Prescribing produce and behavioral support to patients with food insecurity and nutrition-sensitive chronic conditions...

ALAMEDA COUNTY
RECIPE4HEALTH

Is feasible in community health centers

Recipe4Health referred over **3,000 patients**, delivered over 800,000 produce servings, and provided care to over 300 patients in group medical visits since we began in 2020.

800,000+
Produce Servings
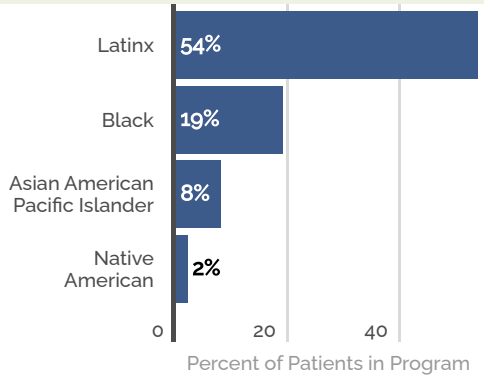
Cups per Day of Fruits and Vegetables

⬆ **30%**

Minutes of Physical Activity

⬆ **64%**

Health Behavior Improvements

Advances health equity

Communities of color are disproportionately impacted by food insecurity and chronic conditions like obesity, diabetes, and heart disease. Recipe4Health reaches these communities. The large majority **(87%) had at least one chronic condition.**

Group	Percent
Latinx	54%
Black	19%
Asian American Pacific Islander	8%
Native American	2%

Percent of Patients in Program

" I stopped consuming things that did not nourish me, that caused me inflammation; I didn't know how to eat before. And now it's totally different. Now I know the nutritional value of the vegetables and fruits I eat and I know how it can help my body.
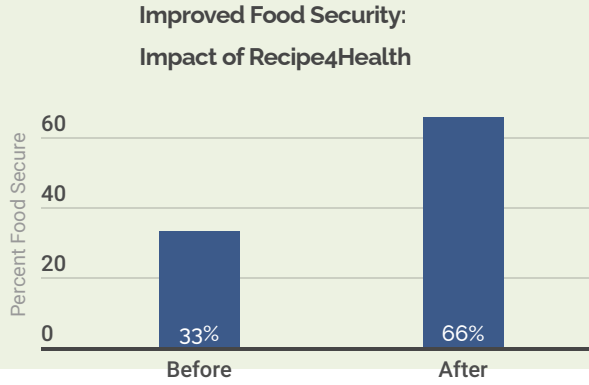
- Spanish speaking patient

" People are really grateful to be getting this food and learning new skills. Coming in as pre-diabetic, then their A1C levels drop. To not to be on medicine that you thought you're going to be on for the rest of your life, people like that, and that's great.
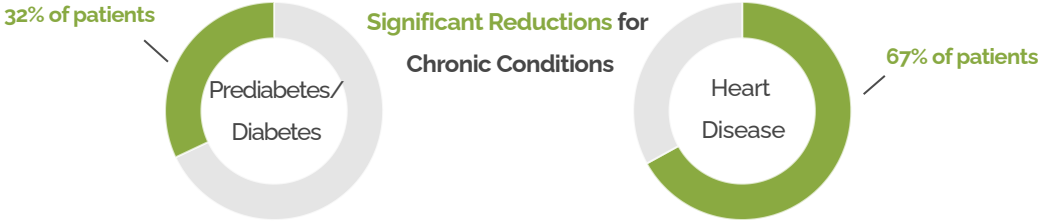
- Staff

Addresses social determinants of health

Recipe4Health improves food security. Only one-third of patients were food secure before starting Recipe4Health and over two-thirds were food secure after completing the program.

Improved Food Security:

Impact of Recipe4Health

Percent Food Secure

	Before	After
	33%	66%

Reduces the burden of nutrition-sensitive chronic conditions

Recipe4Health resulted in clinically significant improvements in prediabetes/diabetes and heart disease. This is important because these conditions are costly to the healthcare system and disproportionately affect communities of color.

32% of patients

Prediabetes/ Diabetes

Significant Reductions for Chronic Conditions

Heart Disease

67% of patients

Improves mental health

Recipe4Health significantly reduces symptoms of depression and anxiety for all patients and especially those with diagnoses of these conditions when they enter the program. Recipe4Health also significantly reduces loneliness.

Reduces Depressive Symptoms

⬇ 28%

Reduces Anxiety

⬇ 36%

Reduces Social Isolation

⬇ 10%

These findings indicate that Recipe4Health is practical and scalable and can improve population health while keeping equity at its core.

Questions? Contact Lisa Goldman Rosas: lgrosas@stanford.edu

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