

Produce Perks Midwest believes that healthy food should be available to everyone, and diet can be part of the treatment and prevention of disease. PRx works to improve the diets of low-income patients by providing recommended servings of fruits and vegetables through prescriptions given by their health care professional.



**71**

# of Patients Participating



**229**

Total # of Household Members Served



**\$27,106**

Prescriptions Distributed

## Snapshot of 2019 PRx Programs

### Canton: The Little Flower Family Practice

- 6 month program
- 2 cohorts: Diabetes & Obesity
- \$30 per household member per month in produce prescriptions



60% of Patients Increased Daily Consumption of Vegetables



44% of Patients Increased Daily Consumption of Fruits



24% of Patients reported improving their ability to prepare a healthy meal by the end of the program

### Cincinnati: Saylor Park School-Based Health Center

- 6 month program
- Mixed Pediatric and Adult group
- \$30 per household member per month in produce prescriptions



40% of Patients Increased Daily Consumption of Vegetables



40% of Patients Increased Daily Consumption of Fruits



13% of Patients reported improving their ability to prepare a healthy meal by the end of the program

### Dayton: Five Rivers Health Centers

- 3 month program
- Diabetes cohort
- Weekly vegetable box delivery & \$25/\$50 in produce prescriptions



75% of Patients Increased Daily Consumption of Vegetables



50% of Patients Increased Daily Consumption of Fruits



100% of Patients knew their A1C number at the completion of the program, compared to only 22% at the start of PRx

## The PRx Process

**1**

Patients are recruited by a health care provider to participate in the PRx program.



**2**

Patients attend monthly visits to their provider to receive nutrition education and have health metrics collected. Pre and Post surveys are completed.

**3**

Patients are given monthly prescriptions for the family.



**4**

Patients and family members redeem prescriptions for fruits & vegetables at participating Produce Perks sites.