



STAY HEALTHY EAT WELL

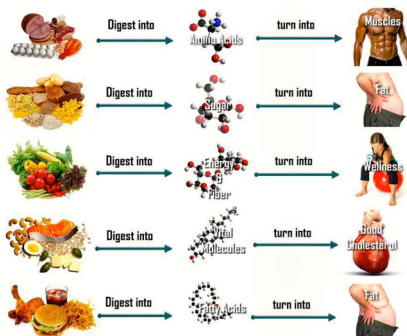
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HEALTHY FOOD



miguelpena.com

HOW FOODS AFFECT OUR BODIES



www.HealthQube.com

HEALTH QUBE

HISTORY

The government, real estate agents, and banks all made Detroit segregated through actions in the 1940s-1960s. Segregated neighborhoods usually don't get as much money from the government and they have more health issues according to the Center for Disease Control (CDC). "Environmental Justice is the fair treatment and meaningful involvement of all people regardless of race, color, national origin, or income with respect to the development, implementation, and enforcement of environmental laws, regulation, and policies." (wikipedia).

FOOD DESERTS

In 2010 Detroit started to suffer from a lack of health food. Different neighborhoods all around Detroit have this problem. 30,000 people do not have access to a full line grocer. "The term food insecurity may suggest issue but it defines the ongoing socio-economic crisis between the lack of physical or financial access to safe and nutritious food every day." (WDET.org)

HEALTH PROBLEMS

Food deserts can cause diabetes, strokes, cancer, and heart disease. "Diets that are high in sugar, trans fats, and preservatives put strain on the heart, liver, kidneys, colon, and can cause system wide inflammatory responses that are detrimental to long term health." (Detroit health Department). Food deserts make health issues in communities worse because people in those neighborhoods do not have access to healthy foods.

ORGANIZATIONS

If you live in a neighborhood that doesn't have access to healthy food, did you know you can stock up on frozen foods, like vegetables? You could also start your own garden. An organization named Keep Growing Detroit said "These garden and farms helped 24,362 residents grow and connect to an abundance of fresh fruits and vegetables." another organization name The Michigan Urban Farming Initiative. They let people volunteer, and promote education to produce healthy foods. You can reach out to either organization for help starting your own garden.