



MARION POLK
FOOD SHARE

Farm Share Rx

Produce prescription in the
mid-Willamette Valley

Knight CPP 2018, 2019



MARION POLK FOOD SHARE



- *Bringing people together to end hunger and its root causes*
- Food donation and recovery
- Food assistance
- Community gardens
- Meals on Wheels
- Youth Farm

Community Need

- 11% food insecurity rate (2019)
- 41% of population living in “food desert”
- Higher rates of chronic disease compared to state average (incl. diabetes, COPD, cancer, stroke, heart attack)
- Medicaid population at greater risk of chronic conditions
- Community partners report lack of access to fresh fruits and vegetables as major barrier to health improvement



MID-VALLEY FOOD SUMMIT

February 6, 2016 @ Willamette University - 8:30am-4pm

For farmers, food producers, processors, gardeners, volunteers, and eaters! Learn about local food efforts in Marion & Polk counties and engage in exciting collaborative plans to improve the Mid-Willamette Valley food system. There will be a keynote speaker, breakout sessions, informational booths, and a local foods lunch.

Tickets are \$15 - register at <http://midvalleyfoodsummit.eventbrite.com>

Questions? Call 503-581-3855





Oregon State University
Extension Service



MARION POLK FOOD SHARE
**YOUTH
FARM**



KNIGHT
CANCER
Institute

Building a coalition

- Farmers
- Food systems organizations
- Health care providers
- Funders



Shared Vision

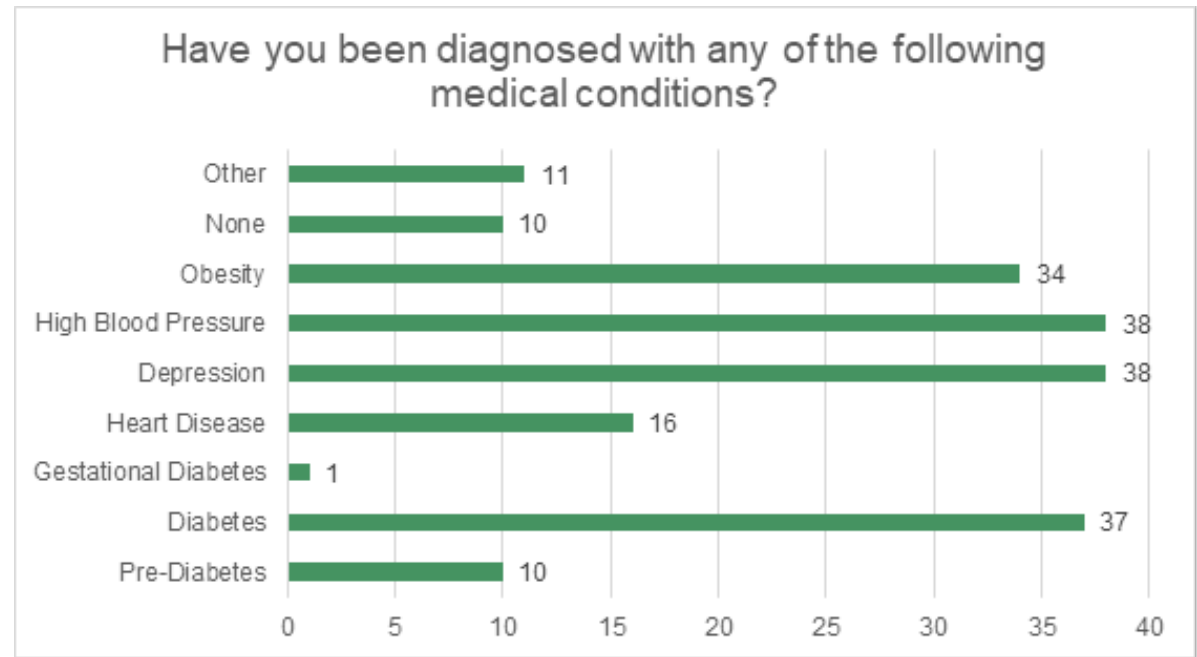
We envision a food system that promotes good health by making nutritious, culturally relevant food easily accessible to all members of the community AND by building lasting relationships between farmers and consumers.



Program Model

- 3 clinic partners
- 2 farms
- 100 patients
- Free "CSA" style produce boxes
- 14 weekly distributions
- 14 weekly recipes
- 3 cooking classes at each site
- Information about anti-cancer properties of produce



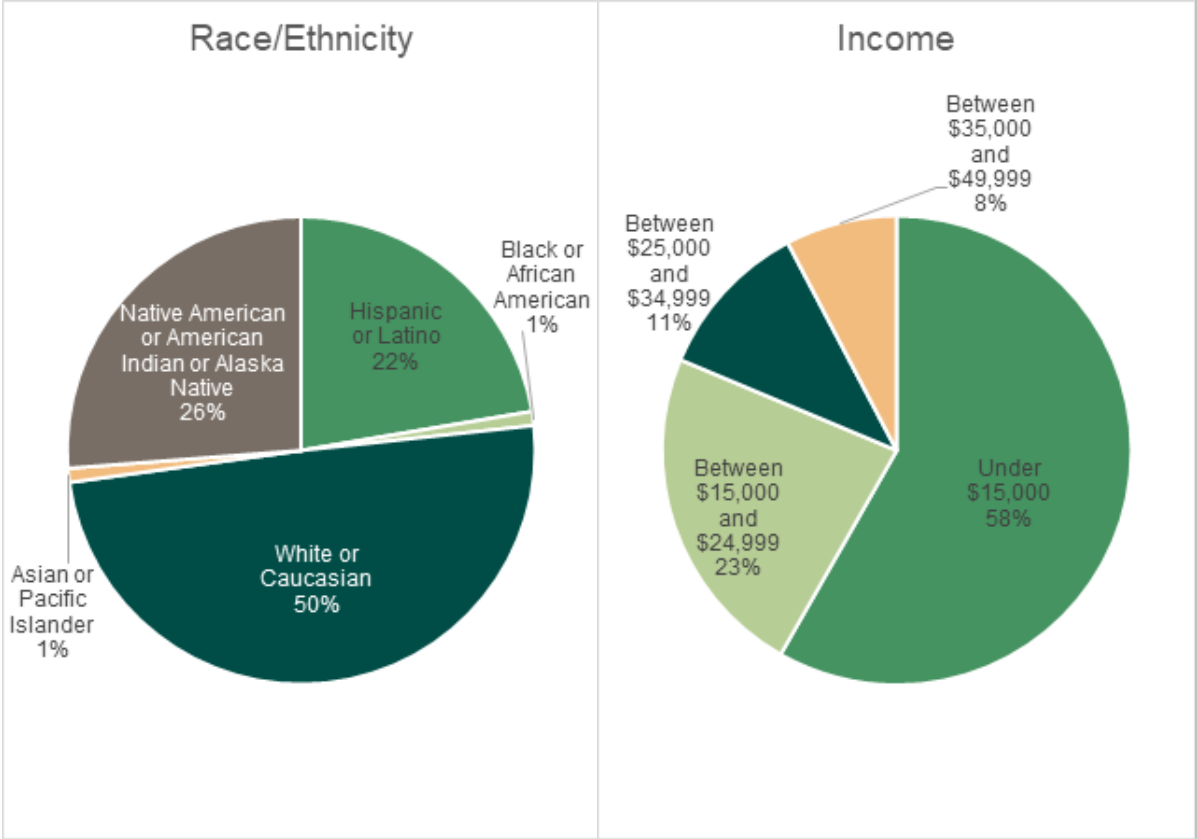


Patient profile

- Experiencing food insecurity
- Diagnosed diet-related illness
- Desire to eat more fresh produce



Demographics



Outcomes

- 88 patients attended at least 50% of distributions
- 26 individuals participated in cooking classes
- From pre/post surveys:

Increased fruit and vegetable consumption

Decreased food security

Increased self-reported sense of health

- From biometric data (small sample size)

Modest reduction in BMI

Significant reduction in A1C



Challenges

- Sporadic attendance
 - *Communication barriers*
 - *Transportation difficulties*
 - *Conflicting appointments*
 - *Lack of interest in offered produce*
- Data collection
 - *Survey fatigue*
 - *Clinic staff availability*



Patient Testimonials

- “I am so grateful for this program! I would not be able to feed my family during our crisis journey this time if it weren't for this program. Often this food is all we had for the week. Thank you!!”
- “This is a beautiful program that has truly helped. Health healing foods you can't beat. Please continue to heal the community.”
- “My kids eat more veggies than they did before. Thank you Farm Share Rx, you helped our family stay healthy!”
- “It saved my life this summer! Thank you!”
- “A very positive experience- not only enjoying fresh produce, but learning lots of scrumptious recipes that are not difficult to accommodate to our lifestyle, many we've passed on.”



