

Retail Food Stores in New Brunswick: A Research Brief

This brief summarizes the different types of food stores open in New Brunswick, New Jersey and in a one mile radius around the city during 2008 to 2014.

Introduction

The Institute of Medicine and the Centers for Disease Control and Prevention have advocated that communities take local action to improve access to healthy food as a measure for preventing childhood obesity.

To understand the food environment and how it impacts children's health, the New Jersey Child Health Study is examining the prevalence of childhood obesity and the availability of different food stores in 4 low-income communities across New Jersey.

Knowledge of how the availability of different types of stores has changed and the consequences for children's weight status will help local partnerships design targeted interventions to improve the quality and quantity of healthy food available in low-income communities.

Methods

Store information was collected from commercial data and was classified according to previously validated protocol¹ into the following 5 categories:

Supermarket: Large chain grocery full service food store with a wide variety of healthy food options.

Small grocery store: Small, independent food store with a smaller variety of healthy food options.

Convenience store: Small food store with limited selection of healthy food options.

Meat market: Store that primarily sells meat.

Fruit and vegetable market: Store that provides primarily sells fruits and vegetables.

