

“Food Farmacy”

A Community Outreach Project to Improve Access to Healthy Food and Monitor its Impact on Important Health Parameters

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Background:

The most vulnerable and underserved community of Jersey city, NJ is Greenville. Here 88% of residents are ethnic minorities. 50.5% of households are below poverty level. Greenville is unfortunately devoid of large grocery stores that provide fresh and healthy food options. Instead, tiny bodegas are sparingly distributed amidst the community. Such small establishments sell unhealthy processed food that in the long run has a direct and detrimental health effect on its consumers which exacerbates local public health crisis.

Intervention:

Provide a constant source of healthy food and dietary counseling to candidates that meet the criteria for enrollment into our program with a **primary objective** being reduction in BMI in overweight or obese participants and **secondary objectives** would be reduction and control of BP and HbA1c in those with HTN and Diabetes respectively.

Objectives and methods:

We expect appropriate improvement in decrease in BMI, BP, HgbA1C, LDL and increase in HDL.

BMI and BP will be measured serially during vitals measurement. HgA1c, LDL, HDL will be measured via serial blood draws. Such metrics data will be collected over the span of 2 years.