

“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

Bullet summary of preliminary findings:

- 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
 - Less need for medical care
 - Decreased pharmacy expenditures
 - Fewer annual visits to the doctor or health clinic
 - Increased purchases of local and organic food
- Beneficial individual lifestyle changes for the group regardless of prior health condition
 - Shift toward at-home eating and preparation of whole foods
 - Lower restaurant expenditures
 - More preparation of meals
 - Less processed food
 - Increased fruit and vegetable consumption
 - Daily average increase of 2.5 servings
 - Salad consumption increased by 2 instances per month
- Positive health outcomes a result of, not a primary motivation for joining a CSA
 - CSA members’ most common reasons for joining CSA
 - ‘access better quality food’
 - ‘support farms and farmers’
 - ‘help family eat better’
 - ‘felt organic was safer’
 - ‘Losing weight’ or ‘Specific health concern’ were the least important reasons
- Compared to other demographics, CSA shareholders had better reported health outcomes in:
 - Average daily fruit and vegetable servings
 - Annual doctor visits
 - Monthly pharmacy expenditure
 - Perceived health