



FARMacy WV

“Prescriptions for Produce”

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FARMacy Program

- FARMacy is a program designed to provide those suffering from chronic disease in WV with fresh produce and nutrition education.
- The program typically occurs in hospitals, clinics, and/or private doctor's practices.
- Each FARMacy class is provided with a WVU Extension Family Nutrition Program educator to provide a variety of nutrition education weekly.
- The program utilizes and supports West Virginia farmers, growers, and aggregators to provide fresh produce to each participant weekly.

FARMacy Patients – Huntington, WV.

- The target audience for the program includes those with prediabetes/type 2 diabetes, hypertension, heart disease, and/or obesity.
- The program took place at Ebenezer Medical Outreach, a free and charitable clinic in Huntington, WV.
- Participants in Huntington, WV were typically adults and older adults ranging from 50-80 years old. Some participants would bring their kids/grandchildren.
- Each participant would share stories about their week, their family/friends, and their health status.
- In some classes, participants were provided with recipe tastings where we would give recipe samples and recipe handouts. All participants shared their opinions on the tastings, and most participants loved each recipe and reported of making it themselves at home.

FARMacy – Huntington, WV.

- Participants began by having their biometric data collected including HgbA1C levels, lipid profiles pre-and-post program, weight, and blood pressure.
- After all biometric data was collected, the nutrition educator began discussing their lesson plan. Lesson plans we discussed included smart shopping, reading nutrition labels, and consuming a well-balanced diet.
- Participants were then given recipes utilizing the produce provided to encourage cooking inspiration and prevent food waste.
- All produce was in the front of the room on a large table in individual/re-usable produce bags for each participant. Any extra produce was placed beside the table, where participants were welcome to take extra if desired.
- Produce was grown and aggregated by Lacy Davidson Ferguson from Elmcrest Farm in Wayne County.
- All participants then formed a line to collect their bags of one-week supply of fresh produce. Participants also provided the nutrition educator with their re-usable bag from the week prior.

Eating for Diabetes

BASIC GUIDE- FOODS TO EAT VS.
FOODS TO AVOID

	<p>Whole Grains</p> <p>Check for whole grain food items by checking the ingredient list. If it is a whole-grain food item, the first ingredient listed will be WHOLE GRAIN WHEAT FLOUR. You can choose whole-wheat bread, rice, pasta, and oatmeal.</p>
	<p>Lean Protein - Fish and Poultry</p> <p>Replace some of your dark meats such as beef or pork with fish or poultry (chicken/turkey). This will help keep your cholesterol low and add protein to your diet.</p>
	<p>Dark Leafy Green Vegetables</p> <p>Increase your intake of dark leafy green vegetables (spinach, kale, collard greens) to lower your blood sugar. Replace some of your starchy vegetables (potatoes, corn, sweet potatoes) with green leafy vegetables.</p>
	<p>Berries and Citrus Fruits</p> <p>Berries and citrus fruits such as blackberries, raspberries, strawberries, cherries, plums, peaches, apples, oranges, and kiwi are great fruits that have a lower glycoemic index. Fruits to avoid that contain high levels of natural sugar include bananas, pineapple, mango, and watermelon. Be careful with dried and canned fruits, as they also contain higher sugar and syrup levels than whole fruits.</p>
	<p>Decrease Intake of Sugary Beverages</p> <p>A simple way to lower your blood sugar is by decreasing/eliminating your intake of sugary beverages (soda, fruit juice, sweet tea). Try replacing some of your sugary beverages with water (can also be flavored water with zero sugar, or water with fruit slices added).</p>

Example of Nutrition Education Provided

- Participants often asked questions regarding foods they should be consuming/avoiding based on their disease states.
 - “What fruit will raise my blood sugar?”
 - “Can I still eat carbs?”
- Participants stated they prefer handouts they can display on their refrigerator to refer to/bring with them while grocery shopping.

Qualitative Research - Photovoice

- Photovoice is defined as a qualitative research method used in community-based participant research that gathers participant-taken photographs to translate the participant's experience.
- The concept of viewing the program through the participants point of view allows for a deeper understanding of the impact the program has on participants daily living and overall wellbeing.
- The photos also provide a look at participants average food consumption throughout the week to determine how the produce prescription is impacting the participant's daily diet.
- Participants may also feel inspired to create a healthier or more colorful plate when tasked when the concept of capturing their meals through photographs, therefore promoting a more nutrient dense diet with the produce provided.

Methods - Photovoice

- All participants were provided with a definition of photovoice, as well as an explanation of its impact.
- Participants were then asked, if comfortable, to provide me with their personal phone numbers.
- All willing participants were then messaged privately by me with a message saying “Hello! This is Chloe Courtney from FARMacy. I wanted to message you to provide you with my contact info so you can send me any photos of your produce meals, as well as any feedback/recipes you’d like to tell me about. Thank you for your help!
- Participants then sent photos through text messages and provided me with feedback on all the recipes they created.



Results



“I made a vegetable soup with turkey using all the produce from this week’s class.”



“This is a vegetable fritter with zucchini, yellow squash, onion, carrot, green and red peppers, and potatoes from our class. I made it using a pinch of flour and fried it in a small amount of vegetable oil.”



“I made macaroni salad using cucumber, onion, tomatoes, and green peppers from our class. The side of corn on the cob is also from our class.”



“I can any of the vegetables I do not immediately use. These are eight quartz of green beans I canned. I gifted three of them to my daughter!”



“We made eggplant lasagna and cut up some peppers for the sauce with the veggies from class. We used tomato sauce, parmesan, mozzarella, and veggies. It was simple and very good! We also blanched and froze the green beans from class for later use.”



“I wash and then freeze the corn we get each week for quick use anytime I need it.”



“This is tonight’s dinner using the cucumbers, tomatoes, green beans, potatoes, and corn from class.”



THANK YOU!

& Thank you to Gina Wood for this opportunity!