Abstract

Background: The food environment can have an important influence on the availability of and access to food, which plays a significant role in the health of individuals. The goal of this study was to compare the consumption of fruits, legumes and vegetables (FLV) by adults and the availability of food stores in the context of socioeconomic and geographic space connected to basic health units in a Brazilian capital city.

Methods: The study was developed from information obtained through the Risk Factors Surveillance for Non-Communicable Diseases Prevention by Telephone Survey (VIGITEL), using samples from Belo Horizonte from the years 2008 to 2010. A total of 5611 records were geocoded based on the postal code. A score was created based on the weekly and daily frequency of FLV intake of individuals. The coverage area of basic health units was used as a neighborhood unit. Georeferenced data on food stores in the city and neighborhood income were used.

Results: As neighborhood income increased, there was an increase in the distribution of food establishments for all of the studied categories. The highest FLV intake scores were observed in areas with higher income levels.

Conclusion: The highest concentration of food stores, regardless of supply quality, was observed in geographic areas with higher purchasing power and in those where there was a greater concentration of other types of businesses and services, a different pattern from that found in other countries. (Nutr Hosp. 2015; 31: 1438-1443)

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Keywords