



# Evaluation of Retail Stores in Hamtramck, Michigan using the Nutrition Environment Measures Survey



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## Background

Low-income populations are more likely to purchase energy-dense foods high in fat and sugar compared to nutrient-dense foods because they are less expensive. This is an issue for Bangladeshi American immigrants in Hamtramck, Michigan. The Banglatown area of Hamtramck and Detroit is home to about 40,000 Bangladeshi Americans and has a poverty rate of 50.9%. There are no supermarkets in Hamtramck (the last one closed in 2015); however, there are many small grocery stores.



## Sample

- Policy Map was used to identify grocery and convenience stores in Hamtramck that accept SNAP (n=42).
- Gas stations and liquor stores were excluded from the list and store visits were conducted at 21 stores.

## Aim

- Assess the availability of healthy food options in grocery stores frequented by the Bangladeshi community in Hamtramck, MI.



## Methods

- Assessments were conducted by the Food and Nutrition Coordinator with the assistance of 2 EMU Nursing Education students using the Nutrition Environment Measures Survey (NEMS) tool.
- Additional assessment items were added to include the number of legumes and whole grains available.
- Survey data were transferred into Microsoft Excel for analysis.

## Results

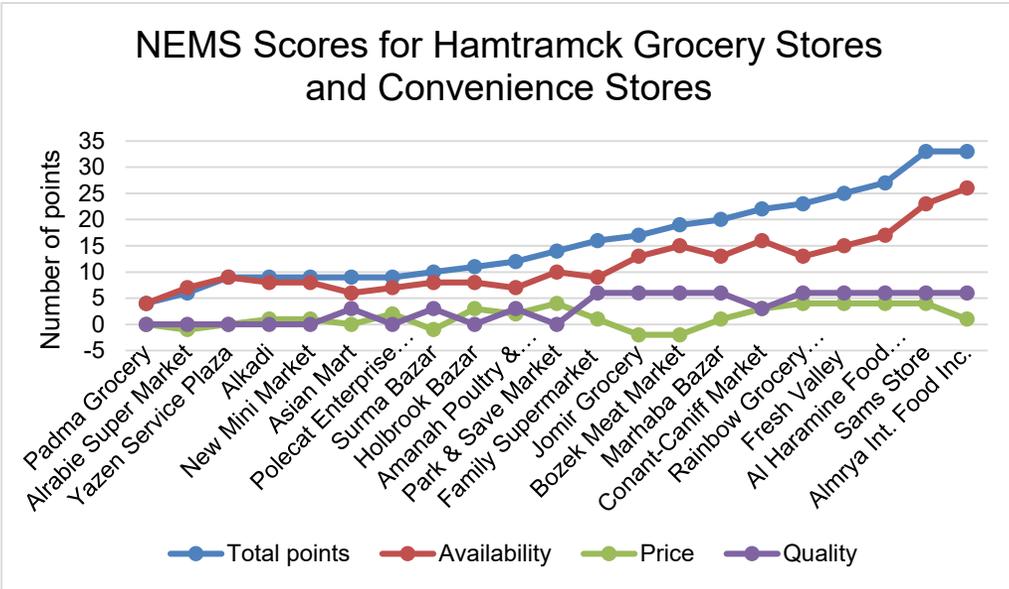
- NEMS scores ranged from 4-33 points out of 58 points total
- Average NEMS score was 16
- 13 stores out of 21 offered fruits
- 11 stores offered vegetables
- 7 stores offered 3 or more fruits and vegetables
- 5 stores had 3 or more whole grains
- 7 stores had 4-6 types of legumes
- 8 stores had brown rice

## Limitations

- The NEMS survey is not culturally specific to the Bangladeshi diet so substitutions had to be made.
- Store offerings, particularly with respect to fresh foods, may vary day to day or week to week.

## Conclusion

- Healthy food offerings at the grocery stores assessed in Hamtramck are limited.
- There is a need for increased offering of fruits and vegetables along with staples such as legumes, whole grains, and rice.



## Acknowledgment

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