

BACKGROUND

In the Spring of 2021, UC Davis Community Regional Economic Development researchers, the Health Education Council, and the Mack Road Partnership completed an assessment of community violence and food insecurity conditions in two South Sacramento neighborhoods: Mack Road and Meadowview. The purpose of this infographic is to educate, inform, and share food security and community safety needs in the two communities.

COMMUNITY HISTORY

Our researchers determined the current housing, economic, educational, and social inequity present in Mack Road and Meadowview is the result of historical discriminatory housing policies, redlining, and systemic racism. However, the community continues to be resilient and diverse today.

Racial discrimination is a risk factor for disease and leads to racial disparities in health.

EDUCATION

As of 2015-2019, 8% of Meadowview residents have a Bachelor's Degree. In Mack Road, the percentage is 18% (compared to 33% in the city of Sacramento).

Mack Road and Meadowview residents have opportunities to pursue higher education. For example, the communities are located near Cosumnes River College, American River College, Sacramento City College, and Folsom Lake College.

Education helps increase opportunities for professional development, allowing individuals to make healthier choices, and shift attitudes towards community health.

WORKFORCE DISPARITIES

In both communities, the main industries are social services, food services, and healthcare. Most of the residents outside Meadowview work in the public administration, technical services, and education sectors. Although the majority of residents in Mack Road and Meadowview are people of color, white workers still comprised 46% and 42.7% of the workforce respectively in 2018. Furthermore, 30 to 54 year old residents are the largest group in Meadowview's workforce.

White residents are more likely to be employed in both communities than people of color. Youth between the ages of 18-30 are not heavily represented in the workforce.

LOCATION

The findings highlighted in this infographic are representative of Mack Road, in between Franklin Boulevard and CA Highway 99. As for Meadowview the focus area is south of Florin Road, east of Freeport Boulevard, and west of the Light Rail tracks.

Research indicates that health status, access to healthcare, and health outcomes differ by geographic location.

DEMOGRAPHICS

Mack Road and Meadowview residents are:

- Over 20% Black, 22% Asian, 20% Hispanic
- 30% of the population combined are under 18 years old
- About 50% of the Mack Road population is female

Mack Road and Meadowview are diverse in terms of age, race, and gender. A largely youthful population allows for greater economic advancement and the establishment of a thriving workforce.

HOUSING

2019 Median Home Value (MHV) and Average Monthly Rent:

- Mack Road MHV: \$243,500
- Mack Road Rent: \$1,158
- Meadowview MHV: \$252,275
- Meadowview Rent: \$2,225
- City of Sacramento MHV: \$353,928
- City of Sacramento Rent: \$1,264

Cost Burden Mack Road and Meadowview (2015-2019)

- Mack Road: 33% of Homeowners and 40% of Renters spend more than 30% of their income for housing.
- Meadowview: 36% of Homeowners and 50% of Renters spend more than 30% of their income for housing.

Housing and rental prices have been increasing in Mack Road and Meadowview with most renters and homeowners being cost-burdened, contributing to housing insecurity and displacement.

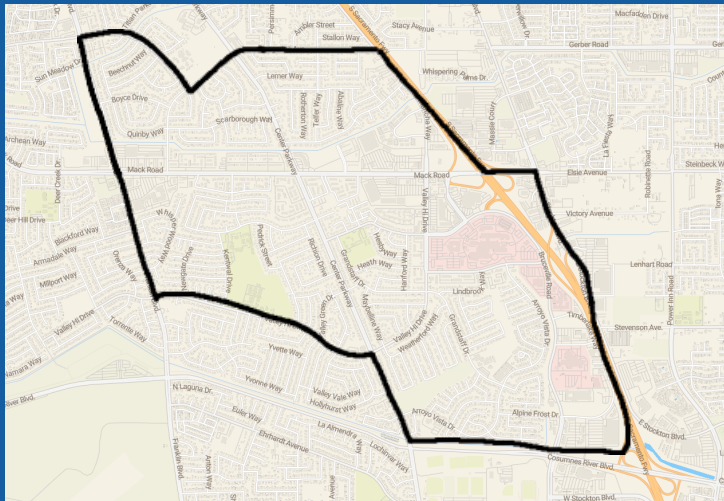


Boys & Girls Club of Greater Sacramento

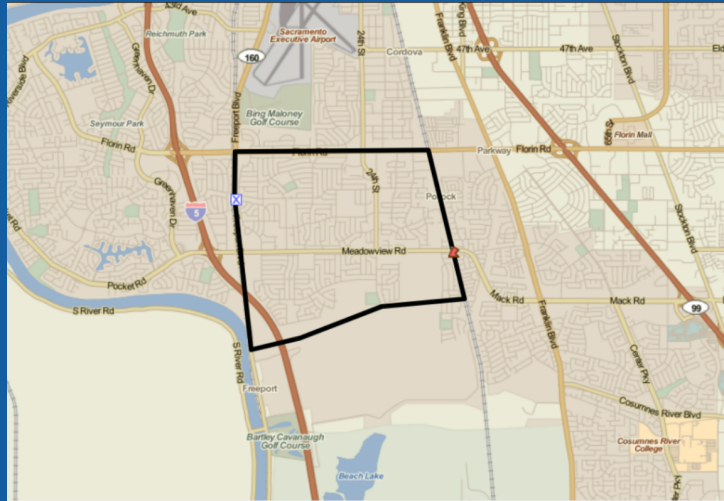


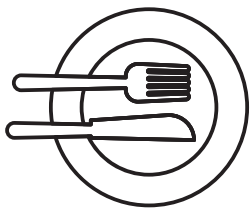
Sacramento Farmer's Market

Mack Road Target Location



Meadowview Target Location





What is Food Insecurity?

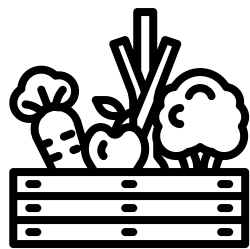
Food insecurity is defined as a **lack of consistent access to enough food for every person in a household to live an active and healthy life**. Food insecurity can be a temporary or long lasting situation (Feeding America).

Current Community Conditions



- COVID-19 interrupted many of the food distribution resources in the community
- Rising gas prices and transportation costs make accessing grocery stores difficult
- Grocery store websites indicated that only about half of food retail sites have fresh and unprocessed foods
- A majority of food retail locations accept CalFresh

Access to food in both communities has become difficult due to the pandemic and impact on the local economy. Food is integral to community health and it is essential to increase access during the pandemic.



Community Needs and Recommendations

- Increased and consistent access to farmers markets
- Need for more reliable and equitable access to fresh and nutritious food



"You can taste the difference from farmers markets and grocery stores because there's no hormones or nothing in it"

-HEC Focus Group Member

"It was hard during COVID. We were looking for those pantries to get free food. Sometimes there were only vegetables, or noodles and rice. Never any meat."

-Mack Road/Meadowview Resident

"Between food stamps and cash, I spent a lot . Maybe \$500-\$600 a month. My kids eat a lot. Sometimes I still don't even get all that I want."

-Mack Road/Meadowview Resident



Keystone Organizations



Alchemist CDC:

- CalFresh and Market Match facilitation at the Florin Road Farmers' Market
- Provides CalFresh application assistance
- Microenterprise Academy and Incubator for local food entrepreneurs



Mack Road Partnership/ Reimagine Mack Road:

- Operates Mack Road Valley Hi Community Center
- After school/non-school hours youth programs, including meals and snacks Monday- Saturday
- Hosts Community Food Distribution 2x per month
- Summer Lunch Program (Children under 18)



South Sacramento Christian Center:

- Neighborhood food distribution and access every Saturday with bags and boxes of groceries
- Serving thousands with over 5,000 people assisted per month



Anthem Blue Cross:

- Medi-Cal health plan provides a Medical Meals Program and free transportation to Medi-Cal members to grocery stores
- Food pantries/distribution sites and farmer's markets



Sacramento Food Bank and Family Services:

- Network of neighborhood food distributions
- CalFresh application assistance



Rose Family Creative Empowerment Center:

- Monthly food distribution and access
- Health and Nutrition classes

Food Security Resources and Retail Distributors

Organizations:

- New Hope Community Church
- Fresher Sacramento
- The Avenue Church of Sacramento
- Sacramento Community Fridges
- Daughters of Zion, Enterpryz, Inc
- South Sacramento Christian Center
- Sacramento Food Bank and Family Services

Grocery Stores:

- Safeway
- Winco
- FoodMaxx
- Grocery Outlet
- Save Mart
- Seafood City
- Carniceria Mi Mercadito
- Central Downtown Food Basket-mobile food distribution

Are you a Mack Road or Meadowview Resident with recommendations or comments to share? If so, please text or call 1 (833) 510-7753 for a chance to win a prize!

What is the situation ?



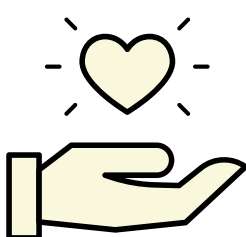
- In 2020, although crime rates in Meadowview were slightly lower than Sacramento as a whole, violent crimes in Meadowview are 103% higher than the national average
- Residents feel that police from outside the area care less about Mack Road residents; biases influence how a routine stop ends (sometimes violently)
- Community organizations are invested in the security of Mack Road and Meadowview residents

Current Community Conditions



- Most participants indicated they had been directly or indirectly affected by community violence during the pandemic.
- Loss of jobs, closures of business and community centers led to youth of color ending up on the streets, increasing their exposure to violence and COVID-19.
- As a result of national events highlighting police brutality against young black men (including George Floyd), residents are afraid of police intervention

Community Needs and Recommendations



- Law enforcement must respect the lives of people of color, and recognize grass-root issues, such as racism
- Increase social supports such as mental health services, transportation, job training, affordable housing, and public safety
- Support youth in finding their talents, maximizing them, and receiving financial incentives

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"Everywhere I go, I'm looking over my shoulder. I will never feel safe. I don't even feel safe in here."

-Mack Road/Meadowview Resident

"We need police that care about people's lives and who know the situation before acting. We want to make it about us and the community."

- Mack Road/Meadowview Resident

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Keystone Organizations



Mack Road Partnership/ Reimagine Mack Road:

- Reimagine Mack Road Foundation/Mack Road Valley Hi Community Center hosts youth programming
- Sacramento Summer Night Light Pop-Ups (Summer) & Youth and Family Pop-ups 2x per month (school year)
- Homeless Services (Tuesdays 10 AM-2PM) at the Mack Road Partnership



Black Child Legacy Campaign:

- Black Child Legacy strives to address all areas related to infant and child death including the area of Safe Sleep Baby, Child abuse and neglect and community intervention of violence services 7 communities all over Sacramento including Valley Hi and Meadowview



WellSpace Health:

- Sacramento Violence Intervention Program provides peer support and counseling for youth and young adults of Sacramento County who have sustained severe injuries due to community violence



Health Education Council:

- The backbone for the Sacramento Youth Violence Prevention Collective (YVPC) monthly meetings to convene about strategies to reduce youth violence
- Host SHOP program to heal and serve systemized youth ages 13-24 across Sacramento

Community Safety Resources and Organizations

- Sacramento Summer Night Lights
- HEC SHOP Program
- Mack Road Partnership/Mack Road Valley Hi Community Center
- My Sister's House
- River Oak Center for Children
- Sac Works La Familia Job Center
- Boys and Girls Club
- Samuel & Bonnie Pannell Community Center Park
- Martin Luther King Jr. Library
- Rose Family Creative Empowerment (RFCE)
- Kaiser Permanente South Sacramento Medical Center

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