Perceptions of an Anticipated Fresh Food Prescription (FFRx) Program

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Introduction

Food insecurity (FI) is the unpredictable availability of nutritionally-balanced food to maintain a healthy lifestyle. In Forsyth county, residents who identified as having FI rose from 15.5% in 2019 to 19.0% in 2020. In the United States in 2019, 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. Household food insecurity is the unpredictable availability of food to meet basic needs and to maintain health. In California or Florida, we drank sweet drinks... We didn’t grow up being taught to drink water—I didn’t—when I drank sweet drinks...

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

• Qualitative descriptive design using focus groups in 02/2020
• Discussed community history, culture, and socioeconomic conditions

Design

Analysis

• N=24; 8 African American, 16 Latinx, 21 female
• Atlas.ti Version 8.4 was used to code and organize textual data

Outcomes

• Glean the potential impact of a FFRx program on individuals with FI
• Promote shared decision-making in developing the program

Results

Food Access

Facilitators
- Food pantries
- Budgeting
- Being informed

Barriers
- Cost
- Household size
- Transportation

“I go running around to buy what I need where things are on sale...”

“I like to cook. I come from a family where my grandma taught us a lot...”

“Then you work, you don’t have time to cook fresh...”

Cooking Habits

Facilitators
- Passion
- Traditions
- Social support

Barriers
- Time
- Inconvenience
- Unfamiliarity

“With the family is large, I think that there will be problems with doing the shopping...”

“Why did you lose the 15 pounds? We have moved from rice, for example, to wheat tortilla with a little grilled chicken...”

“Where did you live before or where did you go—f...”

Health & Wellness

Facilitators
- Comorbidities
- Sustainable diet
- Weight loss

Barriers
- Unhealthy diet
- Cultural norms
- Misinformation

“3. My husband lost 15 pounds. We have moved from rice, for example, to wheat tortilla with a little grilled chicken...”

“I didn’t—I drank sweet drinks...”

Produce Boxes

Desired
- Difficult to pick-up due to limited transportation
- Delivery is ideal

“FFRx program and small gardens can help reduce food insecurity”

“Tall grasses growing in our yard...”

Conclusion

Previous Studies

Produce prescriptions increase fruit and vegetable access and consumption

Current Needs

Produce prescriptions can help reduce food insecurity

Future Practice

Modeling of food choices and preparation methods by community members

Improve food infrastructure through FFRx program to sustainably decrease FI

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