



***CENTER
FOR HEALTH
SCIENCES***

The OSU CHS Food Pharmacy Program

Presented to the Senate Interim Study on
Urban Agriculture in Underserved Communities

by

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Introduction

- Patients living with chronic diseases and/or food insecurity face significant challenges to healthy eating:
 - High cost of healthy foods
 - Lack of access (e.g. “food deserts”)
 - Transportation barriers
- Programs that promote clinic-community partnerships such as “Food Pharmacies” or “Food Rx Programs” can:
 - Promote behavior change
 - Provide nutrition education
 - Connect patients to local resources

What is a food pharmacy?

- Food pharmacies or Food Rx programs entail the following components:
- Physicians identify at-risk patients via:
 - A diagnosed diet-related health condition (e.g. diabetes, obesity, hypertension)
 - A qualifying income level
- Write prescriptions for the consumption of subsidized nutrient-rich foods, including fruits and vegetables (FVs)
- Patient redeems the prescription with a partnering food supplier
 - Farmer's markets (onsite or community-based), grocery stores, mobile markets
- The cost of the food is subsidized by grants, non-profits, etc. ranging from \$10 to \$50 per week

Program Outcomes

- This is a novel approach so clinical outcomes data are limited, however emerging research has shown these programs
 - Increase fruit and vegetable consumption¹
 - Reduce body mass index²
 - Reduce A1c levels among diabetic patients³
- Secondary outcomes of interest:
 - Increases food security
 - Improves disease management
 - Increases healthy eating knowledge

1. Freedman DA, Choi SK, Hurley T, Anadu E, Hébert JR. A farmers' market at a federally qualified health center improves fruit and vegetable intake among low-income diabetics. *Prev Med* 2013;56(5):288–92.

2. Cavanagh M, Jurkowski J, Bozlak C, Hastings J, Klein A. Veggie Rx: an outcome evaluation of a healthy food incentive programme. *Public Health Nut* 2017; 20(14): 2636–41.

3. Bryce R, Guajardo C, Ilarraza D, Milgrom N, Pike D, Savoie K, et al. Participation in a farmers' market fruit and vegetable prescription program at a federally qualified health center improves hemoglobin A1C in low income uncontrolled diabetics. *Prev Med Rep* 2017;7:176–9.

Example Program: Univ of Chicago

Food Rx combined a prescription, a coupon, nutrition information and a map to create visually-appealing, low-literacy resource given to patients by their provider.

Food Rx THE UNIVERSITY OF CHICAGO MEDICINE Primary Care Group IMPROVING DIABETES CARE AND PREVENTION FOR THE SOUTHWEST SIDE OF CHICAGO

Primary Care Group (773) 702-1000

Provider Name: _____ Patient Name: _____
 Provider License/NPI #: _____ Patient DOB: _____
 Diabetes:

I recommend the following nutrition for this patient:

Low Carb High Fiber
 Low Fat Low Sodium

See the attached information sheet for food choices that will help you meet these guidelines.

Signature: _____ Date: _____

 **Get \$5 off your healthy food purchase. See back for more information.**

Walgreens

Present this Coupon to your pharmacist to receive

\$5 OFF your purchase of \$20 or more of healthy food

Participating Chicago Locations

<input type="checkbox"/> 1213 W. 79th St. (79th St. & Racine Ave.) (773) 651-2118	<input type="checkbox"/> 5036 S. Cottage Grove Ave. (Cottage Grove Ave. & 51st St.) (773) 373-6266
<input type="checkbox"/> 11 E. 75th St. (75th St. & State St.) (773) 224-1211	<input type="checkbox"/> 650 W. 63rd St. (63rd St. & Halsted Pkwy.) (773) 954-4467
<input type="checkbox"/> 2015 E. 79th St. (79th St. & Jeffrey Blvd.) (773) 734-2492	<input type="checkbox"/> 2924 E. 92nd St. (92nd St. & Commercial Ave.) (773) 721-6603
<input type="checkbox"/> 1533 E. 67th Place (67th Pl. & Stony Island Ave.) (773) 493-0733	

Check: Individual covered by pharmacist education program. Individual covered by diabetic education program.

Good as cash! This Food Rx is worth \$10 in fresh produce.

Connect with your food
Click on image to zoom
9 AM TO 2 PM
May 12 - December 15, 2012

GET \$10 worth of fresh fruits and vegetables at the 61st Street Farmers Market!

Located on 61st Street between Dorchester & Blackstone

Double your LINK Purchases! Up to \$25 per card holder, per market day!

We accept LINK and Senior Coupons. The 61st Street Farmers Market is a program of the Experimental Station. 773.242.6004. www.experimentation.org

Food for Health Nutrition is an important part of your treatment plan

Use this sheet to help you follow your doctor's guidance for a healthy eating plan. Read the nutrition labels on all your food products to learn more about what you're putting in your body.

What are Low-Carb Foods?

Carbohydrates (or carbs) include fruits, sweets and starches. The good news is that you don't have to cut them out. Eating the right portion is important. **AIM for 15 grams or less of carbohydrates per serving, and 45-60 grams or less per meal.**

Tomatoes
Onions
Carrots
Mushrooms
Tea and Coffee
Yogurt
Cottage cheese
Green, leafy vegetables
Green, yellow, and peppers
Eggs
Tofu
Fish
Chicken
Lean cuts of meat
Peanut butter

What are Low-Fat Foods?

Go for foods that are reduced or low-fat; these will have at least 25% less fat per serving as compared to the traditional version of the food item.

Olive Oil
Avocado
Fruits
Vegetables
Walnuts
Flaxseeds
salmon
Trout
Tuna
Whole wheat bread
Oatmeal
Grains
Pasta
Rice

These are fats, but they have good cholesterol and are lean healthy!

These are carbs - be sure to watch your portion sizes!

Map Your Food Rx!

Redeem your Food Rx coupon or voucher at one of the following locations:

Participating Walgreens Locations

- # 1213 W. 79th St.
- # 5036 S. Cottage Grove Ave.
- # 8636 S. Ashland Ave.
- # 650 W. 63rd St.
- # 2924 E. 92nd St.
- # 1533 E. 67th Pl.
- # 2015 E. 79th St.

61st Street Farmer's Market
6100 S. Blackstone Ave.
Market runs between Blackstone & Dunchester Avenues

For more help and healthy eating tips, visit www.southsidefarmersmarket.com/patients. Click on "Shop Right, Eat Right!"

Proposed OSU CHS Food Rx Program

- The OSU CHS is currently developing a Food Pharmacy/Food Rx Program to be implemented in prioritized clinics
- The program will also be implemented in specific rural health clinics operated by partnering tribal nations
- The program will aim to reduce cardiometabolic risk among low-income adults with the following outcomes:
 - Increased f/v consumption (primary outcome)
 - Improved food security (primary outcome)
 - Reduced BMI, hypertension, and A1c (secondary outcomes)