

Data Presentation for the Senate Study
Committee on Improving Access to Healthy
Foods and Ending Food Deserts

Cooking Matters Produce Prescription Program in South Ga

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**OPEN
HAND**

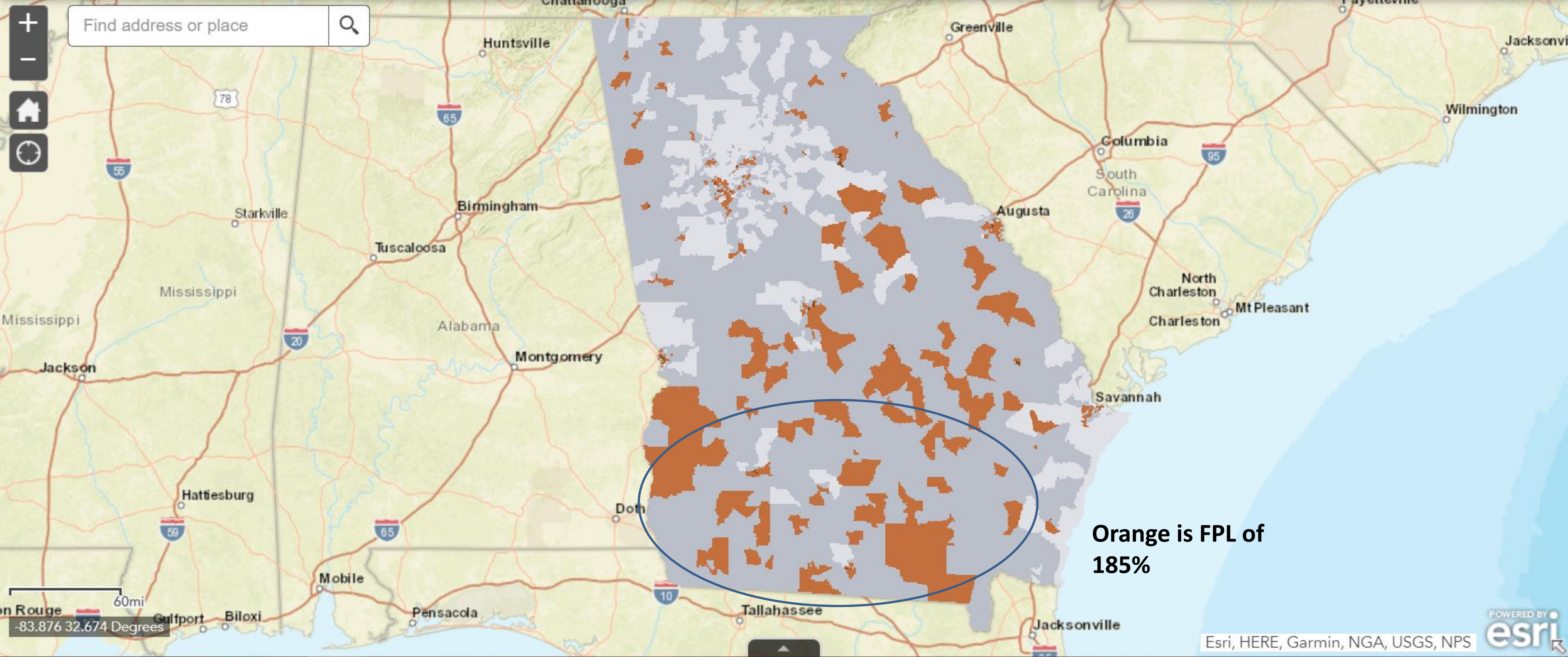


Georgia SNAP-Ed Eligibility Map

Created by Public Health Institute (PHI)



Find address or place



Orange is FPL of 185%

60mi
-83.876 32.674 Degrees

Open Hand Atlanta

- Open Hand has served the community for over 30 years as a food and nutrition agency.
- Open Hand received USDA SNAP ED funding in 2015
- Statewide reach with nutrition education and medically tailored meals





Barnes Healthcare Services' Goals

- To reduce hospital readmissions, decrease length of hospital stays, and most importantly improve patient outcomes.
- Dedicated clinical resources to assist with appropriate and timely transition of care
- Interdisciplinary teams comprised of community health workers, nurses, respiratory therapists, pharmacists and health coaches to coordinate patient care
- Work closely with healthcare providers and insurance companies to ensure best patient outcomes



Connecting Barnes Clients to Care:

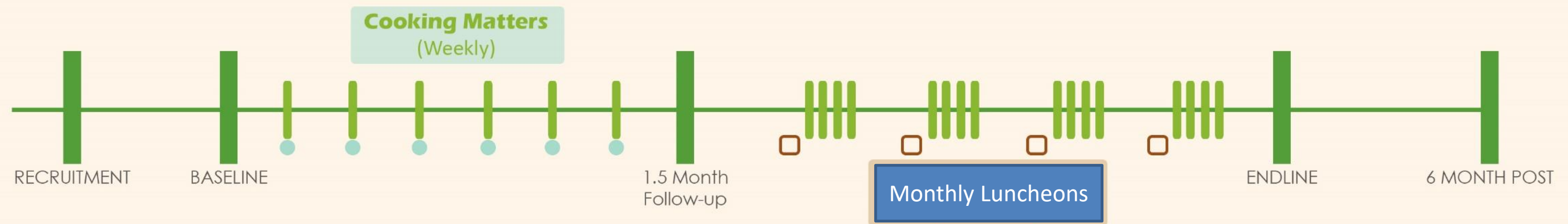
- Community Health Workers
- Screening Patients for SDOH
- Produce Programs

Open Hand- Cooking Matters

- Evidence-based hands-on nutrition education and cooking curriculum
- Six weekly classes (2 hours each)
- Goal: Teach participants how to prepare healthy, affordable, delicious meals on a limited budget



6-month PR-X program structure



What do we hope to do?

- 1 Improve food security
- 2 Increase fruit and vegetable consumption
- 3 Reduce consumption of fried foods and sugar-sweetened beverages
- 4 Increase knowledge of and confidence with procuring and preparing healthy foods
- 5 Improve physical health

How many participants were living with food insecurity before Cooking Matters?

~ 1/5 participants
were living with food
insecurity



For reference, approximately 1 in 8 Georgians were food insecure in 2020.

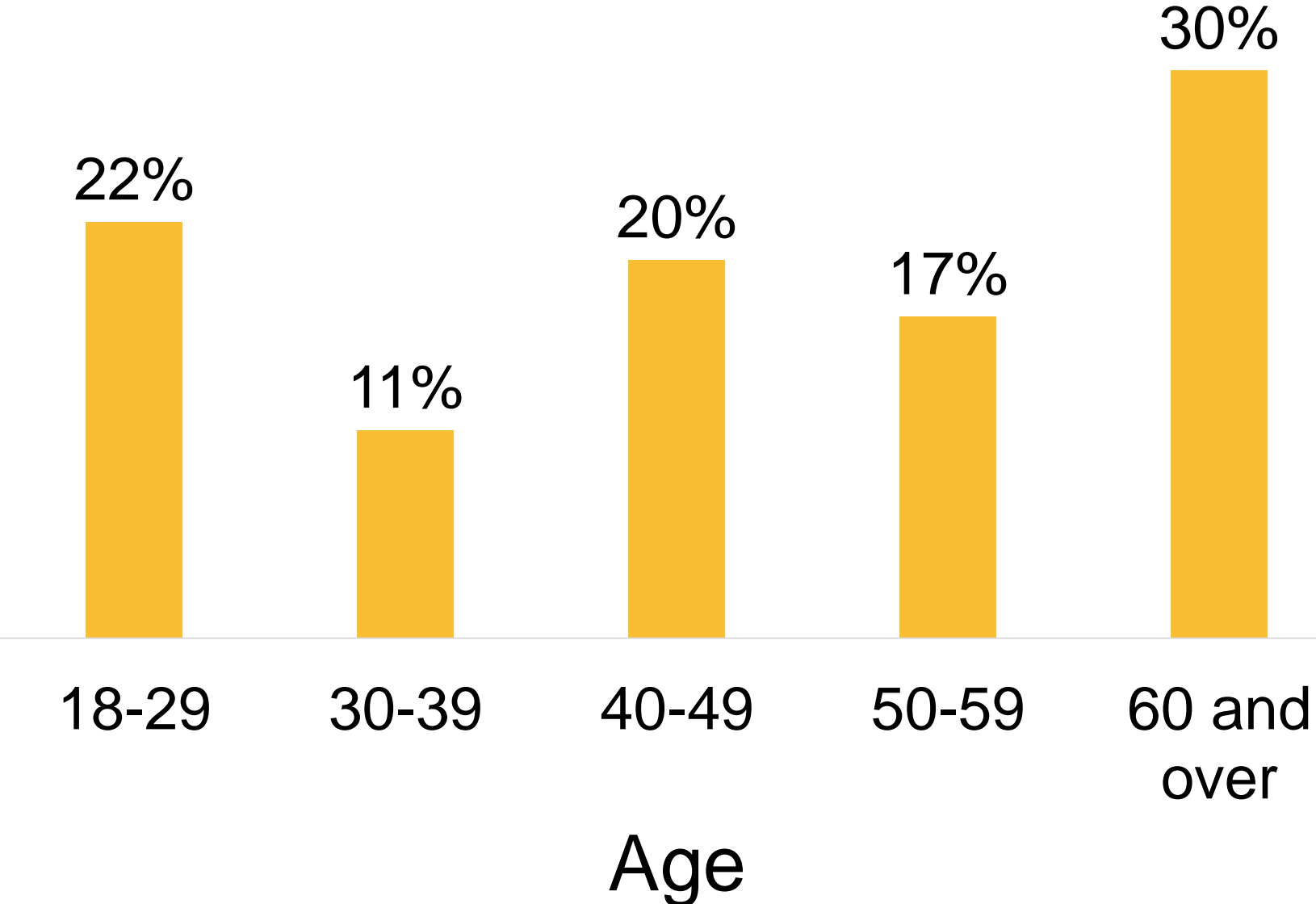
Who are our graduates?

71 individuals enrolled, 54 graduates
(76% retention rate)

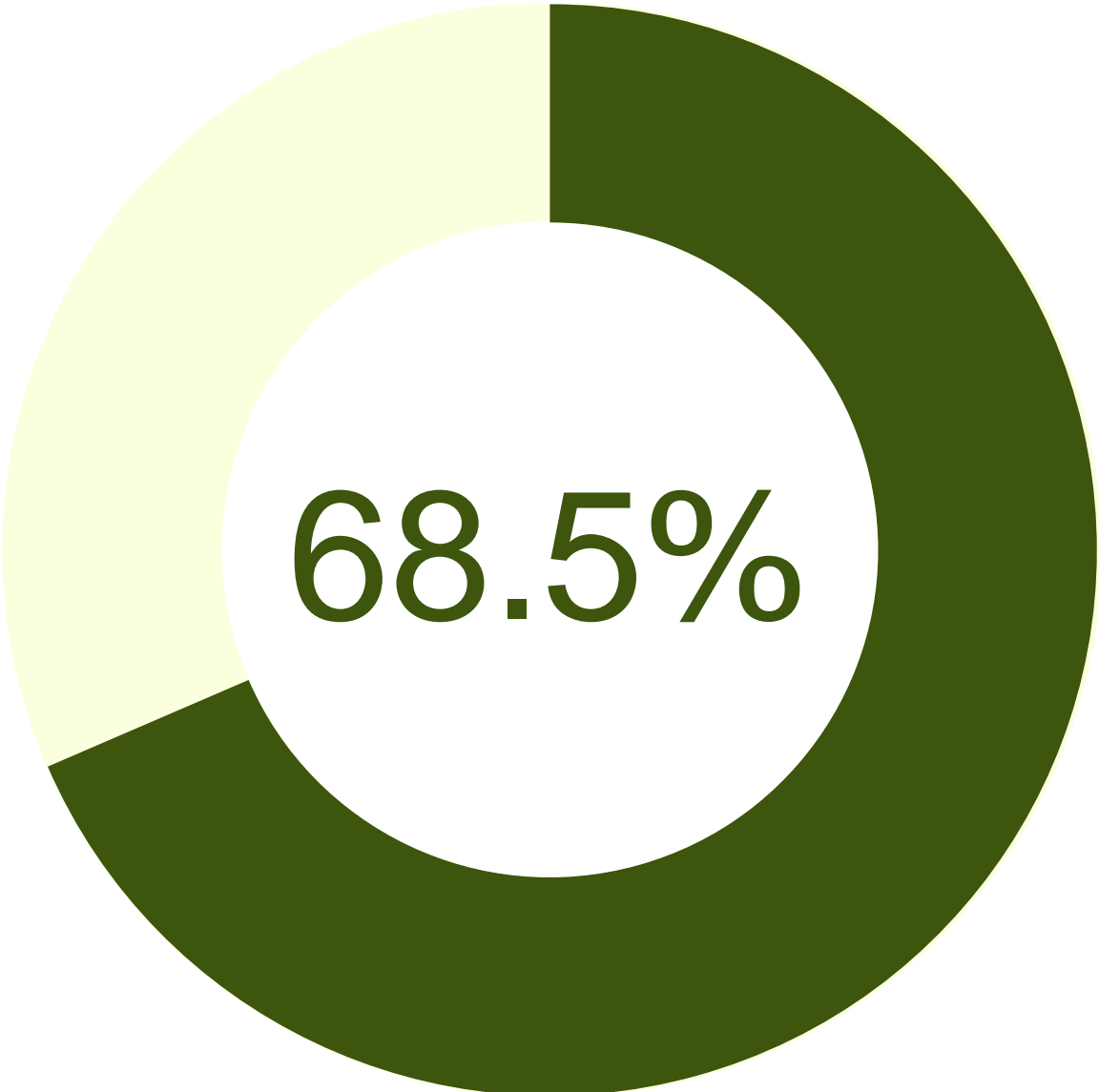
69%
Female

65%
Insured via
Medicare or
Medicaid
5%
Uninsured

54%
Black or
African
American



How many graduates used food assistance programs in the past year?



Used one or more forms food assistance in past year

SNAP	29 (54%)
WIC	3 (6%)
Reduced Price or Free School Meals	8 (15%)
Summer Meals	2 (4%)
Food Pantry	5 (9%)

How many graduates were living with food insecurity after Cooking Matters?

15%

improved food
security

69%

sustained food
security

11%

sustained food
insecurity

Overall, most graduates reported increased or sustained food security at 6-week follow-up.

How did participants' diets change?

Sugar-sweetened beverages

No change

Meals away from home



Fried potatoes



Non-fried vegetables



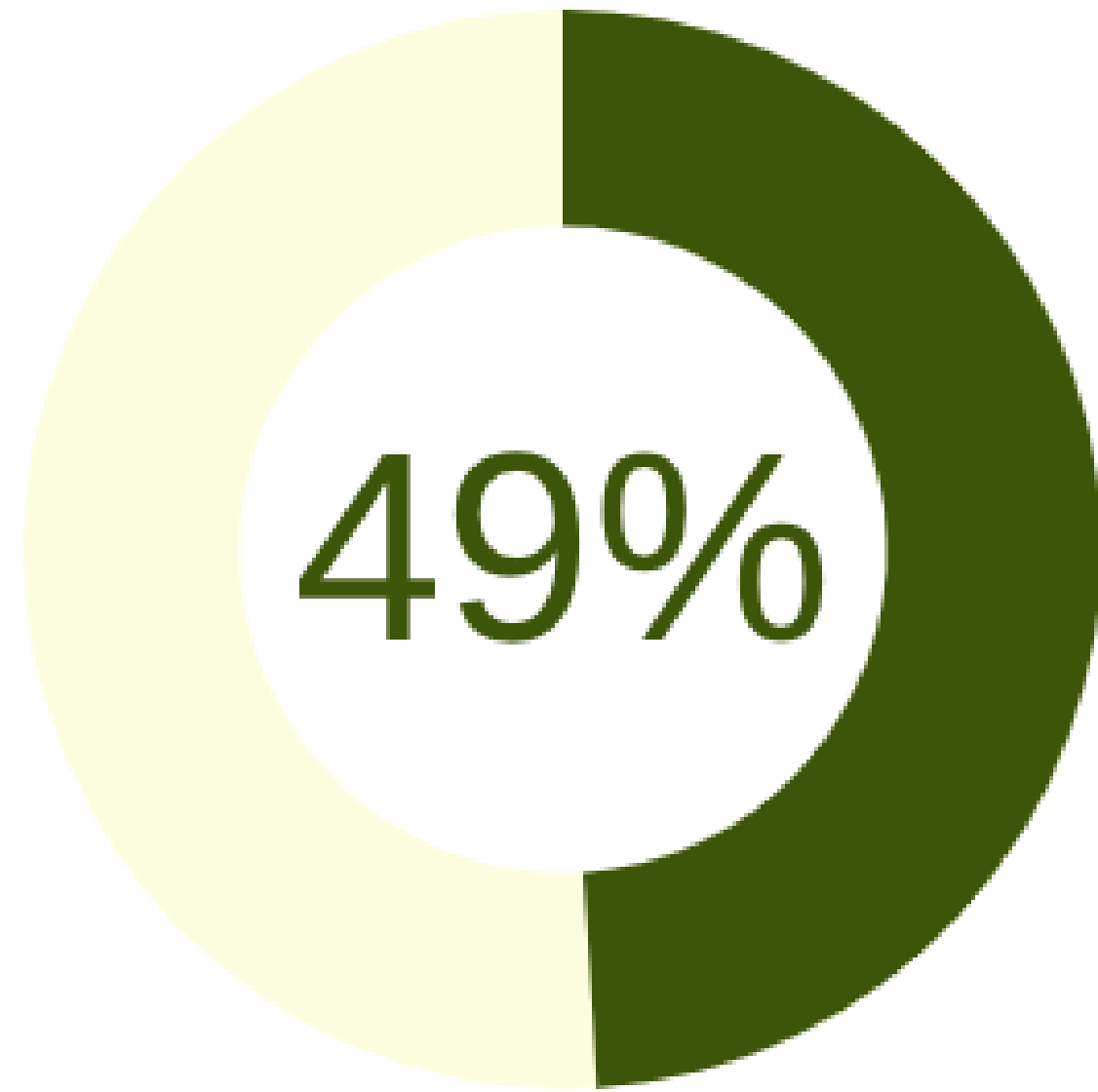
Dark greens



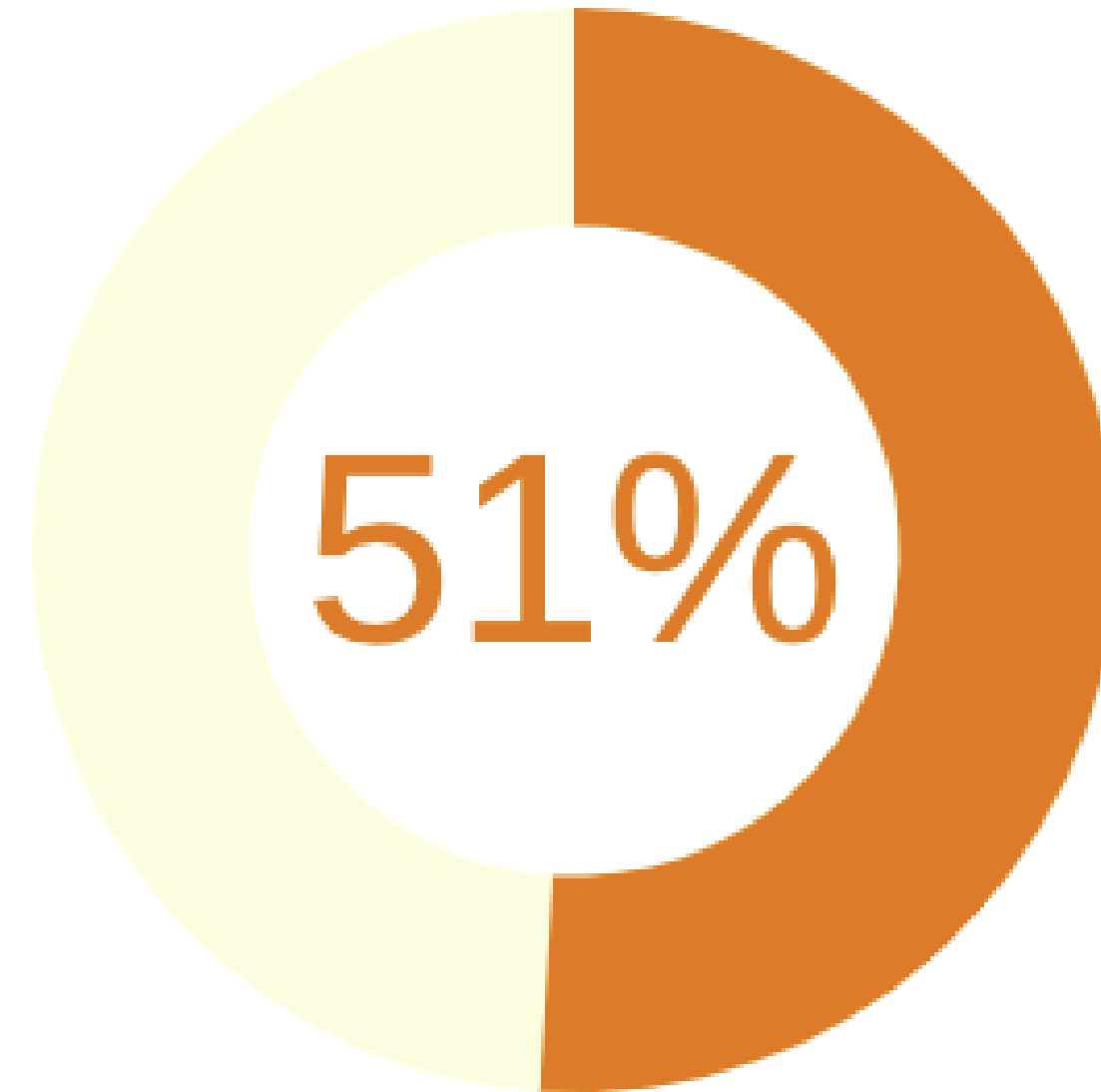
Fruits

No change

How did participants' diets change?



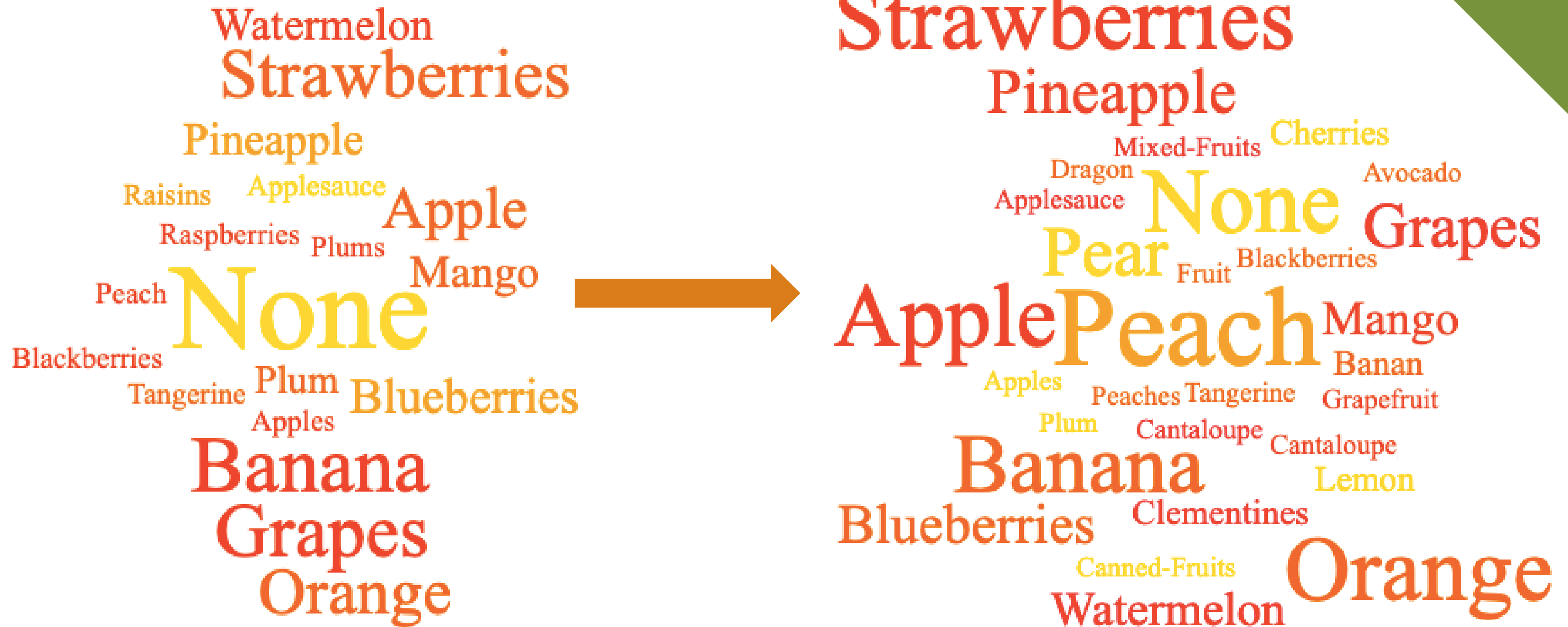
Increased number of different fruits consumed



Increased number of different vegetables consumed

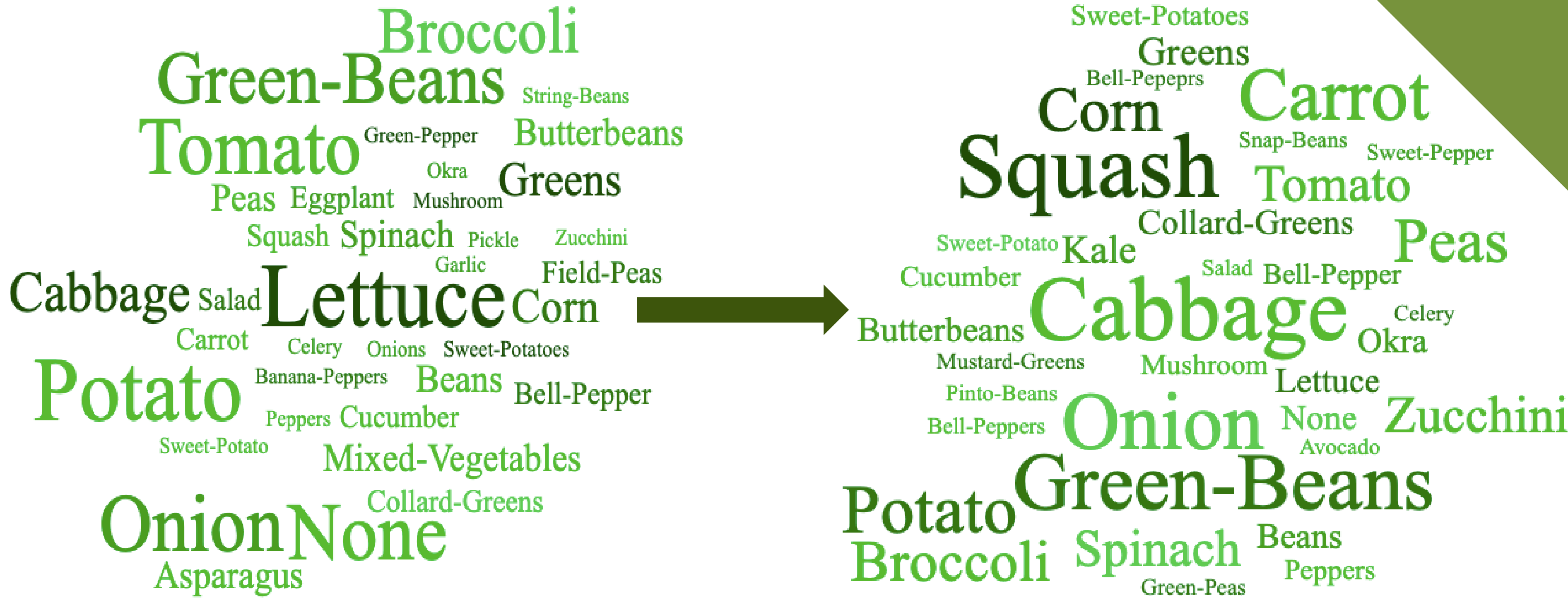
Improvements in 24-hour dietary diversity of fruits and vegetables.

How did participants' fruit consumption change?



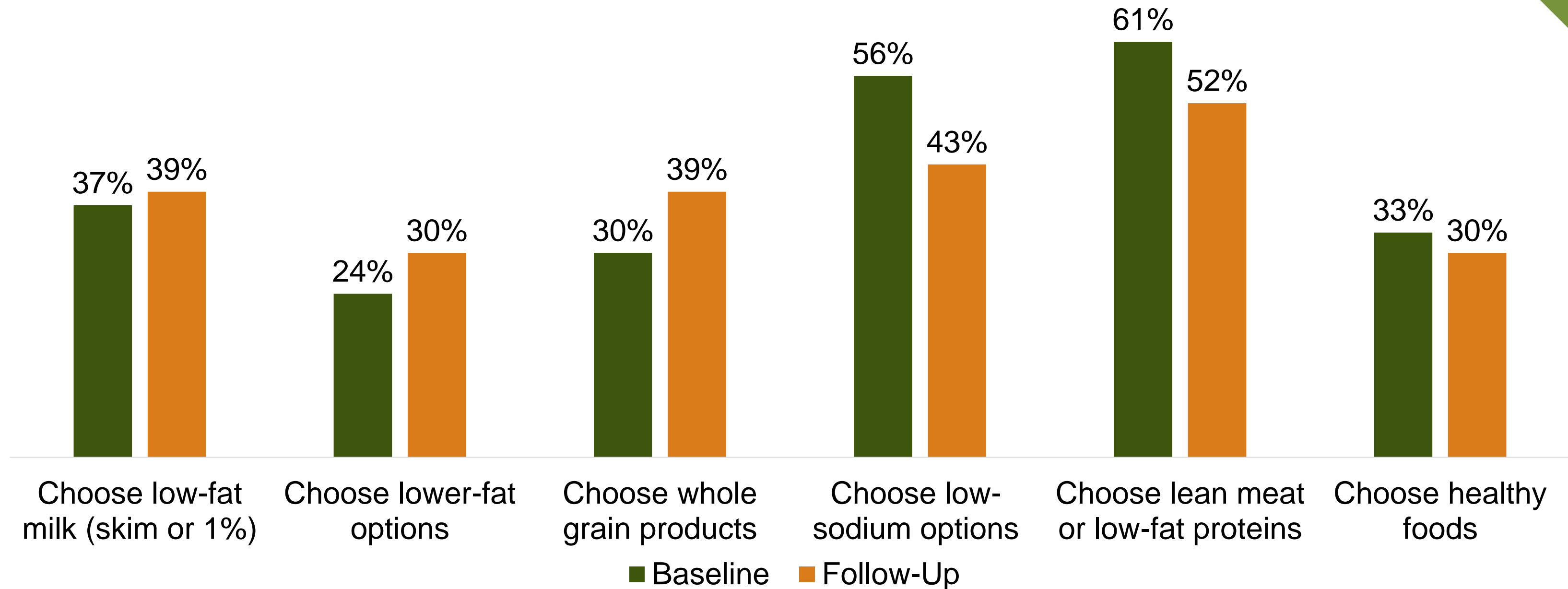
Improvements in 24-hour dietary diversity of fruits.

How did participants' vegetable consumption change?



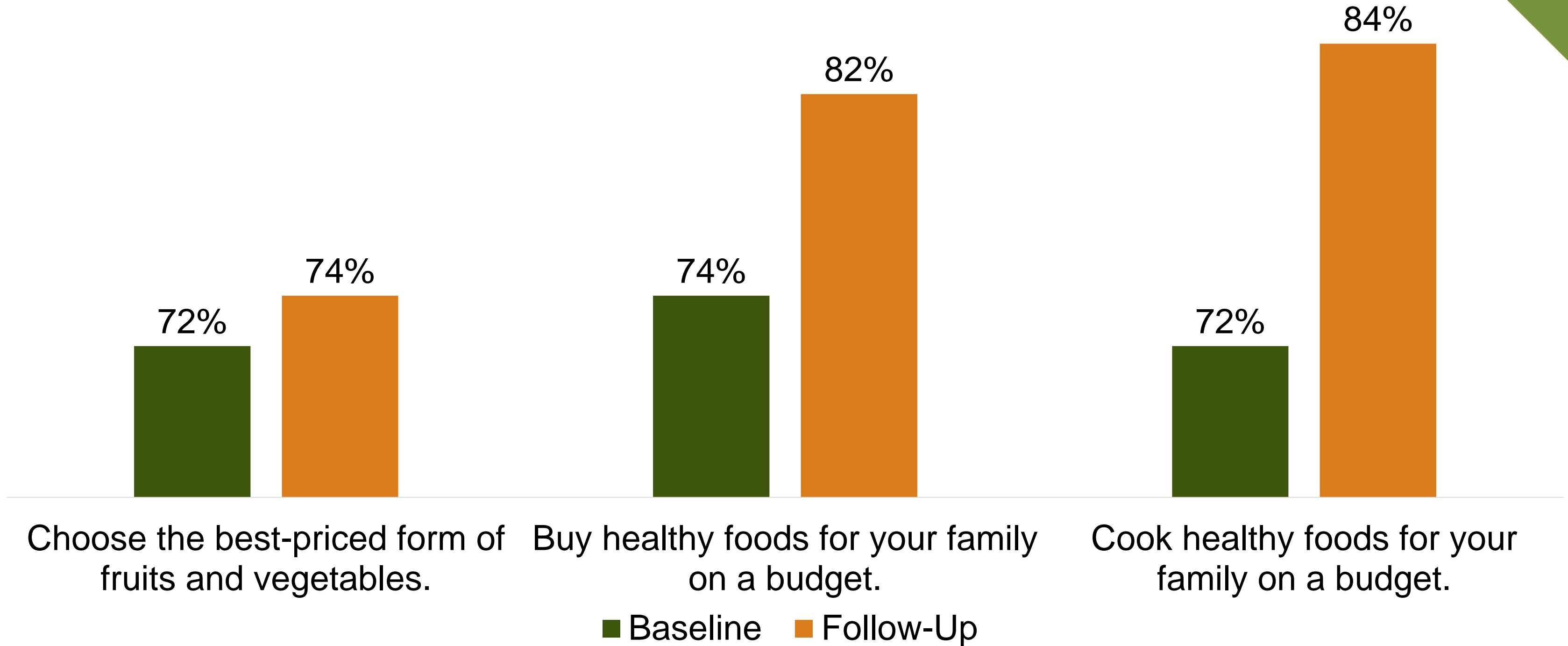
Improvements in 24-hour dietary diversity of vegetables.

How did participants' purchasing behaviors change?



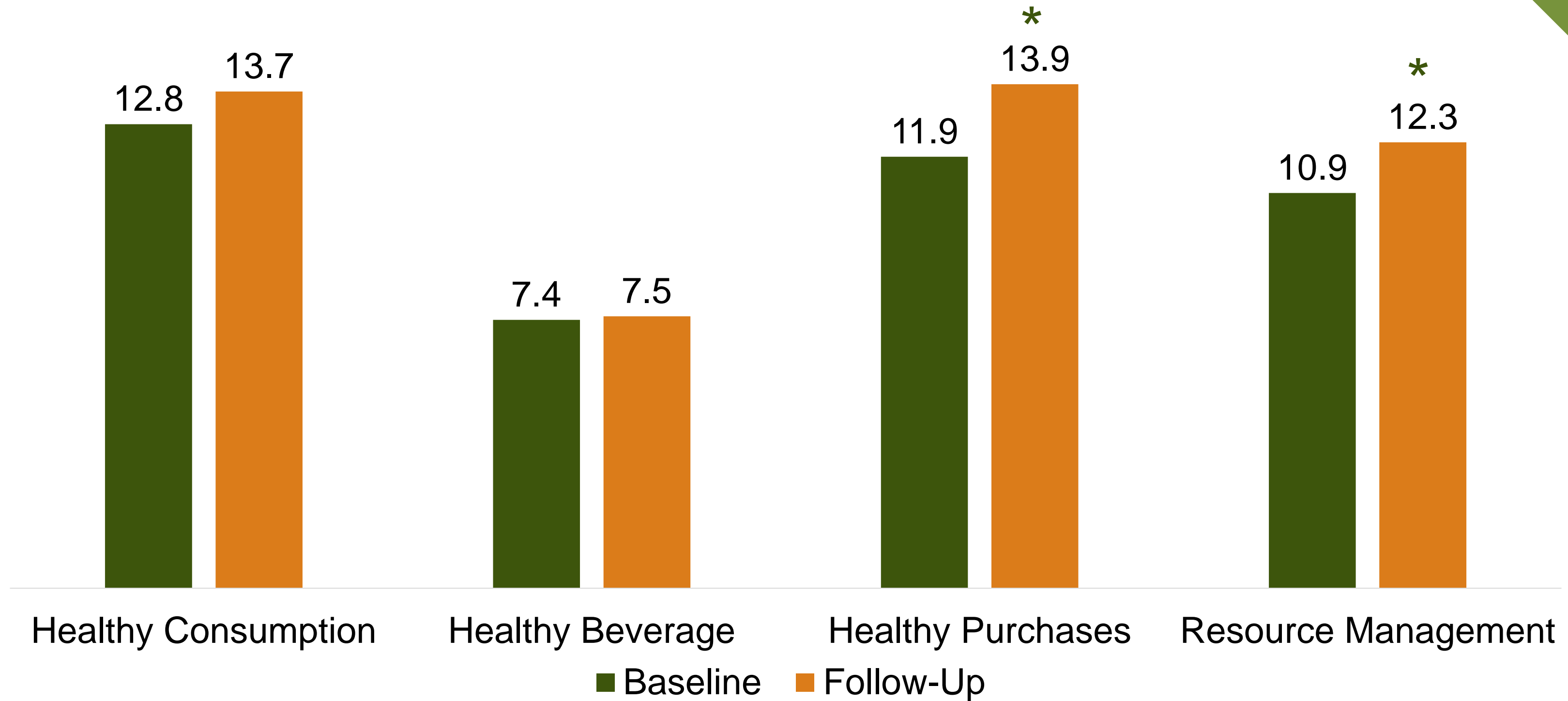
Graduates who “often” or “always” engage in healthy purchasing choices increased.

How did participants' confidence and self-efficacy change?



Increased endorsement of feeling “somewhat” or “very” confident with select behaviors.

How did participants' overall dietary practices change?



Improvements in healthy consumption, healthy purchases, and resource management.

How did participants' physical health change?

Normal

[Systolic < 120 & Diastolic < 80]

Elevated

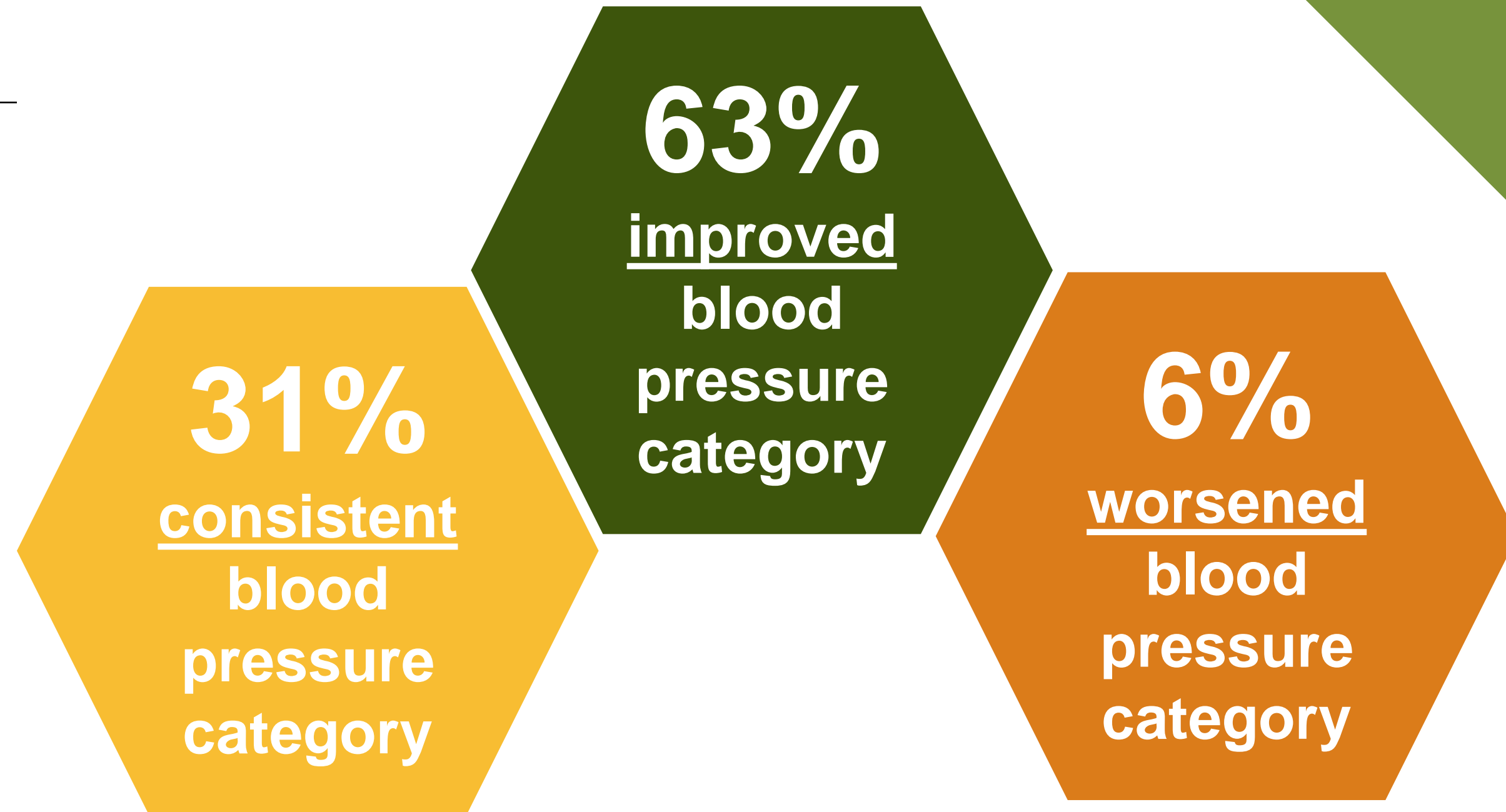
[Systolic 120-129 & Diastolic < 80]

Hypertension Stage 1

[Systolic 130-139 or Diastolic 80-89]

Hypertension Stage 2

[Systolic 140 or higher or Diastolic 90 or higher]



What have we done?

- 1** Improved food security
- 2** Increased fruit and vegetable consumption
- 3** Reduced consumption of fried foods
- 4** Increased knowledge of and confidence with procuring and preparing healthy foods in certain domains
- 5** Improved physical health (blood pressure)

Thank you to all our staff, partners, and participants who have made this program possible!

We are grateful for your continued support in our efforts to improve food security and well-being for individuals across Georgia.

