

# Perceptions of an Anticipated Fresh Food Prescription (FFRx) Program

Sharon Thomson<sup>a</sup>, Judy Ugwuegbu<sup>a</sup>, Kimberly Montez<sup>b</sup>, Sarah Langdon<sup>b</sup>, Scott Best<sup>c</sup>, Daniel Sostaita<sup>d</sup>, Rachel Zimmer<sup>b</sup>

a) Wake Forest School of Medicine; b) Wake Forest Baptist Medical Center; c) Help Our People Eat of Winston-Salem; d) Iglesia Cristiana Sin Fronteras

## Introduction

- Food insecurity (FI) is the unpredictable availability of nutritionally-balanced food to maintain a healthy lifestyle
- 10.5% of American households are food insecure; when stratified by race, 19.1% of African American and 15.6% of Latinx households are affected<sup>1</sup>
- In Forsyth county, residents who identified as having FI rose from 15.5% in 2019 to 19.0% in 2020<sup>2</sup>
- FI is correlated with diabetes, hypertension, cognitive, and behavioral disorders due to insufficient high-nutrient food intake

## Objective

Elicit perspectives of individuals at risk for food insecurity and glean the potential impact of a fresh food prescription program on their day-to-day lives.

## Methodology

- Design**
  - Qualitative descriptive design using focus groups in 02/2020
  - Discussed community history, culture, and socioeconomic conditions
- Analysis**
  - N=24; 8 African American, 16 Latinx, 21 female
  - Atlas.ti Version 8.4 was used to code and organize textual data
- Outcome**
  - Glean the potential impact of a FFRx program on individuals with FI
  - Promote shared decision-making in developing the program

## Results

<b>Food Access</b>	<b>Facilitators</b> Food pantries Budgeting Being informed	“I go running around to buy what I need where things are on sale...”
	<b>Barriers</b> Cost Household size Transportation	“If the family is large, I think that there will be problems with doing the shopping.”
<b>Cooking Habits</b>	<b>Facilitators</b> Passion Traditions Social support	“I like to cook. I come from a family where my grandma taught us a lot...”
	<b>Barriers</b> Time Inconvenience Unfamiliarity	“When you work, you don’t have time to cook fresh.”
<b>Health &amp; Wellness</b>	<b>Facilitators</b> Comorbidities Sustainable diet Weight loss	“My husband lost 15 pounds. We have moved from rice, for example, to wheat tortilla with a little grilled chicken.”
	<b>Barriers</b> Unhealthy diet Cultural norms Misinformation	“We didn’t grow up being forced to drink water—I didn’t—we drank sweet drinks...”
<b>Produce Boxes</b>	Desired Difficult to pick-up due to limited transportation Delivery is ideal	“If it’s locally grown or organic, then we know what we’re getting as opposed to things that are coming in from California or Florida.”

## Results

<b>Cooking Classes</b>	Desired May conflict with work Suggestions for optimal timing and family engagement	“I have a teenager and a preteen...so I’d like to learn how to cook things that are healthy but appealing to teenagers.”
------------------------	---	--

## Conclusion

<b>Previous Studies</b> <ul style="list-style-type: none"> <li>Produce prescriptions increase fruit and vegetable access and consumption</li> <li>Produce prescriptions can help reduce food insecurity</li> </ul>	<b>Current Needs</b> <ul style="list-style-type: none"> <li>FFRx program with customized, evidence-based education on nutrition and weight loss</li> <li>Modeling of food choices and preparation methods by community members</li> </ul>	<b>Future Practice</b> <ul style="list-style-type: none"> <li>Formal food insecurity screening in day-to-day clinical practice</li> <li>Improve food infrastructure through FFRx program to sustainably decrease FI</li> </ul>
--	---	--

## Acknowledgements

- Coleman-Jensen A, Rabbitt MP, Gregory CA, Singh A. Household Food Security in the United States in 2019. In. Washington, DC: US Department of Agriculture, Economic Research Service; September 2020
- Piedmont Triad Regional Food Council. (2021) Piedmont Triad Regional Food Assessment. Retrieved from <https://carolinacreators.com/ptrfc-regional-food-assessment/>
- Funding source: this project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS)