



Presbyterian Healthcare Services Food Farmacy

Community Health at Presbyterian Healthcare Services operates a Food Farmacy program with two locations within Bernalillo County. A Food Farmacy is a way that health care providers can **"PRESCRIBE" HEALTHY FOOD** to patients who have food insecurity issues and may also need healthier foods to meet their health goals.



Food Farmacies may help patients with health issues such as diabetes and hypertension **LOWER THEIR A1C AND BLOOD PRESSURE.¹**

WHAT HAPPENS AT THE PRESBYTERIAN FOOD FARMACY?



A patient will meet with their provider and get screened for food needs.



If the patient does not have enough food and has health issues that would benefit from a healthier diet, such as diabetes, the provider can create a referral to the Food Farmacy program.

Presbyterian has operated the Food Farmacy since 2018 with

1,192 REFERRALS to date



The patient or their authorized contact picks up their healthy, nutritious food once a week.

of those referred, **94%** of patients **ATTENDED** the Food Farmacy at least once.

It is estimated that approximately 86,440 people in Bernalillo County did not have enough food in 2019.

(Feeding America 2019)



While participating in the Food Farmacy, patients can take **FREE** nutrition education and cooking classes as well as chronic disease self-management programs.

WHAT GOES INTO RUNNING PRESBYTERIAN'S FOOD FARMACY?

From 2019-2022, **42,421 POUNDS** of fresh fruits and vegetables have been purchased from **local** farmers

Food Farmacy operates every week for a total of 7 hours over two days (Wednesday and Thursday), serving on average **200** patients a week. **80%** are Presbyterian Health Plan members.

59 Providers referred patients
20 Clinics

26 Volunteers
2,705 Hours since 2018

2 easy-to-make recipes each week that utilize the fresh local produce from the bags. Recipes are provided by MoGro

PRESBYTERIAN
Healthcare Foundation

Employee Donations

987 POUNDS of food donated 2021 and 2022

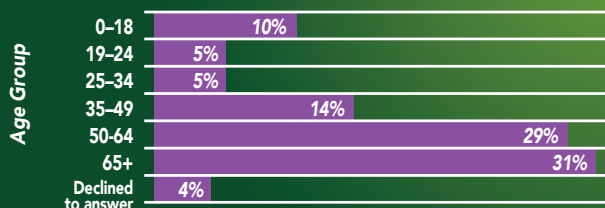
- Volunteer Services
- Presbyterian Kaseman Hospital
- Presbyterian Hospital Adult Progressive Care
- Rev. Hugh Cooper Center
- Patient Access & Admitting
- PMG Family Medicine
- Healthcare at Home & Hospice
- Interventional Radiology



8 staff members from Community Health

WHO ARE WE SERVING?

Age Group of Food Farmacy Patients, 2018-2021 (N=1,525)



10% were younger than 18 years old

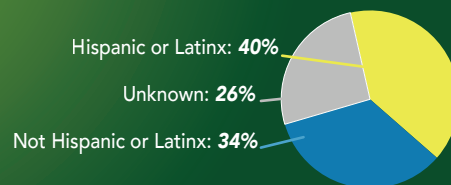
55% were 18-64 years old

31% were older than 65 years

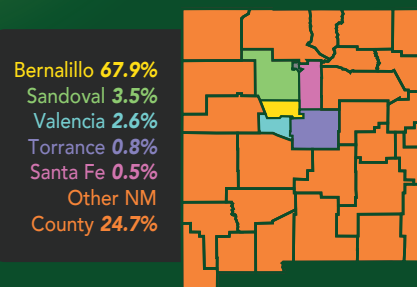
Food Farmacy Patients' Race (N=1,525)

White	57%
Black or African American	4%
Native American or Alaska Native	2%
Asian	1%
Native Hawaiian or other Pacific Islander	0%
Some other race	8%
Two or more races	1%
Unknown	26%

Food Farmacy Patients' Ethnicity



Counties of Food Farmacy Patients



68% of Food Farmacy patients are from Bernalillo

¹ Wetherill MS et al, 2018 & catalyst.nejm.org/prescribing-fresh-food-farmacy/ ² Patients who responded to the well-being question on both intake & exit interviews (N=22); ³ Patients who reported that they achieved their A1c goal on their exit interview among patients who listed that lowering their A1c was a goal at their intake interview (N=14); ⁴ Patients who reported that they achieved their blood pressure goal on their exit interview among patients who listed that lowering their blood pressure was a goal at their intake interview (N=12).