

Community Supported Agriculture (CSA) Partnerships for Health

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PRESENTATION FORMAT: 15 minute oral presentation

TOPIC/TARGET AUDIENCE: Nutrition disparities and food insecurity

ABSTRACT: Background:

Multnomah County Primary Care clients have a high burden of chronic illnesses worsened by limited access to healthy, affordable food and inconsistent nutritional knowledge. Multnomah County's Mid County Health Center is partnering with Zenger Farm (an urban educational farm) through their CSA Partnerships for Health Program, to determine whether a Community Supported Agriculture (CSA) share, paired with education on healthy eating, is a viable model for increasing consumption of fresh produce for a limited-income client population, leading to improved health outcomes over time.

Approach: The pilot takes place during the 2015 CSA season for 25 families. We hope to:

- Remove barriers and improve access to healthy food through CSA food boxes delivered to the clinic each week.
- Improve knowledge of nutrition and cooking skills through classes and education at CSA pick up.
- Foster relationships between clients and local farmers through interaction at CSA pick-up and farm tours.

Summary: There is increasing interest in reducing nutrition-related conditions through Veggie Rx-type programs. This project aims to take this work a step further, exploring the proof of concept for an intensive farm-to-clinic CSA program. We will describe the model used, explore benefits and challenges, and have mid-project assessment results to share.

OBJECTIVE(S): Describe a model for a CSA food box and associated healthy eating education program at a FQHC.

Discuss preliminary outcomes for feasibility, patient utilization, and patient reported satisfaction.

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