLIOGRAPHY

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Promoters and Barriers to Fruit, Vegetable, and Fast-Food Consumption Among Urban, Low-Income African Americans—A Qualitative Approach

<http://www.daftlogic.com/projects-google-maps-distance-calculator.htm>