



The Hudson County Produce Prescription and Food Pharmacy Initiative

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Research team:

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- Gus Schumacher Nutrition Incentive Program (GusNIP), USDA



Hudson County, NJ

- Most densely populated county in the US
- 1/12 people experience food insecurity
- 30.4% high blood pressure and 11.4% diabetes – adults



Food as medicine: could prescribing fruit and vegetables become part of healthcare?



■ 'We spend billions paying for medications or paying for surgeries that are essentially downstream consequences of unhealthy diets,' says nutrition epidemiologist Prof Jason Wu. Illustration: Greedy Hen/The Guardian

Program Locations and Partners

- Hudson County Department of Health
- Rutgers
- Federally Qualified Health Centers (FQHC's)
 - Alliance Community Healthcare
 - Metropolitan Family Health Network
 - North Hudson Community Action Corporation

Project Goal

To test the feasibility of a “produce prescription” program and its impact on the health of people with diet-related conditions experiencing food insecurity in Hudson County, New Jersey.

Methods

Participants will be asked to:

- participate in pre and post surveys
- attend nutrition education classes twice a month
- receive \$40 produce boxes twice per month
- monthly meal planning and health counseling session with RD



Areas of Research Focus



Health Metrics – data collected by FQHC



Baseline/Post Surveys - Gretchen Swanson Center for Nutrition



Nutrition Knowledge and self efficacy surveys

Program Impacts

- Learn more about the needs of the target population
- Increase FV consumption
- Reduce health care costs
- Lower the incidence of chronic diseases



Thank you for your time.

QUESTIONS?

Contact

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