

# Emerging SDOH Practices

## CASE STUDY II

# Prescriptions for Fruits and Vegetables for Low-income Adults with Diabetes or BMI>30

CANTON, OHIO

Kristin Baughman, PhD

This was a project of the Stark County Health Department in partnership with Produce Perks Midwest, the Aultman Health Foundation's Population Health Initiative, and the Little Flower Family Practice.

# 1

## Why did you start?

- To increase servings of fruits and vegetable consumed by patients
- To help patients with diabetes lower their A1c and avoid cardiovascular complications
- To help patients with a BMI greater than 30 choose healthier foods and lose weight
- To address improvements in the areas of health metrics, food insecurity and food literacy

# 2

## What did you do?

- 6-month program (June-November) for prescription vouchers for fruits and vegetables
- Partnered with a local grocery store, mobile market and farmer's market
- Family Medicine primary care practice identified by a local hospital collaborated with the county health department to implement the program
- Focused on 2 groups of patients with diet-related diseases (diabetes and/or obesity) and their household members
- Eligibility criteria: patient's household either reported food insecurity, enrollment in SNAP, or had government health insurance
- Patient had monthly visits with their primary care physician during program
- Patients and their families were given prescription vouchers monthly during the program to be utilized for the purchase of produce items

# 3

## What did you find?

- 37 patients and their households participated, ages ranged from 27 to 83 years-old (10 were 65 or older)
- 29 patients completed the program
- 89.7% of the vouchers worth \$14,490 were redeemed
- 60% increased daily consumption of vegetables, 44% increased consumption of fruits
- 24% reported improving their ability to prepare a healthy meal

# 4

## What does it mean?

- Patients are able to improve their diets when given produce prescriptions for healthy fruits and vegetables
- Strong partnerships between primary care providers, health departments, farmers' markets, and grocery stores are important for success