

Healthy Food For All

Local Farmers Advancing Public Health



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Cornell Cooperative Extension, Tompkins County

www.HealthyFoodForAll.org

A photograph of two young girls. The girl on the left is older, with long dark hair, wearing a bright blue quilted jacket and holding a large yellow squash. The girl on the right is younger, with dark hair and bangs, wearing a dark blue jacket and eating a carrot. The background is a blurred outdoor setting. A blue rectangular box is positioned in the upper right, containing the text 'THE PROBLEM'. To the right of this box, the number '13,000' is written in large white font, with a red feather graphic behind it. Below the number, the text 'PEOPLE IN TOMPKINS COUNTY ARE FOOD-INSECURE' is written in white, all-caps font.

THE PROBLEM

13,000

PEOPLE IN TOMPKINS
COUNTY ARE
FOOD-INSECURE

THE SOLUTION

**LOCAL FARMERS WORKING
TOGETHER TO END HUNGER**



THE STRAGTEGY

A photograph of a woman and three children outdoors, all smiling and holding several red apples. The woman, in the center, has blonde hair and is wearing a blue denim jacket over a pink shirt. To her left is a young girl with blonde hair, wearing a pink long-sleeved shirt and a thick orange scarf. To her right is a taller girl with long blonde hair, wearing a grey hoodie. In the foreground, a younger girl with brown hair is wearing a blue jacket and holding two apples up to her face. The background is a soft-focus green field.

PROVIDE LOW-INCOME FAMILIES
WITH ACCESS TO FOOD FROM
NEARBY FARMS VIA COMMUNITY
SUPPORTED AGRICULTURE SHARES

Impact

Public Health and Farmer Viability



98% Reported that their CSA was important to obtain an adequate quantity of produce



Increased their household's food security



Improved their diet



Improved their children's diet



"HFFA transformed our lives from scarcity to abundance and isolation to community. I'm so grateful to raise my family where every child is supported in having access to the healthy food they need to fulfill their potential."

- 2017 HFFA Member



Stick and Stone Farm, Ithaca NY

LOCAL FARMERS ENDING HUNGER

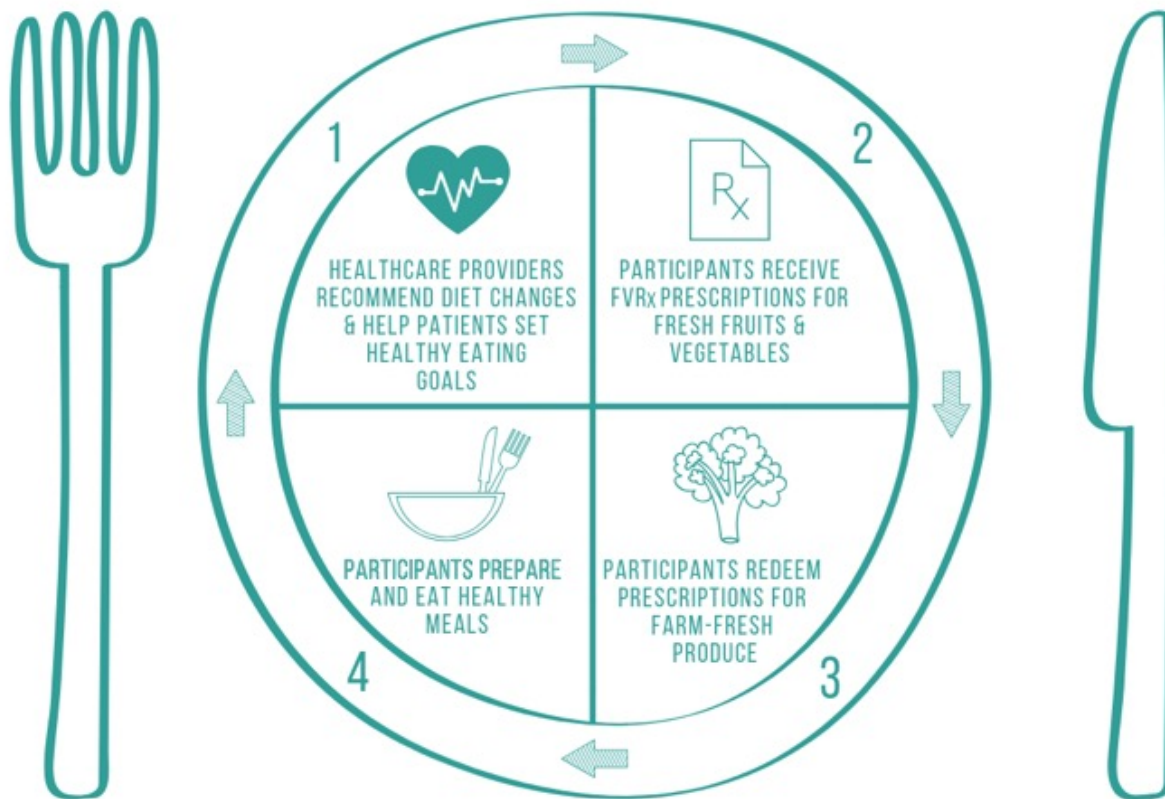
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PRESCRIPTION FRUIT & VEGETABLE PROGRAM

A PROJECT OF HEALTHY FOOD FOR ALL & CAYUGA CENTER FOR HEALTHY LIVING

HOW IT WORKS





PRESCRIPTION FRUIT & VEGETABLE PROGRAM

A PROJECT OF HEALTHY FOOD FOR ALL & CAYUGA CENTER FOR HEALTHY LIVING



HEALTHY FOOD
FOR ALL

Cornell Cooperative Extension
Tompkins County



Cayuga Center for
Healthy Living

Master of Public Health



Cornell University

Dr. Reilly Coch, MD
Endocrinologist



2018 Pilot Program

Outpacing National Averages

Nationally in 2018:

- 55% decreased their BMI
- 69% increased their fruit & vegetable consumption
- 45% of patients reported an increase in food security

FVRx TC patients in 2018:

- 87% decreased their BMI
- 100% lowered their blood pressure

Healthy Food For All members in 2018:

- 73% increased their consumption of produce
- 92% reported a significant improvement in food security

Lessons Learned

Facing Challenges in 2018

- Time intensive and logistically difficult to require monthly clinical appointments
- Educational needs, including ongoing support for produce identification and use through seasonal changes
- Low response rate for exit feedback
- Research limitations of a small cohort and single provider
- Missing baseline data from a control group

Providing Solutions in 2019

- 2019 will require intake and exit only, and all intake data will be collected as a group
- Orientation and attendance at 2 of 5 monthly cooking classes
- HFFA will build working relationships with participants through regular communication
- Increased to 50 participants, 2 health care providers
- In future years we will integrate our data into much larger preventative trials

2019 Program

Implementing Best Practices in Behavioral Research and Clinical Trials

Routinely collected health metrics	Supplemental metrics collected for FVRx
Weight	Change in perceived health, measured by Patient Health Questionnaire-9 (PHQ-9)
Body Mass Index (BMI)	Participation in education sessions
Blood pressure	Change in produce consumption
A1C*	Change in household food security

Program Strengths

An Approach Based on the Past and Looking Towards the Future

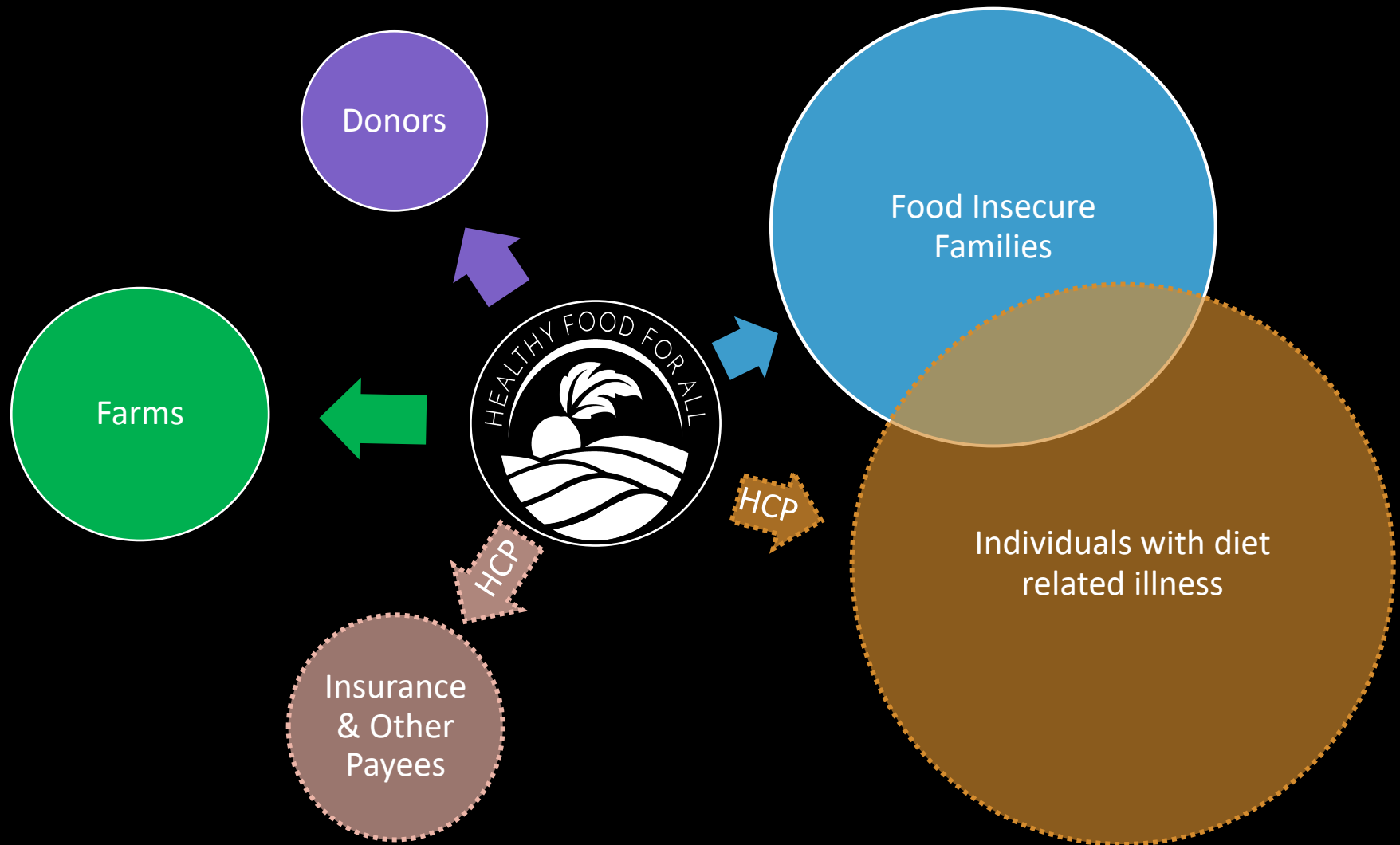
- 12 years successfully providing food-insecure families with fresh produce
- Thriving community that models healthy eating habits and appreciation of local food options
- Patient protections and services (anonymity, relationships with a specific farmer and our staff)
- Support of local farmers
- Invoicing for specific patient prescriptions
- Electronic refills of patient accounts with or without co-pays

Strength in our Partnerships

Community Collaboration is the Key to Population Health

- Health Care Providers leading development of FVRx TC in its mission, goals and patient needs
- CCE providing time tested resources in nutrition, community services
- Cornell researchers advising on data protocols and evaluation
- Cornell interns assisting with data analysis, logistics, efficiency improvements
- Donors and Volunteers sustaining HFFA
- Our farmers providing our foundation for health

Opportunities



Healthy Food For All



SMALL FARMS, BIG IMPACT



Thank You

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