

Capital Region Food and Housing Survey Results



70% of you live less than 5 miles from a grocery store, indicating that many have limited access to healthy food.

Individuals who live greater than 1 mile from a grocery store in urban or suburban areas, and greater than 10 miles in rural areas are defined as having limited access to healthy foods.



13% Belong to a severely cost-burdened household,

meaning 50% or more of your household income goes toward housing costs including rent or mortgage payments, insurance, and utilities.

92% Use your car or your spouse's car as your primary mode of transportation, however

transportation remains a barrier for others.

