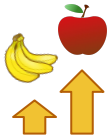


HC PRODUCE Research Study Findings

Health Center **PRO**gram to Support Food SecUrity Through Nutrition **CO**aching and Produce MarkEts
Surveys, interviews, and focus groups conducted between March 2019 - July 2021.

Diet & Hunger



Patients attending the market **increased fruit intake by 1 serving/day**, in the year after market registration.

Similarly, patients attending the market **decreased behaviors to cope with hunger**:



- watering down food or drink
- going to bed early
- drinking a lot of water

Acceptability



Patients with **low incomes** were most likely to attend the market, **despite no income eligibility** requirements for the market.

Patients most likely to attend:

- Aged 30-49
- Living in Revere
- Choosing non-English language for medical care
- Living in households with children



Barriers

Patients face barriers to visiting the market like **competing demands & transportation**.



Common barriers:

- lack of time 27%
- work conflict 24%
- lack of information about market location/time 23%
- forgetfulness 23%
- waiting in line 13%
- lack of transportation 12%
- medical condition 9%

Piloted quality improvement projects:

Text message reminders and transportation options for CHA patients registered for the CHA Revere fruit & vegetable market.

Facilitators

Patients reported liking the market for the:



Welcoming environment

OBRIGADO
شكراً GRACIAS
THANK YOU

Multilingual service



Healthcare setting



Variety of healthy, fresh fruits & vegetables

"...[having produce] coming from your provider... it would just seem a bit more relaxed and ok...[and as] **part of health care rather than being stigmatized** as being a financial [situation]."
- CHA patient & market attendee

For more information about the market, contact PRODUCE@challiance.org.

To learn more, visit <https://www.challiance.org/RevereMarket> & <https://www.challiance.org/RevereMarketStudy>.

Partners:



Funders:



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Academic Publications

Accepted Papers

- Published online February 2021 - Babbin, M., Zack, R. M., Granick, J., & Betts, K. (2021). Food access initiatives: An integral piece of the Revere, Massachusetts, COVID-19 response. *Journal of Agriculture, Food Systems, and Community Development*.
<https://doi.org/10.5304/jafscd.2021.102.017>
Open access for the public: [PDF version](#)
- Published online July 2021 - Dunn C, Vercammen KA, Bleich S, Mulugeta W, Granick J, Carney C, Zack R. (2021). Participant perceptions of a free fresh produce market at a health center. *Journal of Nutrition Education and Behavior*.
<https://www.sciencedirect.com/science/article/abs/pii/S1499404621000968>
- Published online November 2021 - Adams E, Babbin M, Bronico J, Granick J, Weil R, Mitchell E, Carney C, Fiechtner L, Mulugeta W, Zack R. (2021). Providing Food Assistance During the COVID-19 Pandemic: A Case Study from a Produce Market at a Low-Income Serving Health Center. *Journal of Health Care for the Poor and Underserved*.
<https://muse.jhu.edu/article/837352/pdf>
- Accepted for publication in Fall 2022 - Zack RM, Bronico JVR, Babbin M, Nguyen T, Weil R, Granick J, Fiechtner L, Mulugeta W, Odayar V, Cortés DE. (2022). Facilitators and Barriers to Patient Attendance at a Free Health Center-Based Produce Market. *The American Journal of Preventive Medicine*.

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Thank you to our many volunteers and interns, CHA Revere Care Center staff, CHA patients, market attendees, and study participants!

For more information about the research, contact PRODUCE@challiance.org.

To learn more, visit <https://www.challiance.org/RevereMarket> & <https://www.challiance.org/RevereMarketStudy>.

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