

INVEST IN PRODUCE

PREVENT CHRONIC DISEASE

Good nutrition today. Better health tomorrow.



Produce Prescription



Eligible patients must be low-income, nutrition-insecure, and at risk for diet-related chronic diseases



\$90 a month for fresh produce; redeemable at major grocery stores and online



4 monthly nutrition education classes



9 month program



Public Health Challenge

950,000 Hoosiers lack access to nutritious food - a 14% food & nutrition insecurity rate¹

Food/nutrition insecurity is linked to^{1,2,3}

- Cardiovascular Diseases
- Diabetes
- Obesity
- Depression
- High Stress



Fresh Perspectives

“ I learned alot, and learned to focus on my nutrition. I realized that when I didn't eat right, I didn't feel good. The class has taught me how to measure and read labels.

“ It was a great experience and very helpful. I'm very thankful and my blood pressure has improved.

Since 2019



776

Participants completed the program



\$470,000

Redeemed in fresh produce



22

Locations among 3 healthcare systems and the YMCA



producerx@MarionHealth.org



freshbucksindy.org/produce-prescription-rx-program

Outcomes



Reductions in
A1C and blood
pressure



Improved
cooking skills



Increased knowledge
in shopping for and
choosing fresh fruits
and vegetables



Significant
improvement
in overall health

“ The program has helped a lot with knowing
how to store, wash and cook.

Join The Impact

Cost per patient = \$650* per round

Funds needed for 9 month rounds

Starting every 4-6 months

\$10,000	15 Families
\$25,000	35 Families
\$100,000	150 Families
\$250,000	380 Families
\$500,000	770 Families

*80% Redemption Rate



Long-Term Savings

Preventing chronic illness with
Produce Prescriptions **can**
save healthcare systems an
estimated **\$39.6 billion** in
lifetime⁺ costs.⁴

⁺6.5 million high-risk patients over their lifespans (avg - 25yrs)



REFERENCES

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