



Food Farmacy Project Summary

Aim: Help food insecure patients with high blood pressure and/or high cholesterol access healthier food resources via a clinic/food pantry partnership.



Recruit Participants

Clinic identifies patients with high blood pressure and/or high cholesterol.

Clinic administers a food security assessment.

Eligible and willing patients are referred to community food resources to receive healthy food and nutrition education.

Create Workflow

Clinic and community food resource develop a relationship, determine best way to refer and share patient information bi-directionally.

Clinic documents referrals, pre/post BP & cholesterol, other outcomes.

Community food resource determines avenues for securing healthier and fresh food options, as well as delivery or pick-up options for patients.

Project Barriers

Limited timeframe made it challenging to develop programs, resolve problems, and see results.

Clinics had to develop internal workflows, data collection, and deal with staffing.

Keeping participants engaged, especially those with transportation, housing, food storage, or language barriers.

Project Facilitators

Innovative partnerships established and nurtured.

Community food resources made healthier foods available to all customers, and many intend to maintain those resources post-project.

Project Successes

Sites that piloted the work and resolved barriers have expertise to maintain the project or pursue further grant funding.

Montana's Community Food and Agriculture Coalition has received a three-year USDA grant to sustain Food Farmacy projects around the state. Several Food Farmacy projects will participate in this work.

Data and Results

Projects were able to record improvements in systolic and diastolic BP measurements.

In first two years, participants with controlled BP (<130/80 mmHg) improved from 23% to 43% from pre- to post-project.

Participants reported enjoying the project and appreciated the healthier food and education.