

VIRGINIA PRODUCE RX PROGRAM

ASK

\$2M for a produce prescription pilot program to serve Medicaid and CHIP recipients by working with health professionals to increase fruit & vegetable consumption to treat chronic disease.

THE NEED

- **COVID-19 has increased Virginia's food insecurity rate from 9.9% to 13.1%.** (Feeding America)
- Numerous studies have demonstrated **correlation between food insecurity and poor health outcomes**, particularly higher levels of chronic disease such as diabetes, hypertension, coronary heart disease, hepatitis, stroke, cancer, asthma, arthritis, COPN and CKD.
- Similar programs in other states have **demonstrated efficacy for increasing participants' consumption of fruits and vegetables.**

Local Produce Rx Programs

Shalom Farms

- 92% of participating families report feeling healthier, and reaching personal health goals.
- 23,533 servings distributed through 10-12 week programs.
- 2-hour cooking classes each week to teach participants how to prepare healthy meals.

Charlottesville Local Food Hub

- Obesity in participants at one clinic dropped from 70% to 57%
- In 2019, participants who reported eating a cup of vegetables a day increased from 46.9% at the start of the program to 58.5% at the end of the program.

Supported by:

American Heart Association
American Diabetes Association
Local Environment Agriculture Project
Medical Society of VA
VA Academy of Nutrition and Dietetics
VA Chapter of American Academy of Pediatrics

VA Farmer's Market Association
VA Fresh Match
VA Health Catalyst
VA Nurses Association
VA Poverty Law Center
VA Community Food Connections
Voices for Virginia's Children