



# In Action: Health Center Example





# Addressing Food Insecurity within Primary Care

- How can we improve eating behaviors and clinic outcomes?
- Pilot Study with Diabetes Patients
- Onsite Pantry
- Community Garden
- Mobile Food Pantry Regularly On Site
- Farmer's Market Produce Prescriptions



# Pilot Study with Diabetes Patients

- Partnered with BHACF, Feeding SD Food Bank
- 12 patients
- Seen monthly for 6 months for Diabetes Education and Given:
  - Food Stuffs – ordered through the food bank; attempted to optimize healthy choices
  - 2, \$10 produce vouchers at local grocery store
- Results
  - Slight decrease in A1C – down  $\sim .5$
  - Slight increase in wt, up  $\sim 5\#s$



# Onside Food Pantry & Produce Vouchers



- Again partnering with BHACF and Feeding SD Food Bank
- Meant to be an emergency supply for patients, 1x, not ongoing as with pilot
- Patients encouraged to make use of other community organizations
- Food Pantry was **very successful**
- Produce Vouchers, not so much – most not redeemed



# Community Garden

- Partnering with SDSU Extension and other groups
- Grow fruit and vegetables for patients
- Planted several apple trees – maturing
- 12 box garden
- Attempted partnerships with Mission, Wellfully, Fork Real
- Now provide to staff, patients and occasionally Fork Real
  - Best method for getting to patients has been leaving vegetables in entrance





Mobile Food Distribution-September 2021

# Mobile Food Pantry On Site

**Wednesday September 1st**

10:00-11:00 St. Andrews--910 Sioux San Dr., RC SD  
3:00-4:00 Open Heart--202 E. Indiana St., RC SD

**Thursday September 2nd**

5:00-6:00 PM Open Bible Church – 2225 E. St. Patrick St., RC SD

**Wednesday September 8th**

10:00-11:00 He Sapa-- 415 Mac Arthur St., RC SD  
3:00-4:00 Lakota Homes—719 Wambli Dr. (by the office), RC SD

**Friday September 10th**

10:00-11:00 Bible Fellowship Church--1212 Fairmont, RC SD  
3:00-4:00 Rural America Initiatives--2112 South Valley Dr., RC SD

**Saturday September 11th**

10:00-11:00 Church of Jesus Christ Latter-day Saints-- 2822 Canyon Lake Dr., RC SD  
2:30-3:30 Community Health of the Black Hills--350 Pine St., RC SD

**Thursday September 16th**

4:30-5:30 Douglas School District- Francis Case Elementary, 441 Don Williams Dr. Box Elder SD

**Saturday September 18th**

10:00-11:00 Real Life Church, 4024 Sheridan Lake Rd  
2:30-3:30 Journey Museum- 222 New York St., RC SD

**Wednesday September 22nd**

10:00-11:00 Star Village—27 Signal Dr. (behind the office), RC SD  
3:00-4:00 Rapid Valley United Methodist Church – 5103 Longview Dr., RC SD

**Friday September 24th**

10:00-11:00 Mother Butler-231 Knollwood Dr., RC SD  
5:00-6:00 Career Learning Center-730 E. Watertown St., RC SD

- Food Bank has gone to mobile distributions throughout community
- On Site at CHCBH 1x/month, but several throughout Rapid City
  - Distribution Sites Listed to the right



# Piloting with Farmer's Market



- Community Partners: SDSU Extension, Living Well Black Hills
- Started this June and will run through October
- Farmer's Market open Wednesdays, Saturday
- \$20 voucher given to patients so they can buy fresh produce at farmer's market
- Additional benefit if they have SNAP, \$20 = \$40
- Bus Passes provided to those who lack reliable transportation
- Stats – 25% redeemed



# Lessons Learned RE: Addressing Food Insecurity in Primary Care

1. Line Up Your Community Partners
2. Whenever possible bring the food stuffs to the patients
3. Attempt to remove as many barriers as possible, ie transportation, financial







# Q & A

