



Project Powerfood: Promoting Food Security, Equity and Health

Victoria Mayer, Icahn School of Medicine
at Mount Sinai

Erica Christensen, Corbin Hill

CORBINHILL
FOOD PROJECT



CHECER
Center for Health Equity and
Community Engaged Research

Background

- Food insecurity screening by healthcare providers recommended by the American Academy of Pediatrics and the American Diabetes Association
- Multiple health institutions across the country instituting various screening measures
- Several health institutions, public health departments, and non-profits have developed food prescriptions programs
- Important unanswered questions about which programs work well for whom in what settings, and the impact on health outcomes





Partners

- Corbin Hill Food Project
 - Values-driven nonprofit
 - Works with sourcing partners to deliver fresh food to those that need it most
- New York Common Pantry
 - Local food pantry
 - Provides a variety of programs and options to pantry members using a whole-person approach
 - Works to reduce hunger and food insecurity
- Wholesome Wave
 - National non-profit
 - Works to increase access to affordable, healthy produce
 - Food assistance double value programs and fruit and vegetable prescription programs
 - Provide guidance and technical assistance
- Icahn School of Medicine at Mount Sinai, Mount Sinai Health System
 - Departments of Pediatrics, Department of Medicine, Division of General Internal Medicine, Population Health Science and Policy

Goals

- Better address food insecurity and food access in primary care
- Build upon existing intersectoral partnerships to connect patients with food resources
- Pilot a food prescription program
- Rigorously evaluate the feasibility and impact of the program



Objectives

- Implement screening and referrals for food insecurity
- Provide fresh fruit and vegetable “prescriptions” to be redeemed for farm shares from Corbin Hill Food Project
- Pilot prescriptions with 50 adult patients and 50 children
- Evaluate:
 - Feasibility of program in a busy primary care practice
 - Outcomes before and after the intervention (at baseline, 6 and 12 months), including diet, cooking attitudes, diabetes control, body mass index, food insecurity





Recruitment and Study Activities

Food Prescription Pilot Inclusion Criteria

- Positive for food insecurity and/or receive SNAP and/ or WIC
- Adults: poorly controlled diabetes
- Children: obese and 5-11 years old
- Speak English or Spanish

Study materials

- All materials in English or Spanish
- Food insecurity resources
- Nutrition resources, including information and recipes for fruits and vegetables included in farm shares



Food Distribution

PICK-UP SITES

- 1 Riverside Church**
 91 Claremont Ave NY, NY
 (South side of W122nd St)
Distribution Time:
 2:30pm-7pm
Distribution Day:
 Tuesday

- 2 Lehman College Farmers' Market**
 250 Bedford Park Blvd,
 Bronx, 10468
Distribution Time:
 2:30pm-6:30pm
Distribution Day:
 Tuesday

- 3 Woodside Early Learn Head Start**
 60-02 Roosevelt Ave,
 Queens (btwn. 60th & 61st)
Distribution Time:
 3pm-6pm
Distribution Day:
 Tuesday

- 4 Brotherhood/Sister Sol Farmers' Market**
 512 W143rd St, NY, NY
 (Hamilton Place & Amsterdam)
Distribution Time:
 3:30pm-6pm
Distribution Day:
 Wednesday

- 5 New Settlement Community Center**
 1501 Jerome Ave, Bronx, NY
Distribution Time:
 4pm-7pm
Distribution Day:
 Wednesday

- 6 Mount Sinai Lobby**
 1468 Madison Ave
 (at 100th St)
Distribution Time:
 3:30pm-7pm
Distribution Day:
 Wednesday



- Participants pick up every other Wednesday at Mount Sinai from 4pm – 6:30pm
- Option to pick up at other sites
- Other interested individuals are able to sign up for farm shares (not part of the study)

PAYMENT INFORMATION:

- First box is free for study participants (\$20 value).
- Beginning with the second box, study participants pay \$10. Payment must be made one week in advance.
- Credit/Debit payments may be made online via Farmigo.
- EBT/Cash payments may be made to a community organizer.

MY PAYMENT:

- I will pay online,
 first payment due: _____
- I will pay a community organizer,
 first payment due: _____

POWERFOOD PICK-UP REMINDER CARD

Name _____

Date and Time _____



Early impact

- 149 Shares distributed
- 1563 lbs of food distributed
- 145 lbs of produce donated to New York Common Pantry
- 7-10 items per share
- 12-18 lbs per share

What's in the Share?

- 1 head of cauliflower
- 1.75 lb of golden beets
- 2 Carnival winter squash
- 1.75 lbs of Adirondack red potatoes
- 1.75 lbs of turnips
- 5 oz of baby spinach
- 1.35 lb of Winesap Apples
- 2.2 lb of Bosc Pears

Successes and Challenges to Date

- Providers are eager to incorporate food security screening into care and recognize it's important...
- ...but are also over-stretched and find it difficult to find time during otherwise busy visits
- Recruitment challenges led to creative solutions
- Importance of building in time for EHR tool development, training
- New relationships forged
- Essential to link with other institutional activities addressing social determinants of health



Successes and Challenges to Date: Distribution

- Running a program with less than 12 participants
 - Challenges with meeting order minimums due to high cost of transportation
 - Challenge of creating a diverse share with small #s of people
- Last mile delivery as a solution
 - Aggregating orders at other sites
 - Using 3rd party delivery service to transport food during the “last mile”
- Delivery window constraints with food service
- Collecting payments
- Program gaining lots of interest at Mount Sinai beyond the research study!



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Icahn
School of
Medicine at
**Mount
Sinai**



Wholesome Wave





Our Team



Mount Sinai

- Victoria Mayer
- Leora Mogilner
- Emily Hanlen
- Christian Ugaz
- Daphne Brown
- Emily Goodman
- Ania Wajnberg
- Jessica Rodriguez

New York Common Pantry

- Daniel Reyes

Wholesome Wave

- Skye Cornell

Corbin Hill Food Project

- Erica Christensen
- Dennis Derryck
- Jonathan Fraser
- Valencia Howard

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