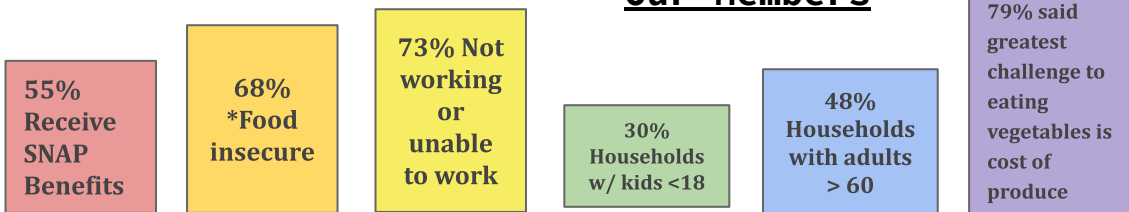


# 2020 FARMACY DATA REPORT



Since 2015 the Farmacy Project has connected over 2,175 Rutland area residents with local produce, invested over \$152,000 back into the local agricultural economy and engaged 500+ volunteers

## Our Members



\*Based on results from the 2 item Food Insecurity Questionnaire; U.S. Household Food Security Survey

Self report A1C average - 7.2

Self report BMI average - 34 (obese)

80 percent covered by Medicaid or Medicare

42% self-report high blood pressure

40% self-report diabetes or pre-diabetes

45% self-report overweight or obese

32% self-report high cholesterol

## Outcomes

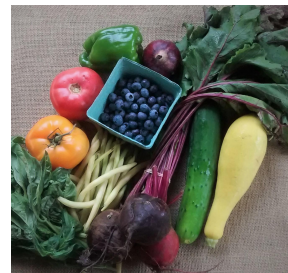
17% increase in members that described their *diet* as good, very good or excellent and 18% increase for those that described their *health* as such

Before Farmacy began 73% of members cooked meals for themselves at least four days a week and 75% said they most of the time or almost always thought about healthy food choices, both increased to 84% after the program

"Since I started the program a year ago to date I have lost 130 pounds and was able to get off my heart med - Foley cancer center is thrilled."

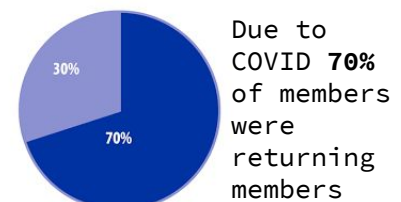
"Thank you for another year of weight loss, improved health and food security"

"My confidence has greatly improved, I'm quicker to try unfamiliar recipes"

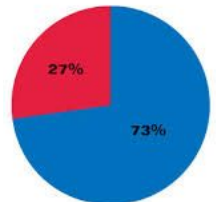


VFFC's Farmacy Project provides 15 weeks of fresh produce grown by Rutland farms to individuals given a produce prescription by their local healthcare provider. This year the program worked with 22 healthcare providers and had 178 enrolled members.

The Farmacy Project was also able to expand to 6 pick-up locations reaching Danby, Poultny, Fair Haven and Brandon thanks to community partners and dedicated volunteers.



73% completion rate - members who picked up 12/15 shares



Farmacy is grateful for the support from the following organizations and farms:

