

Perceptions of an Anticipated Fresh Food Prescription (FFRx) Program

Sharon Thomson^a, Judy Ugwuegbu^a, Kimberly Montez^b, Sarah Langdon^b, Scott Best^c, Daniel Sostaita^d, Rachel Zimmer^b

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 affected¹
- In Forsyth county, residents who identified as having FI rose from 15.5% in 2019 to 19.0% in 2020²
- 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

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| Food Access | Facilitators Food pantries Budgeting Being informed | “I go running around to buy what I need where things are on sale...” |
| | Barriers Cost Household size Transportation | “If the family is large, I think that there will be problems with doing the shopping.” |
| Cooking Habits | Facilitators Passion Traditions Social support | “I like to cook. I come from a family where my grandma taught us a lot...” |
| | Barriers Time Inconvenience Unfamiliarity | “When you work, you don’t have time to cook fresh.” |
| Health & Wellness | Facilitators 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.” |
| | Barriers Unhealthy diet Cultural norms Misinformation | “We didn’t grow up being forced to drink water—I didn’t—we drank sweet drinks...” |
| Produce Boxes | 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

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| Cooking Classes | 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.” |
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Conclusion

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

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- Piedmont Triad Regional Food Council. (2021) Piedmont Triad Regional Food Assessment. Retrieved from <https://carolinacreators.com/ptrfc-regional-food-assessment/>
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