

“Going to the Farm-acy: The Effect of CSA-Backed Produce Prescriptions on Eating Behaviors and Health Outcomes in Rural Kentucky” – PI: Dr. Timothy Woods

Funded by US Department of Agriculture Farmers’ Market Promotion Program (FMPP) – 2014

Preliminary Results – please do NOT distribute

From survey of existing CSA shareholders:

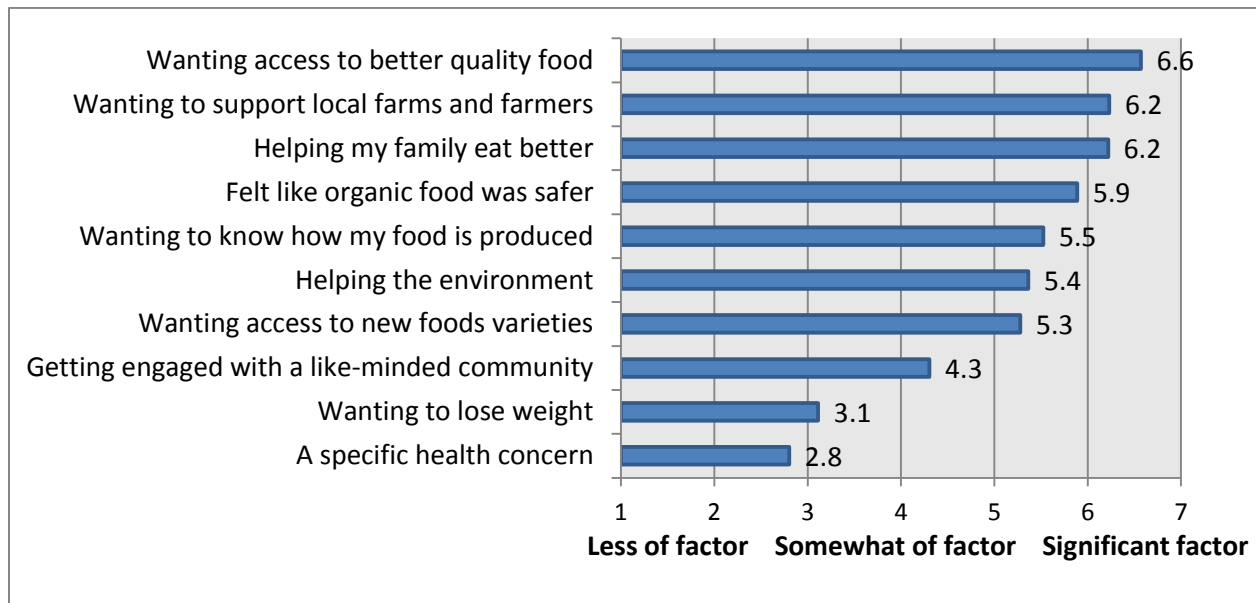


Figure 1: Reasons for joining a CSA initially (from 151 existing CSA shareholders in Lexington area)

From survey for new CSA shareholders in the experiment:

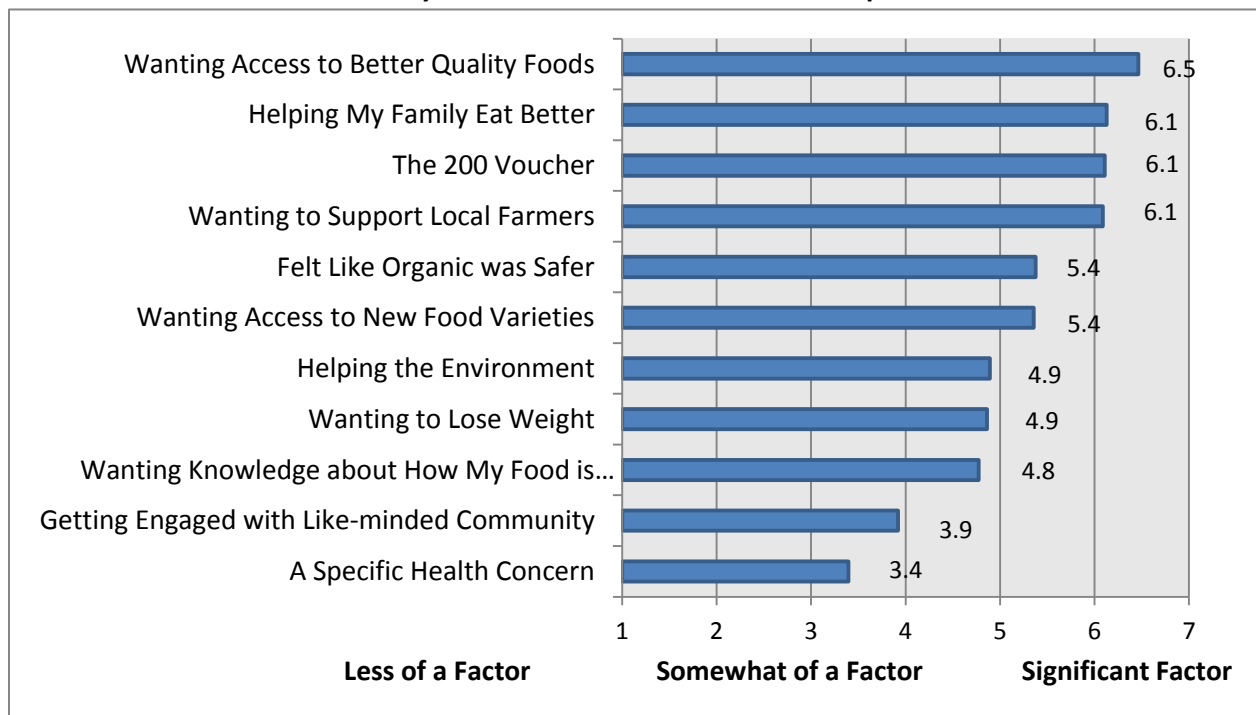


Figure 2: Reasons for joining a CSA program (from 101 existing CSA shareholders in Lexington area)

Table 1: Comparison of health indicators between Kentuckians, UK Health & Wellness, Good Foods, & CSA members

	1. KY	2.UK H&W	3.GF	4.CSA
	Mean	Mean	Mean	Mean
Avg. Daily Fruit & Veg Servings	5.76	6.04	6.41	7.22
Annual Doctors Visits	7.48	2.94	3.12	2.03
Monthly Pharmacy Expenditure	33.84	22.74	29.93	17.23
Perceived Health	3.27	3.50	3.87	4.15

Table 2: Paired t-tests on behaviors before and after joining CSA

Frequency of behaviors		Before CSA	After CSA	Paired Differences	Paired t-test	
	N	Mean	Mean	Mean	t-score	Sig.
In avg. month, how many times do you...						
Eat breakfast at restaurants	151	1.19	0.91	-0.27	-3.51	0.0006
Eat dinner at restaurants	151	4.23	3.25	-0.98	-6.79	0.0000
Eat in the car	151	1.50	1.20	-0.30	-2.61	0.0099
Eat processed snack foods	151	5.07	3.39	-1.69	-8.13	0.0000
Eat processed foods for meals	151	3.81	2.16	-1.66	-8.96	0.0000
Read nutrition labels	151	8.06	8.73	0.67	3.35	0.0010
Eat salads	151	7.30	9.34	2.05	9.31	0.0000
Discuss nutrition with friends/colleagues	151	4.91	6.66	1.74	7.67	0.0000
Buy organic foods	142	4.49	7.50	3.01	9.81	0.0000
Buy food marketed as locally produced	142	4.56	7.66	3.10	10.64	0.0000
Prepare dinner at home	142	10.40	10.94	0.53	4.96	0.0000
In avg. year, how many times do you...						
Preserve food by freezing	142	4.50	8.08	3.58	11.20	0.0000
Preserve food by canning	140	1.01	2.41	1.40	6.27	0.0000
Visit a farm	141	1.58	3.56	1.98	7.91	0.0000
Buy food from farmers/farmers' markets	141	5.35	7.24	1.89	5.30	0.0000
Other indicators						
Avg. daily fruit and vegetables servings	142	4.55	7.22	2.67	18.80	0.0000
Weekly expenditure at restaurants	141	39.88	25.93	-13.95	-8.22	0.0000
Self-reported categorical rating of health	138	3.75	4.16	0.41	7.50	0.0000
Monthly expenditure at the pharmacy	136	20.42	17.23	-3.19	-2.70	0.0078
Annual visits to doctor or health clinic	139	3.18	3.03	-0.15	-2.00	0.0478

Healthy lifestyle changes **more strongly associated** with people with poor health prior to CSA

- Significantly lower consumption of
 - processed snack foods
 - processed meals
 - breakfasts at restaurants
- More attention to health and nutrition
 - Increased reading of nutrition labels
 - More discussion of nutrition with friends
- Increased purchases of local and organic food
- Less need for medical care
 - Decreased pharmacy expenditures
 - Fewer annual visits to doctor or health clinic

