MAYO CLINIC

Food is Medicine.

Community based "Farmacy"

CARE Clinic

Veggie Rx - Addressing Diabetes Care and Prevention through a Community Based "Farmacy" Initiative

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BACKGROUND

- Research shows that if fresh produce is "prescribed" patients are more likely to increase their consumption of healthy fruits and vegetables.

- Cost of healthy food can be a significant barrier for patients

- C.A.R.E. Clinic (located in Red Wing, MN) is a nonprofit clinic caring for underserved low-income residents of Goodhue County and Lake City, Minnesota.

- C.A.R.E Clinic has implemented a Veggie Rx program for their low-income patients either with diabetes or at-risk for diabetes and their families

- Patients were identified by the volunteer providers at the once weekly free clinic

- Participants were given a written "prescription" for a weekly box of fresh produce from the "farmacy" which was open 4 days per week

- Produce was obtained through collaboration with the local food shelf and farmer's market in Red Wing

OBJECTIVES

- Study the implementation of the Veggie Rx in this unique clinic setting

    - Usage by patients
    - Clinical outcomes

METHODS

The clinical team at C.A.R.E. Clinic provided de-identified data from the Veggie Rx program to the study team. As part of this new process, the CARE clinic implemented patient surveys before a patient starts the program. They monitored each participant's hemoglobin A1c levels and weight before the program starts and through the end of the program. De-identified retrospective data from the CARE clinic was provided to the study team prospectively throughout the study. Utilization of the food prescriptions was also be monitored throughout the study period and provided in a de-identified manner from the CARE clinic to the study team

SURVEYS

#1: I am able to have enough fruits and vegetables in my home.
1-Strongly Agree 2-Agree 3-Neither agree/disagree 4-Disagree 5-Strongly disagree

#2: I feel I am managing my diabetes well.
1-Strongly Agree 2-Agree 3-Neither agree/disagree 4-Disagree 5-Strongly disagree

#3: I have received assistance identifying ways to manage my diabetes
1-Strongly Agree 2-Agree 3-Neither agree/disagree 4-Disagree 5-Strongly disagree

RESULTS

- Number of participants: **43** (took at least one box)
- Number of total family members: **159**
- Number of boxes given during study period: **162**
- Average starting A1c for participants
    - Overall: **7.3**
    - With Diabetes: **8.69**
    - Without diabetes (including prediabetes): **5.97.**
- Percentage of patients who completed a follow-up A1c (any): **44%**
- Average A1c change: **+ 0.16**

	3 boxes or <	>3 boxes*	P
Average starting A1c Level	7.2	7.4	0.7
Average Family Size	3.4	4.7	0.04
Average A1c Change*	0.3	-0.04	0.7

*Only 35% of participants took 4 or more weekly boxes
**calculated based on change of A1c (if any) within 6 months of enrollment

	All Surveys*	3 boxes or <	>3 boxes	P
Question #1	2.65	2.67	2.63	0.92
Question #2	2.411	2.44	2.38	0.88
Question #3	2.29	2.56	2.0	0.34

*17/43 participants completed the survey prior to enrollment

CONCLUSIONS

- Follow-up was difficult in this setting which affected our data quality

- Available data shows minimal affect on glycemic control

- Participants with higher starting A1c's, larger families and who reported receiving assistance in DM management tended to be more likely to commit to program.

- Participants who picked up >3 boxes tended to have improved glycemic outcomes

SUPPORT