



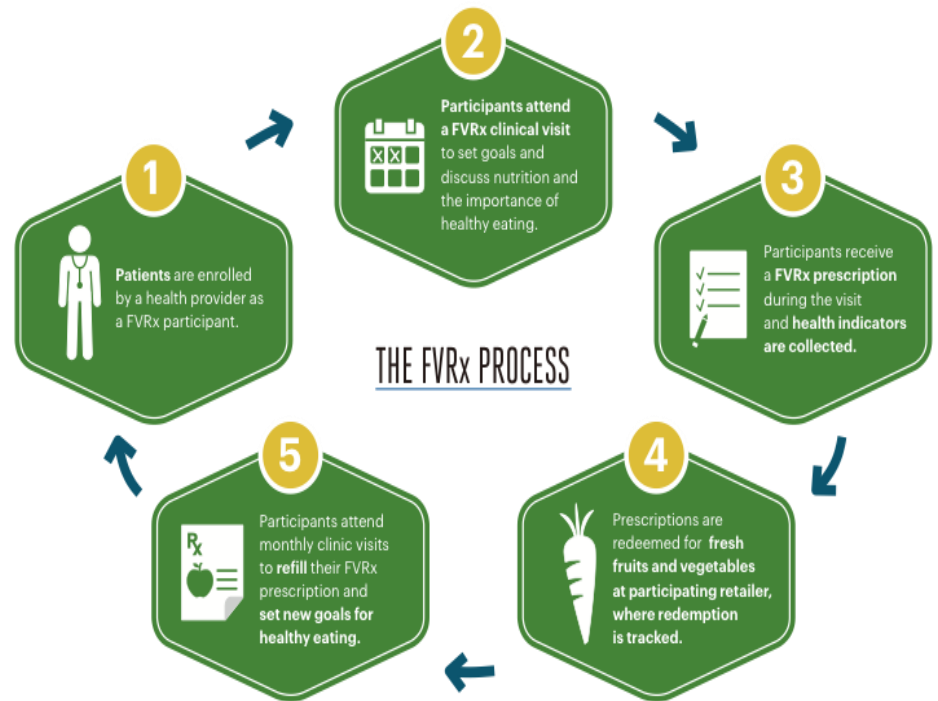
FRUIT AND VEGETABLE PRESCRIPTIONS (RX)



Office of Healthy and Safe Communities
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What is a Fruit and Vegetable Rx?

- Targeted benefits for fruits and vegetables.
- Various models for distribution, typically distributed in a clinic or community-based health setting.
- Patients redeem at participating retailers.



Credit: Wholesome Wave

Why Fruit and Vegetable Rx?

- Studies show participation in Fruit and Vegetable Rx programs has been associated with:
 - Improved food security¹
 - Improved glycemic control²
 - Increased fruit and vegetable consumption³
- 2019 publication modeled a fruit and vegetable subsidy for all adults using Medicare and Medicaid⁴:
 - Nearly 2 million cardiovascular events prevented
 - Save almost \$40 billion in formal health care costs

Sources:

1. <https://pubmed.ncbi.nlm.nih.gov/30224295/>
2. <https://pubmed.ncbi.nlm.nih.gov/28702315/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266424/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6424388/>

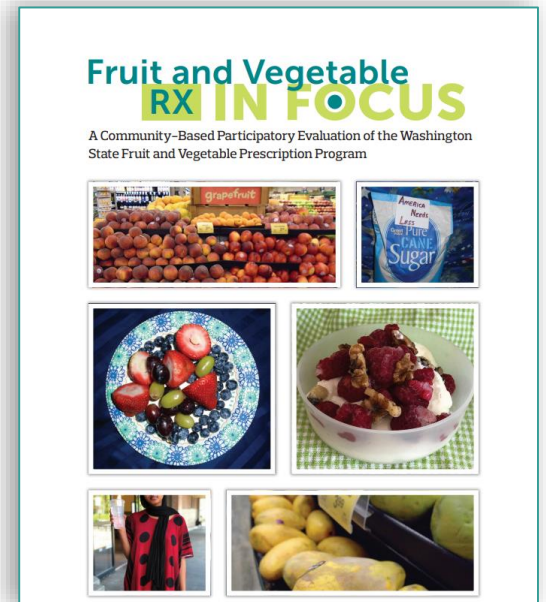
Washington's Fruit and Vegetable Rx Program

- 12 health care and public health organizations distribute 'prescriptions'.
- Eligible patients:
 - Screen positive for food insecurity
 - Have/are at-risk for a chronic disease
- \$10 fruit and vegetable prescription; redeemable at participating grocery stores.
- Patients receive equivalent of \$250 worth of prescriptions over 6-month period.



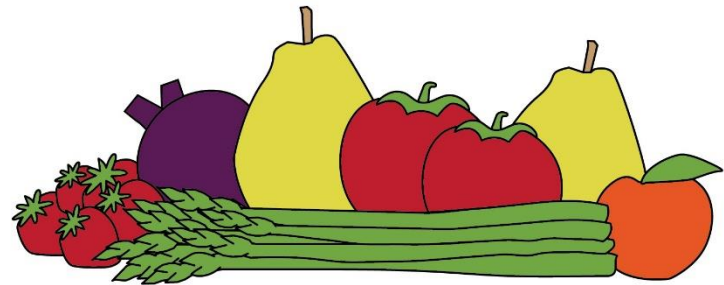
Challenges and Lessons Learned

- If working with multiple health care systems – allow for some system-specific flexibility.
- Balancing evaluation with competing priorities for health care partners.
- The redemption process needs improvement.



Sustainability

- Grant funding for the Fruit and Vegetable Rx Program is not a long-term solution.
- Need to build the case for health insurance payers to include in their payment models.
 - Patient health outcomes
 - Cost of care
 - Quality of care



Opportunities

State

- State pilots to evaluate the impact of covering Fruit and Vegetable Rx for Medicaid beneficiaries.
- Use Section 1115 Demonstrations Waivers to evaluate the impact of funding Fruit and Vegetable Rx for Medicaid beneficiaries.
 - Examples: North Carolina and Massachusetts

Medicaid Managed Care Organizations

- Provide coverage for Fruit and Vegetable Rx as value-added services.

Contact



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