Grady Fruit and Vegetable Prescription Program

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Food Insecurity in Georgia

1.4 million Georgian’s receive SNAP benefits every month

1 in 5 Georgians are food insecure

1 in 4 Georgian children are food insecure
Cost of Food Insecurity

Food insecurity can cause and exacerbate **obesity** and related **chronic health conditions**

Chronic diet related disease costs the U.S. **$190.2 billion** annually

- **30%** of adults are obese
- **35%** of children are obese
The FVRx Program is a six-month evidence-based model of preventative healthcare.
It promotes affordable access to fresh fruits and vegetables, healthy eating and improved health in underserved communities through partnerships with healthcare providers, community organizations, and fresh produce retailers.

**WHO?**
Patients with food insecurity and chronic illness.

**WHAT?**
- Each month, healthcare providers track patients’ health outcomes, and patients participate in peer support groups, set healthy eating goals, and receive fruit and vegetable prescriptions.
- For the first 6-weeks of the program, patients attend the Cooking Matters nutrition education and cooking course and learn how to make healthier choices, prepare nutritious meals and maximize food resources.
- Each week, patients redeem prescriptions at local farmers markets for fresh fruits and vegetables they learned to prepare during cooking classes.

**WHY?**
- After 6 months, patients:
  - Eat more fruits and vegetables
  - Increase health knowledge and cooking confidence
  - Improve behavioral and clinical health outcomes (i.e., BMI, A1C)
  - Are connected to other services for continued community support
Program Objectives

(1) Decrease food insecurity

(2) Improve clinical and behavioral health outcomes

(3) Increase exposure to and demand for healthy, Georgia-grown food
Cooking Matters is a six week, evidenced-based nutrition education and cooking curriculum. It is hands-on, skills-based, participatory, and provides clients with the equipment and groceries they need to practice their new skills.
FRUIT & VEGETABLE PRESCRIPTION PROGRAM
at Grady Memorial Hospital

Pre-Program

**STEP 1: SCREENING**
Patients are assessed for food insecurity and chronic disease

**STEP 2: LOW-INTENSITY INTERVENTIONS**
Based on results, patients are referred to SNAP enrollment, local food pantries, or nutrition education and Grady Nutrition Services

**STEP 3: ENROLLMENT**
Grady Nutrition Services enrolls eligible patients in Fruit & Vegetable (FVRx) Program: Eat Well, Live Well

Eat Well, Live Well Program

Patients participate in monthly group nutrition class where Grady providers write prescriptions and track health outcomes

**Grady**

Patients redeem prescriptions for fresh, local fruits and vegetables weekly at Grady or partner farmers market

**wholeomeWave**

Patients learn how to make healthier choices, prepare nutritious meals and maximize food resources through six-week Cooking Matters course

Post-Program

**SHORT-TERM IMPACT**
Food Security
Fruit and Vegetable Consumption, Health Knowledge & Cooking Confidence

**CONTINUED ENGAGEMENT**
Health Tracking
Alumni Network Support
Referrals to Community Resources

**LONG-TERM IMPACT**
Improved Clinical Health Outcomes (i.e., A1C & Blood Pressure)
Healthcare Cost Savings
**Evaluation Plan**

<table>
<thead>
<tr>
<th>Short-term Outcomes (6 months)</th>
<th>Mid-term Outcome (6-12 months)</th>
<th>Long-term Outcomes (12-18 months)</th>
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</thead>
<tbody>
<tr>
<td>Improved awareness of importance of healthy fruits and vegetables in participant and family’s diet</td>
<td>Participants and their families continue to purchase, cook and consume fruits &amp; vegetables (&gt; than Pre-FVRx)</td>
<td>Positive health outcomes as demonstrated by one or more of the clinical measures of decreased BMI, lower blood pressure or decreased A1C</td>
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<tr>
<td>Improved awareness and motivation of how to affordably purchase and access fresh produce</td>
<td>Clinical data (BMI, blood pressure, A1C) is stabilized or trending positively</td>
<td>Lower healthcare costs evidenced by fewer ER visits, hospitalizations, reduced medicine</td>
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<td>Increased daily consumption of fruits and vegetables</td>
<td>Medication adherence (clinical chart review)</td>
<td>Medication adherence (cost savings)</td>
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<tr>
<td>Reduced food insecurity</td>
<td>ER visits (clinical chart review)</td>
<td>ER Visits (cost savings)</td>
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<tr>
<td>Participant satisfaction</td>
<td></td>
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<tr>
<td>Purchasing fresh produce from farmer's/fresh markets</td>
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<td>Clinical data (BMI, blood pressure, A1C) is stabilized or trending positively</td>
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<td>Medication adherence (self-report)</td>
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<td>ER visits (self-report)</td>
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### Program Outcomes 2015-2016

<table>
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<tr>
<th>National Outcomes</th>
<th>Georgia Outcomes</th>
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<tbody>
<tr>
<td>1,043 Patients Reached</td>
<td>140 Patients Reached</td>
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<tr>
<td>4,750 Household Members Impacted</td>
<td>404 Household Members Impacted</td>
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<tr>
<td>$496,733 Prescription Dollars Redeemed</td>
<td>$31,626 Prescription Dollars Redeemed</td>
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<tr>
<td>53% Increase in Fruit and Vegetable Consumption</td>
<td>21% Increase in Fruit and Vegetable Consumption</td>
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<tr>
<td>47% Decreased Body Mass Index (BMI)</td>
<td>60% Decreased Body Mass Index (BMI)</td>
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Questions and Contact Information

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