## 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

55% Receive SNAP **Benefits** 

68% \*Food insecure 73% Not working or unable to work

30% Households w/ kids <18

48% Households with adults > 60

79% said greatest challenge to eating vegetables is cost of produce

\*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

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

## Outcomes

17% increase in members that described their diet as good, very

good or excellent and 18% increase for those that described thought about healthy food choices, both increased to their *health* as such

"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."

COMMUNITY HEALTH CENTERS

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

**84%** after the program "Му confidence has greatly improved, I'm quicker to try

unfamiliar

recipes"

Rutland Regional Medical Center



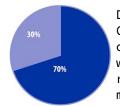
TENMONTS VI

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.

Vermont Farmers Food Center

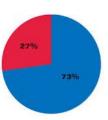
Farmacy Project "Food is Medicine"

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



Due to COVID 70% of members were returning members

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



LIVE UNITED

United Way of Rutland County

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



Parent-Child Center of Rutland County