

Addison County

# Farmacy Program 2020

Mollie Ockene, Emma Waugh, Kyle Hooker, and Emma Hills  
Middlebury College, Fall 2020

# Limitations to the Data

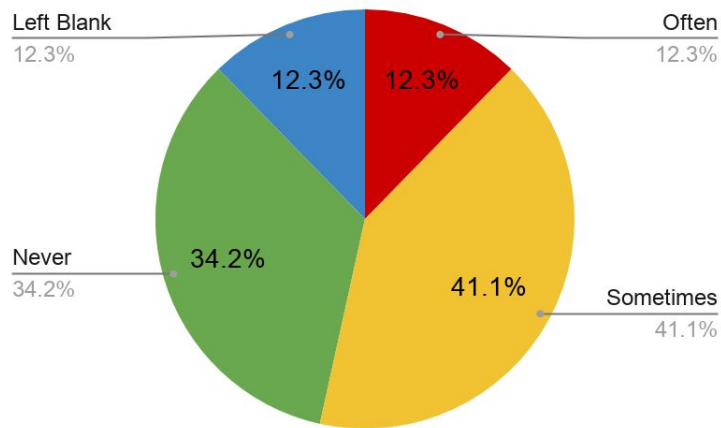
- Not all participants filled out both surveys
  - 73 Participants in Farmacy program total
  - 63 filled out pre-survey
  - 50 filled out both pre- and post- surveys
  - 51 filled out Exit survey
- Self-reporting
- Handwriting
- Inconsistencies in multiple vs. single choice
- Inconsistencies in answering for self vs. family

# Patient Demographics: Food Insecurity

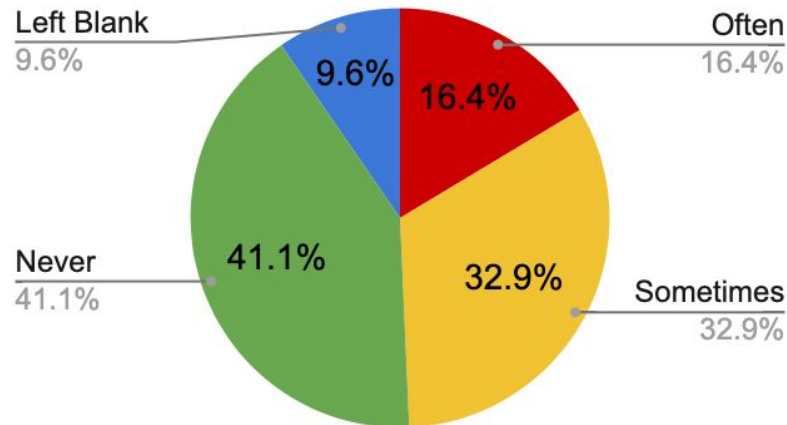
41 patients screened positive for food insecurity.

This is 65.1% of respondents (n=63), or 56.2% of all participants (n=73).

Could not afford to eat balanced meals in the past 12 months

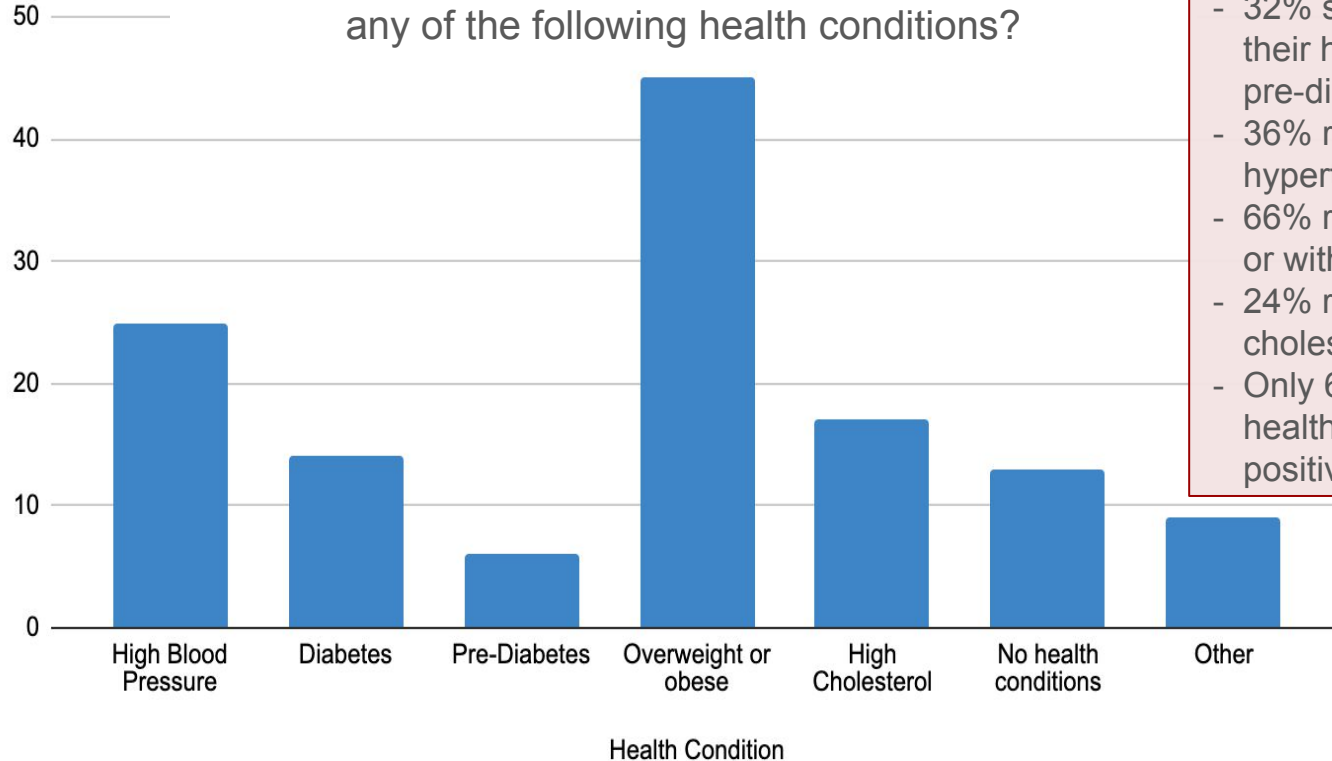


Worried that your food would run out before you got money to buy more in the past 12 months



# Patient Demographics: Health Conditions

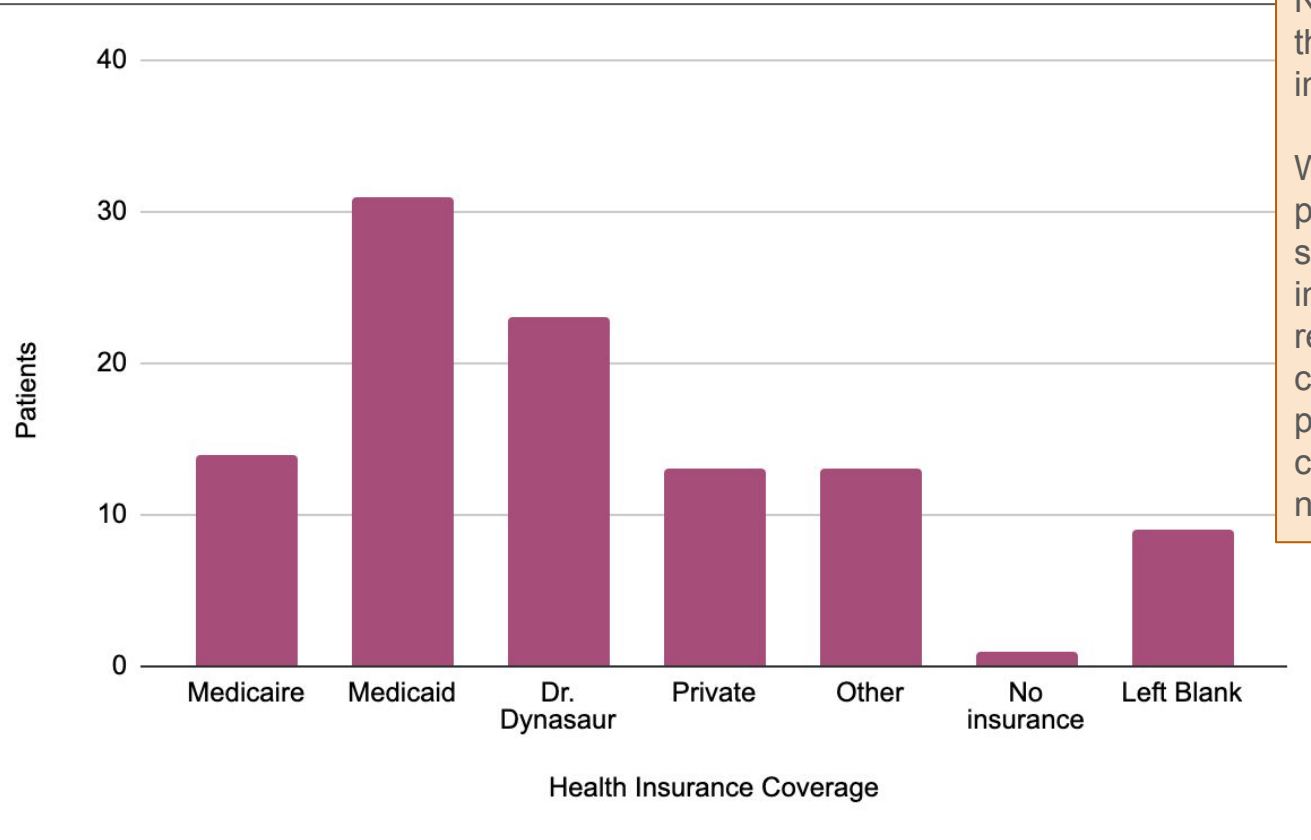
Question 20: Do you or anyone in your family have any of the following health conditions?



Out of the 50 respondents who filled out both surveys, in their pre-surveys,

- 32% self-reported that someone in their household is diabetic/ pre-diabetic
- 36% reported someone with hypertension
- 66% reported someone overweight or with obesity
- 24% reported someone with high cholesterol
- Only 6 participants reported no health conditions and did *not* screen positive for food insecurity.

# Patient Demographics: Insurance Coverage

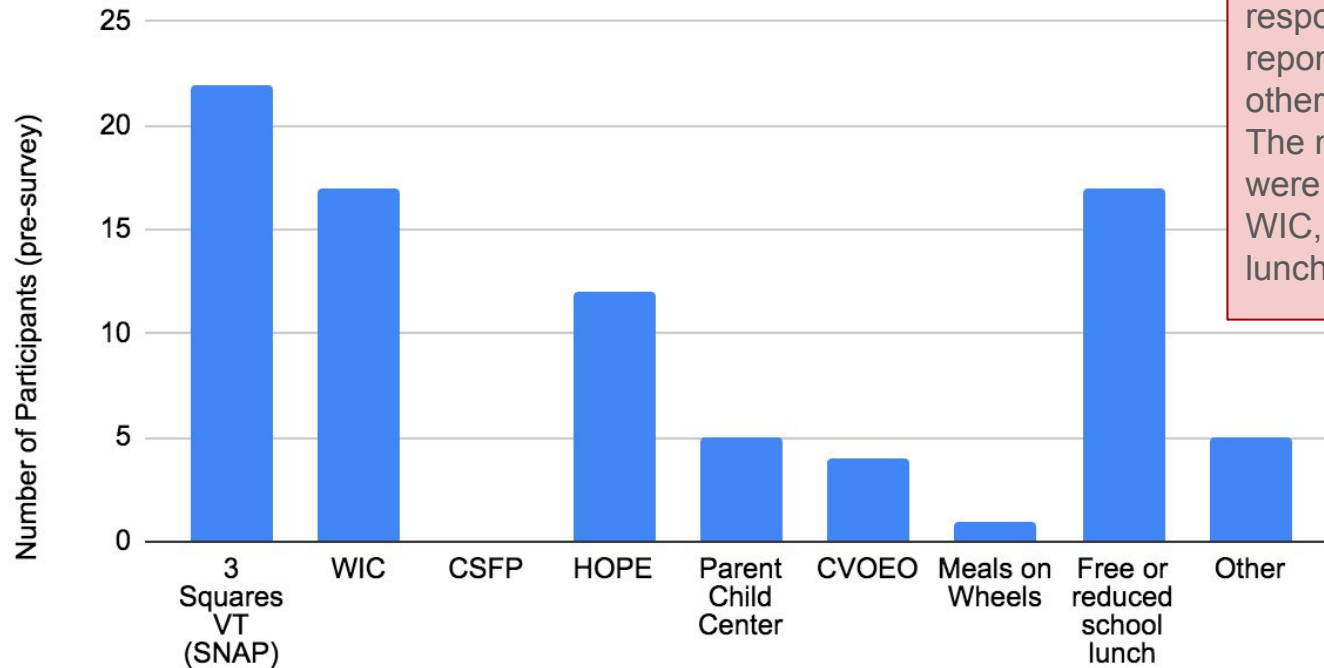


Nearly all patients marked more than one type of health insurance coverage (n=73).

When examining only the participants who filled out both surveys, there was a 15.1% increase in patients who reported private insurance coverage and 3.8% decrease in patients who reported Medicaid coverage (Survey question 21, n=50).

# Patient Demographics: Participation in other Programs

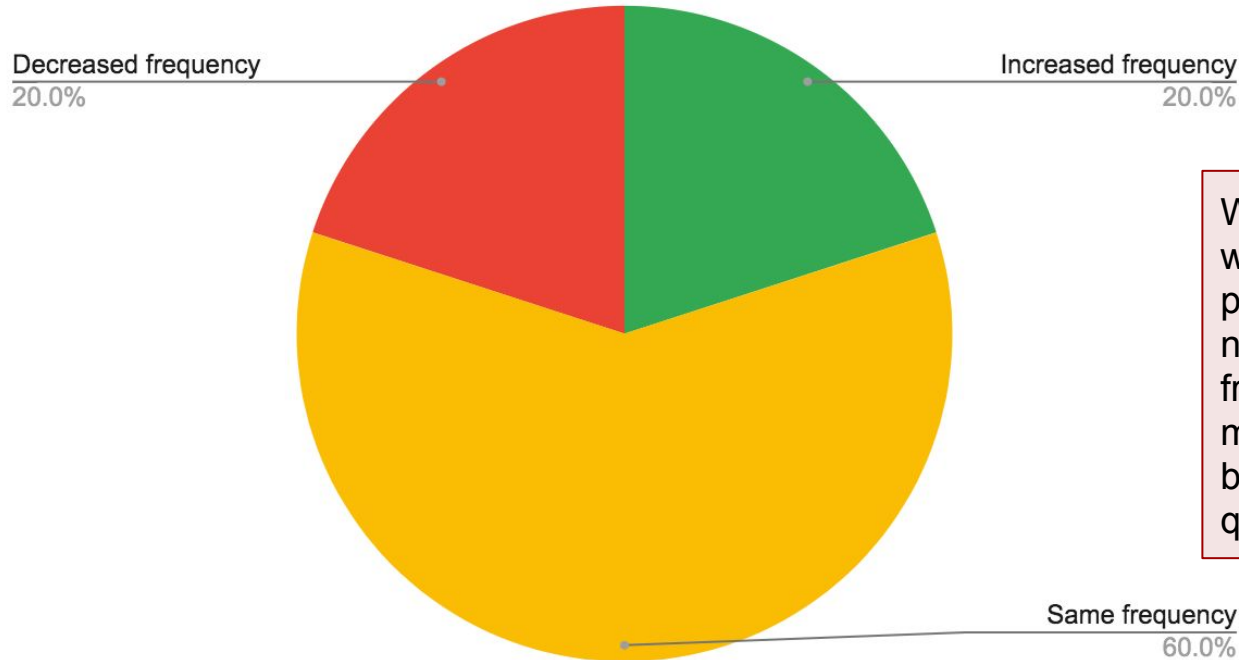
Question 15: Do you or your family currently participate or access any of the following programs?



Many of the participants responding to the pre-survey reported using one or more other food-related programs. The most popular among these were 3 Squares VT (SNAP), WIC, and free or reduced school lunch.

# Outcomes: Exercise Frequency

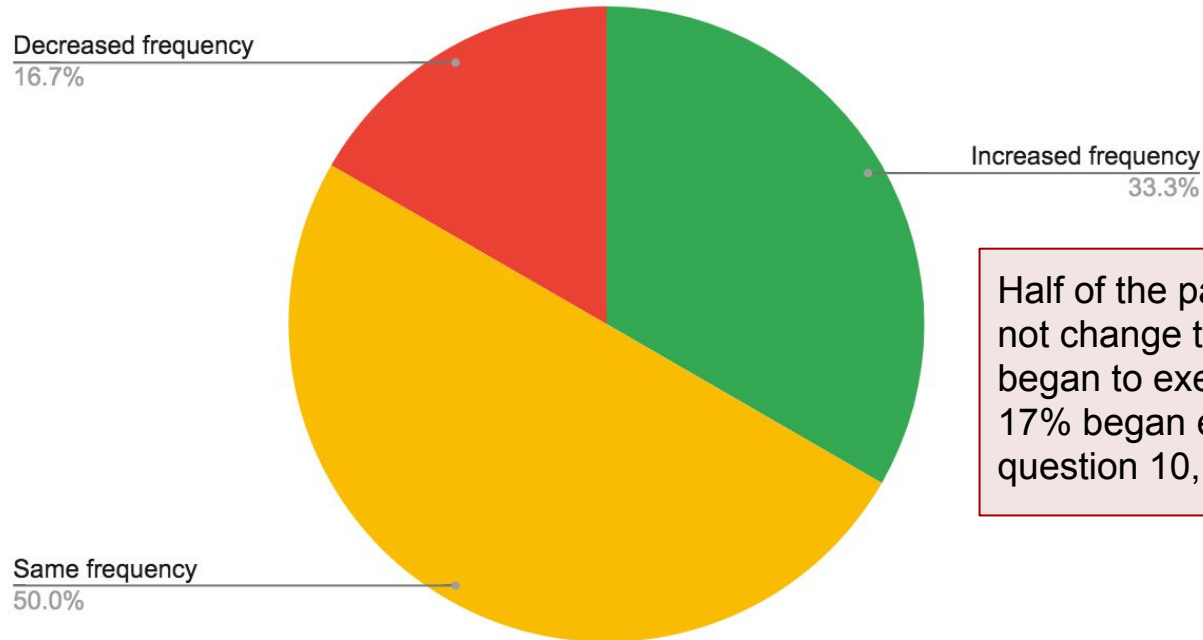
Change in Exercise Frequency (n=50)



When considering all participants who filled out the pre- and post-survey, most people (60%) did not change their exercise frequency. 20% began to exercise more often, while another 20% began exercising less often (survey question 10, n=50).

# Outcomes: Exercise in Participants with Hypertension

Change in Exercise Frequency (n=18)

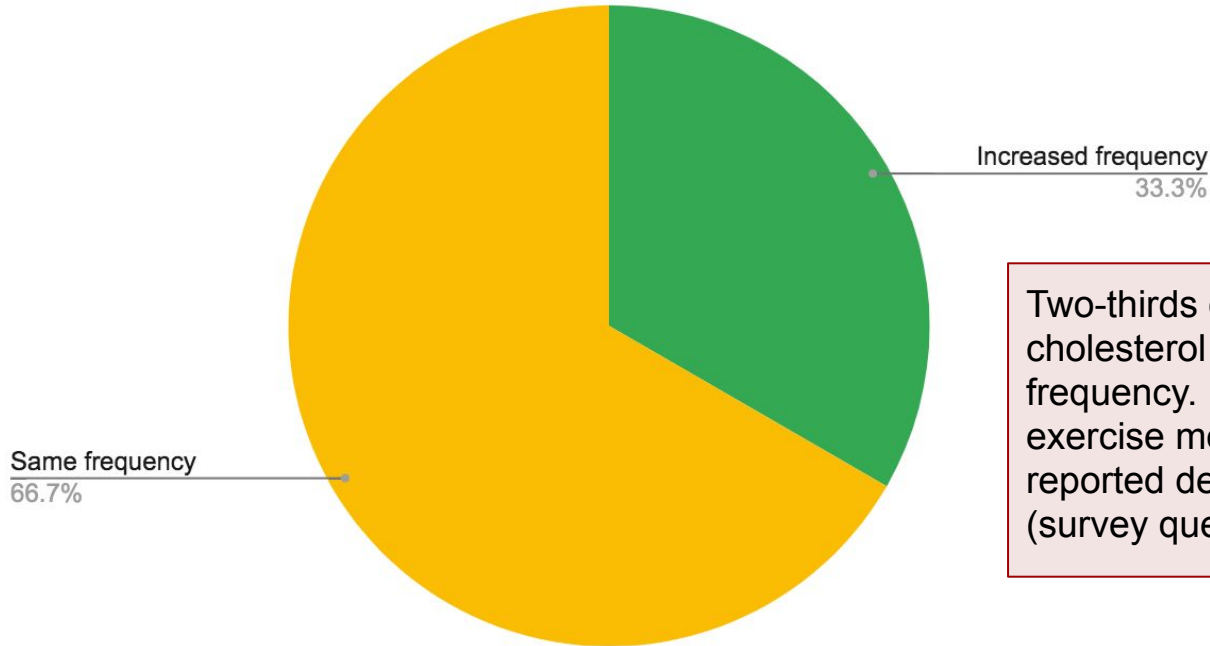


Half of the participants with hypertension did not change their exercise frequency. A third began to exercise more often, while only 17% began exercising less often (survey question 10, n=18).



# Outcomes: Exercise in Participants with High Cholesterol

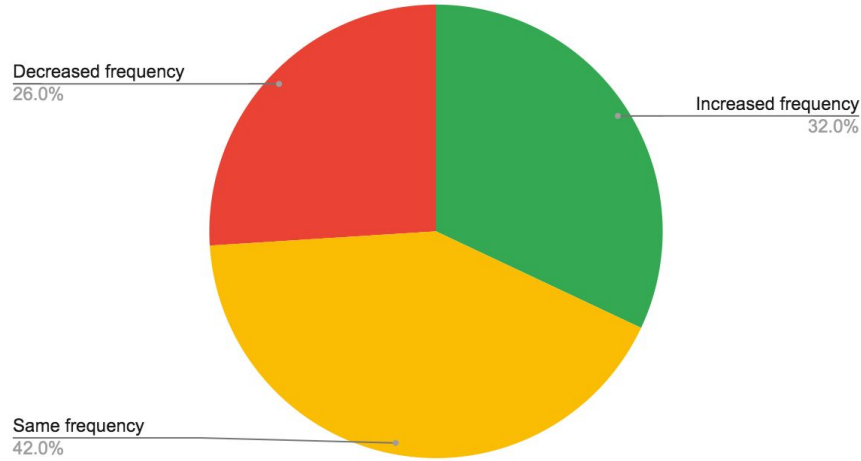
Change in Exercise Frequency (n=12)



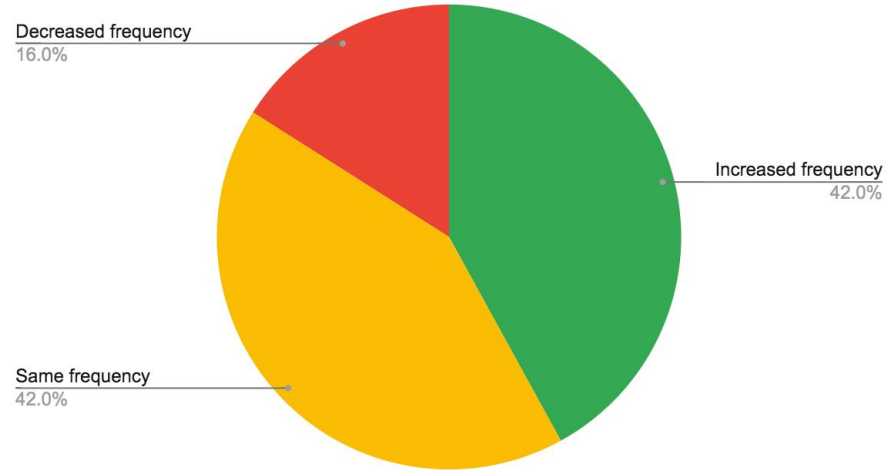
Two-thirds of the participants with high cholesterol did not change their exercise frequency. However, one third began to exercise more often, while none of them reported decreased exercise frequency (survey question 10, n=12).

# Outcomes: Diets

Change in fruit consumption (n=50)



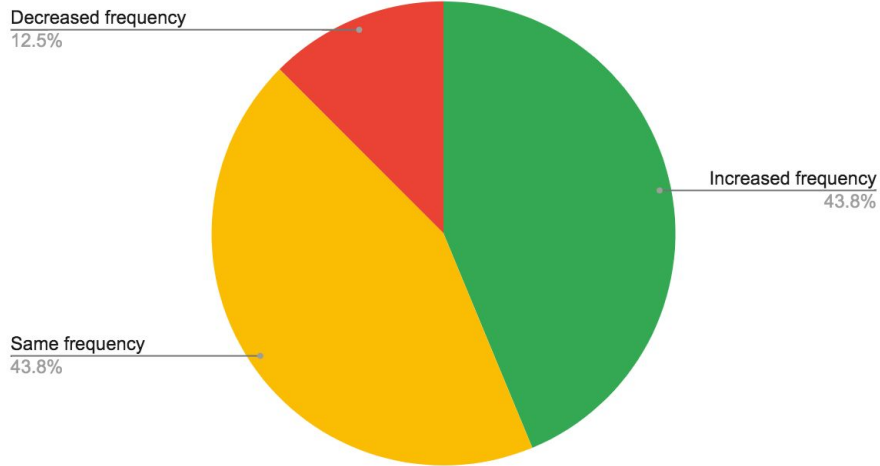
Change in vegetable consumption (n=50)



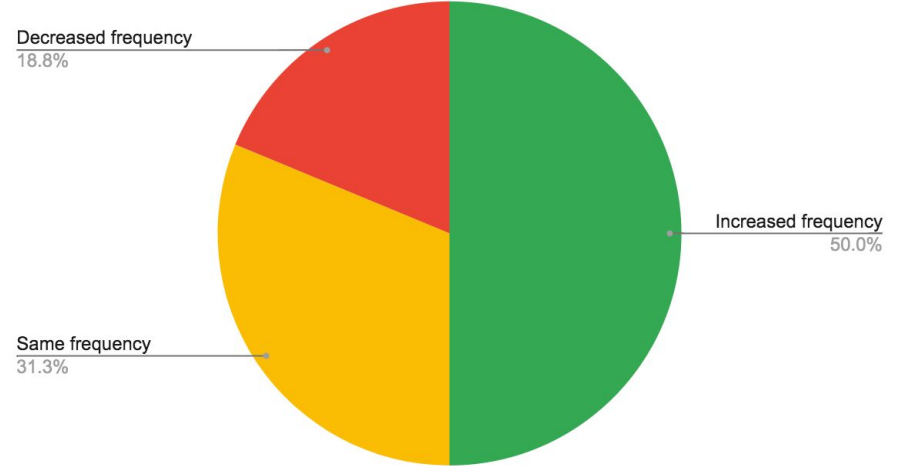
32% of all participants ate fruit more often than before and 42% of all participants ate vegetables more often than before (survey questions 13 & 14, n=50)

# Outcomes: Diet of Participants with Diabetes or Pre-Diabetes

Change in fruit consumption (n=16)



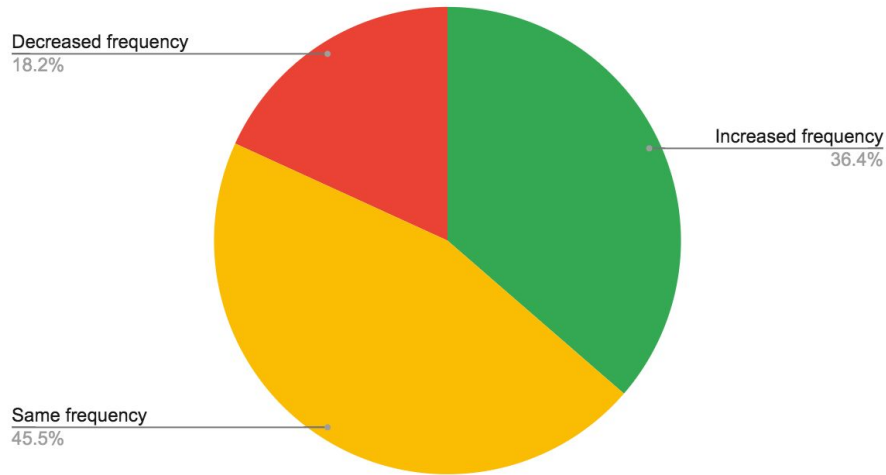
Change in vegetable consumption (n=16)



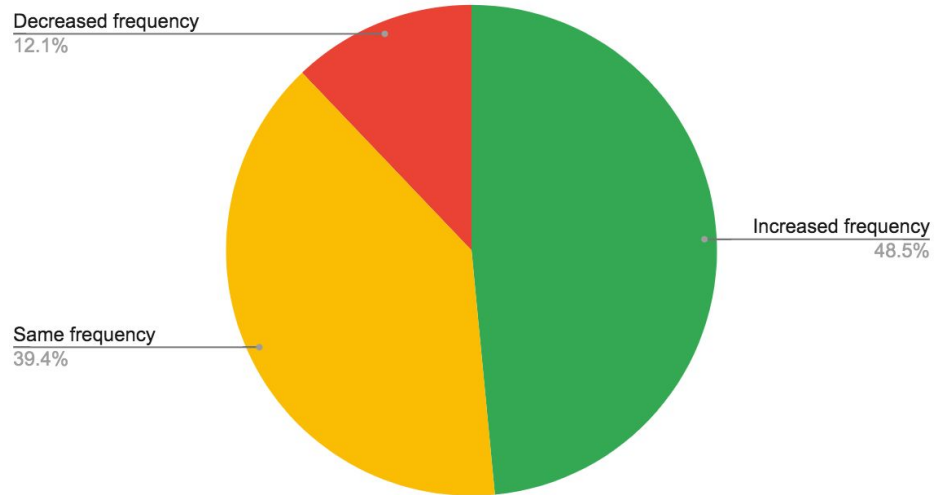
44% of participants with diabetes or pre-diabetes ate fruit more often than before and 50% of these participants ate vegetables more often than before (survey questions 13 & 14, n=16)

# Outcomes: Diet of Participants who are Overweight or Obese

Change in fruit consumption (n=33)



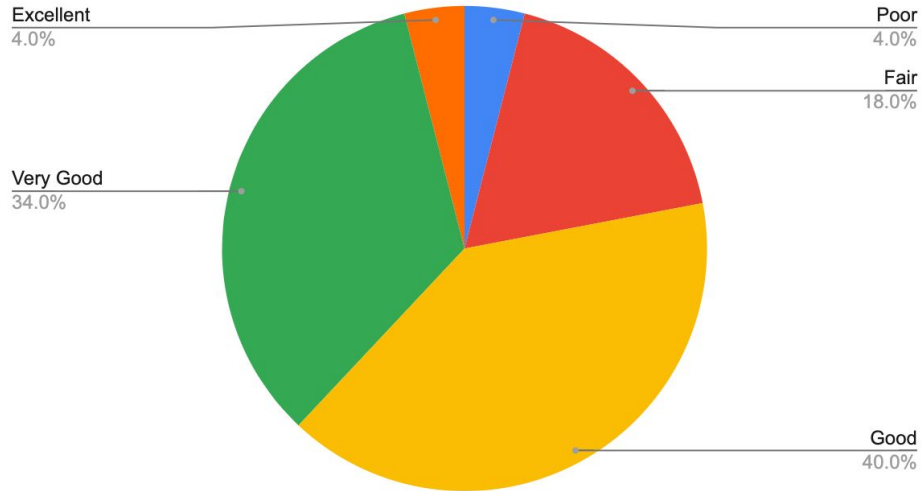
Change in vegetable consumption (n=33)



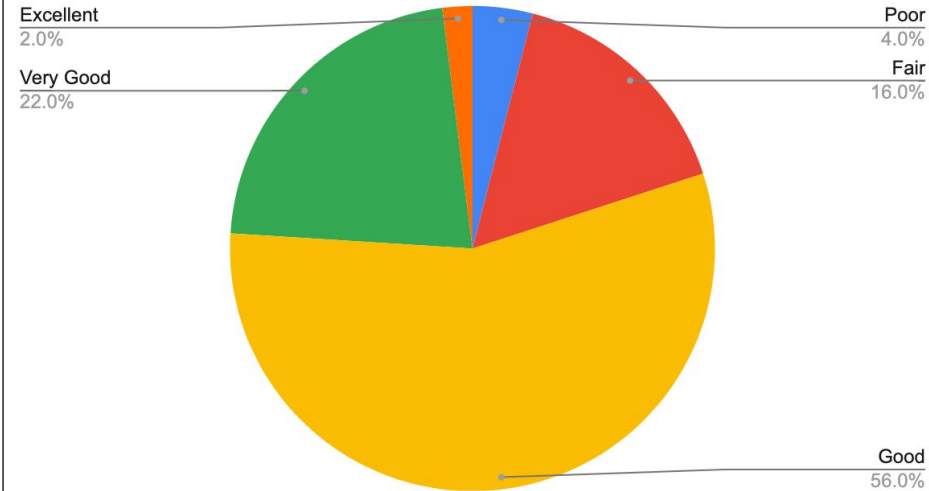
36% of participants who were overweight or obese ate fruit more often than before and 48% of these participants ate vegetables more often than before (survey questions 13 & 14, n=16)

# Outcomes: Self-Reported Quality of Health

Pre-Survey Quality of Health



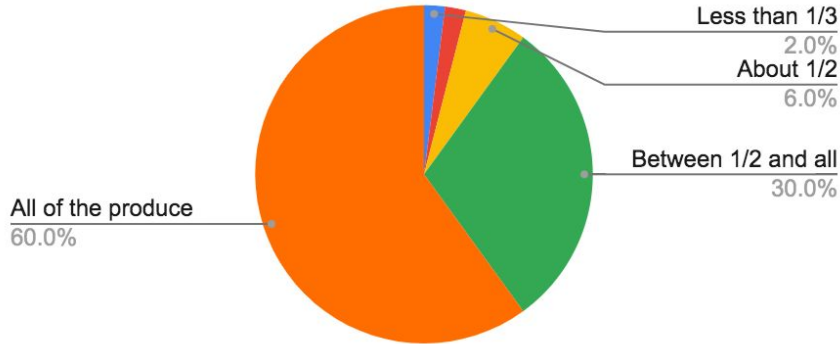
Post-Survey Quality of Health



An additional 16% of people marked their health as “good” in the post-survey, but this change came with a decrease in people who felt they had had “very good” (-12%) or “excellent” (-2%) health. (survey question 9, n=50).

# Exit Survey Feedback: Use of Produce

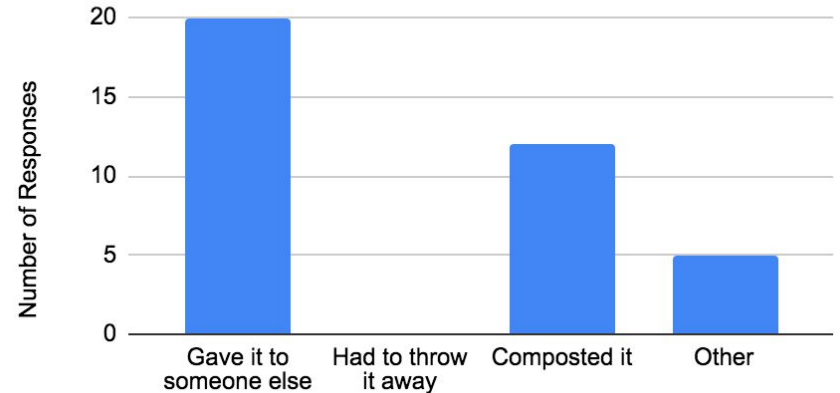
Amount of Produce Consumed



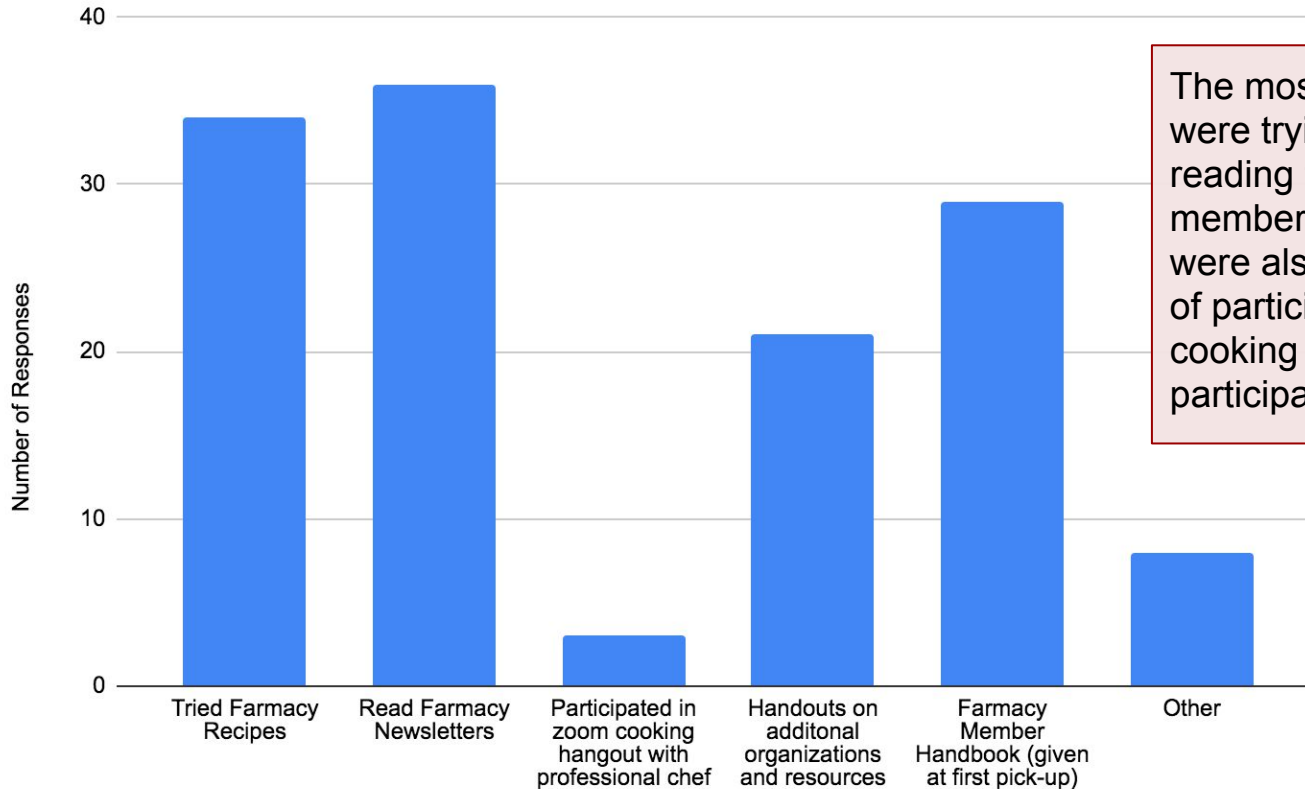
Out of the 50 respondents to the exit survey, 90% consumed more than half of the produce given to them.

When the participants were unable to consume all of the produce given to them, most of them either gave it to someone else or composted it.

What usually happened to the produce you were unable to consume?

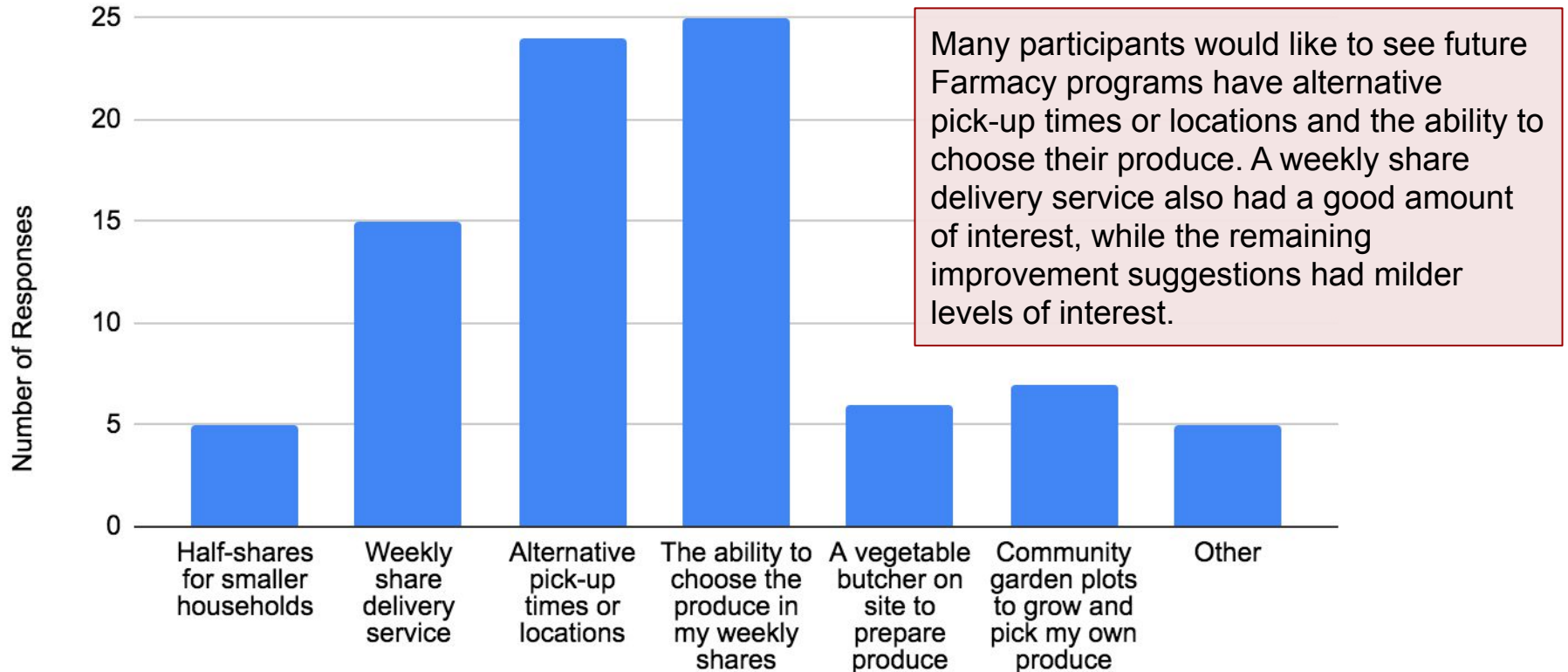


# Exit Survey Feedback: Participation in Farmacy



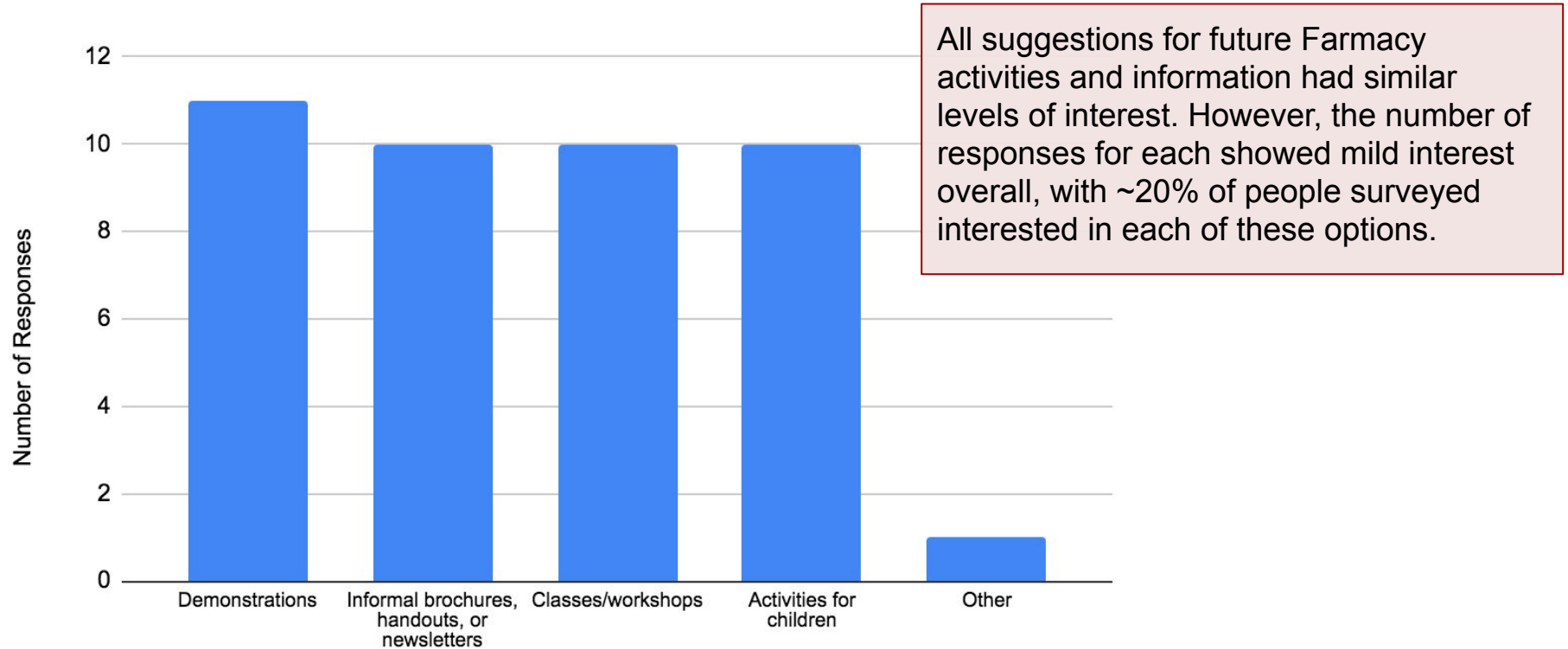
The most popular ways to participate were trying the Farmacy recipes and reading the newsletters. Reading the member handbook and the handouts were also moderately common ways of participating, while the zoom cooking hangout did not have many participants.

# Exit Survey Feedback: Improvements to Farmacy





# Exit Survey Feedback: Future Activities/Information



# Exit Survey Feedback: Grateful Participants!

(these are just a few of many positive comments)

"Made eating healthier while breastfeeding easier."

"I have planned my meals around my package each week"

"I will forever grateful to the Farmacy for producing food that is in my diabetes wheelhouse. Thank you so much Lindsey!"

"Eliminated several meds- enjoyed the variety of foods offered"

"Glad to eat more veg while pregnant! Makes me happy to know baby is getting good nutrition"

"We are thankful to participate in this program. It was instrumental in getting started on our weight loss journey!"

"I am truly grateful, thank you. And your staff was so nice. The local farms are so generous to do this program. People are amazing helpers. Thank you x 20"

# Survey Improvement Suggestions: General

- **Clarify** which questions are single choice and which are intended for participants to select more than one option
  - Specifically, this can be used in questions 12, 17, and 21 of the pre/post-survey
- **Incorporate** more consistency as to whether questions are evaluating the health of the participant or their household
  - Some questions ask about exercise frequency, diet, and quality of health of the participant, but questions regarding health conditions and health insurance were posed regarding the participant's entire household

# Survey Improvement Suggestions

- **Add** question on how many people are in your household
- Possibly **add** a choice between “somewhat” and “extremely” confident in questions regarding confidence in cooking skills
- **Eliminate** questions regarding meal planning (6 & 7)
- Question 12: **Clarify** if this question is single choice or choose multiple, and either **add** an option for “Someone in my family doesn’t like them” or **combine** that with “Don’t like them,” as a lot of people stated in “other” that their family members’ pickiness was stopping them from buying more produce
- Questions 13 & 14: **Rephrase** question from “how many times a day do you eat” to “how many servings a day do you eat of” fruits/vegetables
- Question 16b: Either **eliminate** the question or **add** a “never true” option
- Question 21: **Make** this into two questions— one that is a “choose one” for the participant’s health insurance coverage and another where they can choose the insurance plan(s) of others in their households
- Exit Survey Question 3: **Add** “froze it” as an option, as several people indicated they did this with their unused produce in the “other” category

# Similar Programs in the Northeast

## **Rutland:** VT Farmers Food Center “Farmacy”

- Basis for Porter/UVM Farmacy

## **Richmond:** VT Youth Conservation Corps “Health Care Shares”

- Includes a whole frozen chicken each week

## **Bennington:** Southwest VT Medical Center: “Healthcare Shares”

- Additionally, off-season food bank delivery

## **Franklin County:** “Healthy Roots Prescription”

- Provides produce directly to physicians to distribute; very small program but hopes to expand

## **Lebanon, NH:** Dartmouth-Hitchcock “Food Farmacy”

- Uses (in part) an on-site farm plot; working on transportation, housing in addition

## **Keeseville, NY:** “Farmacy”

- Farm-grocery section at local drug store

# Federal Programs/Funding Opportunities

## **Kaiser Permanente**

Food pharmacy based in East Oakland, CA; participants receive vouchers from their physicians  
Hopes to expand in other parts of the country; has other ideas it wishes to incorporate

## **Wholesome Wave**

Gives support to community organizations with goal of bridging the nutrition gap  
Program: “Healthy Choice Initiatives” (since 2010); SNAP doubling

## **Gus Schumacher Nutrition Incentive Program**

Provides grants to nonprofits that promote community health, economic development, and community-supported agriculture

# Thank you...

**...to the Farmacy Committee, Molly Anderson, Sylvie Choiniere, Ryan Torres, Sumra Sage, and everyone else who made this work possible!**

Please see our infographic and data analysis sheets for further information, or contact us with questions:

Emma Waugh	<a href="mailto:ewaugh@middlebury.edu">ewaugh@middlebury.edu</a>
Mollie Ockene	<a href="mailto:mockene@middlebury.edu">mockene@middlebury.edu</a>
Kyle Hooker	<a href="mailto:khooker@middlebury.edu">khooker@middlebury.edu</a>
Emma Hills	<a href="mailto:ehills@middlebury.edu">ehills@middlebury.edu</a>