Project Powerfood: Promoting Food Security, Equity and Health

Victoria Mayer, Icahn School of Medicine at Mount Sinai

Erica Christensen, Corbin Hill
• Food insecurity screening by healthcare providers recommended by the American Academy of Pediatrics and the American Diabetes Association
• Multiple health institutions across the country instituting various screening measures
• Several health institutions, public health departments, and non-profits have developed food prescriptions programs
• Important unanswered questions about which programs work well for whom in what settings, and the impact on health outcomes
Partners

• Corbin Hill Food Project
  – Values-driven nonprofit
  – Works with sourcing partners to deliver fresh food to those that need it most

• New York Common Pantry
  – Local food pantry
  – Provides a variety of programs and options to pantry members using a whole-person approach
  – Works to reduce hunger and food insecurity

• Wholesome Wave
  – National non-profit
  – Works to increase access to affordable, healthy produce
  – Food assistance double value programs and fruit and vegetable prescription programs
  – Provide guidance and technical assistance

• Icahn School of Medicine at Mount Sinai, Mount Sinai Health System
  – Departments of Pediatrics, Department of Medicine, Division of General Internal Medicine, Population Health Science and Policy
Goals

• Better address food insecurity and food access in primary care
• Build upon existing intersectoral partnerships to connect patients with food resources
• Pilot a food prescription program
• Rigorously evaluate the feasibility and impact of the program
Objectives

• Implement screening and referrals for food insecurity
• Provide fresh fruit and vegetable “prescriptions” to be redeemed for farm shares from Corbin Hill Food Project
• Pilot prescriptions with 50 adult patients and 50 children
• Evaluate:
  – Feasibility of program in a busy primary care practice
  – Outcomes before and after the intervention (at baseline, 6 and 12 months), including diet, cooking attitudes, diabetes control, body mass index, food insecurity
Recruitment and Study Activities

Food Prescription Pilot Inclusion Criteria

• Positive for food insecurity and/or receive SNAP and/or WIC
• Adults: poorly controlled diabetes
• Children: obese and 5-11 years old
• Speak English or Spanish

Study materials

• All materials in English or Spanish
• Food insecurity resources
• Nutrition resources, including information and recipes for fruits and vegetables included in farm shares
Food Distribution

- Participants pick up every other Wednesday at Mount Sinai from 4pm – 6:30pm
- Option to pick up at other sites
- Other interested individuals are able to sign up for farm shares (not part of the study)

**PICK-UP SITES**

1. Riverside Church
   91 Claremont Ave, NY, NY
   (South side of 110th St)
   Distribution Time: 2:30pm - 5:30pm
   Distribution Day: Tuesday

2. Lehman College Farmers Market
   250 Bedford Park Blvd, Bronx, 10468
   Distribution Time: 2:30pm - 5:30pm
   Distribution Day: Tuesday

3. Woodside Early Learning Head Start
   60-42 Roosevelt Ave, Queens (near 60th St)
   Distribution Time: 2pm - 6pm
   Distribution Day: Tuesday

4. Brotherhood/Sister Sol Farmers' Market
   137 W143 St, NY, NY
   (Between 10th & 11th Avenues)
   Distribution Time: 3:30pm - 5pm
   Distribution Day: Wednesday

5. New Settlement Community Center
   1601 Jerome Ave, Bronx, NY
   Distribution Time: 4pm - 7pm
   Distribution Day: Wednesday

6. Mount Sinai Lobby
   1468 Madison Ave
   (at 92nd St)
   Distribution Time: 3:30pm - 5pm
   Distribution Day: Wednesday

**PAYMENT INFORMATION:**

- First box is free for study participants ($20 value).
- Beginning with the second box, study participants pay $10. Payment must be made one week in advance.
- Credit/Debit payments may be made via Farmigo.
- EBT/Cash payments may be made to a community organizer.

**MY PAYMENT:**

- [ ] I will pay online.
  first payment due:

- [ ] I will pay a community organizer.
  first payment due:

**POWERFOOD PICK-UP REMINDER CARD**

---

*Name*

*Date and Time*
Early impact

- 149 Shares distributed
- 1563 lbs of food distributed
- 145 lbs of produce donated to New York Common Pantry
- 7-10 items per share
- 12-18 lbs per share
What’s in the Share?

1 head of cauliflower
1.75 lb of golden beets
2 Carnival winter squash
1.75 lbs of Adirondack red potatoes
1.75 lbs of turnips
5 oz of baby spinach
1.35 lb of Winesap Apples
2.2 lb of Bosc Pears
Successes and Challenges to Date

• Providers are eager to incorporate food security screening into care and recognize it’s important...
• …but are also over-stretched and find it difficult to find time during otherwise busy visits
• Recruitment challenges led to creative solutions
• Importance of building in time for EHR tool development, training
• New relationships forged
• Essential to link with other institutional activities addressing social determinants of health
Successes and Challenges to Date: Distribution

- Running a program with less than 12 participants
  - Challenges with meeting order minimums due to high cost of transportation
  - Challenge of creating a diverse share with small #s of people

- Last mile delivery as a solution
  - Aggregating orders at other sites
  - Using 3rd party delivery service to transport food during the “last mile”

- Delivery window constraints with food service

- Collecting payments

- Program gaining lots of interest at Mount Sinai beyond the research study!
Funding and Partners

• Funded by the Laurie M. Tisch Illumination Fund and the Einstein/Montefiore NIH/NIDDK P30 DK111022 New York Regional Center for Diabetes Translation Research, and received funding from the Empire Clinical Research Investigator Program
Our Team

Mount Sinai
• Victoria Mayer
• Leora Mogilner
• Emily Hanlen
• Christian Ugaz
• Daphne Brown
• Emily Goodman
• Ania Wajnberg
• Jessica Rodriguez

New York Common Pantry
• Daniel Reyes

Wholesome Wave
• Skye Cornell

Corbin Hill Food Project
• Erica Christensen
• Dennis Derryck
• Jonathan Fraser
• Valencia Howard

Special thanks to
• Brad Beckstrom
• Theresa Soriano