Farm Share Rx

Produce prescription in the mid-Willamette Valley

Knight CPP 2018, 2019
• 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
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

Race/Ethnicity

- White or Caucasian: 50%
- Native American or American Indian or Alaska Native: 26%
- Hispanic or Latino: 22%
- Black or African American: 1%
- Asian or Pacific Islander: 1%

Income

- Between $25,000 and $34,999: 11%
- Between $35,000 and $49,999: 8%
- Between $15,000 and $24,999: 23%
- Under $15,000: 25%
- Between $15,000 and $24,999: 23%
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.”