

Associations With the Number of Well-Known Grocery Stores, Gyms, and Parks to Median Household Income

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ABSTRACT

Segregated neighborhoods are linked to the environmental exposures, education and behavior of their residents. Access to exercise and nutrition resources are dependent on whether or not residents are able to afford it or not. **PURPOSE:** To identify the associations between the location of nutrition and exercise resources to household income. **METHODS:** Selective Zip codes in the Austin Area were used to identify the median household income through an online search where data is collected from the U.S. Census. Selective grocery store companies and gyms were found through an online search of their website "store locator." Neighborhood parks were identified by the Austin Park Directory, provided by austintexas.gov website. Total number of resources were collected in correspondence to their zip code. **RESULTS:** There is no significant difference between the total number of grocery stores, gyms, and neighborhood parks and the median household income, $r(40) = -.20$, $p > 0.05$. **CONCLUSION:** Though the study has shown that there is no correlation between median household income and resources, other factors may contribute. This may be further studied by adjusting to include all types of nutrition and exercise. The study has shown that areas considered middle-class seem to have more resources than areas considered as low-class.