

Fresh For All: Providing Health Education to the Underserved

Medical University of South Carolina Presidential Scholars Program

Personal Health



Kaitlyn Barfield, Ivory Chen, Vivian Chioma, Ally Detig, Angela Fralish, Megan Hohenberger, Kristen Miller, Anjan Montmarry, Audrey Rowen, Rachel Whitmire, James Wilson, and Keri Holmes-Maybank MD

Introduction

- The Fresh For All is a client choice, farmer's market-style distribution which shares approximately 10,000 pounds of produce with about 200 families
- The current aim is to introduce 5.5 million pounds of fresh produce this year through a mobile distribution to rural areas that are typically difficult to serve
- Local residents are able to pick the foods they want to take home to their families leading to less wasted food
- Lowcountry food bank's target households:
 - 70% have >1 member with high blood pressure
 - 42% have at least one member with diabetes^[1]
- We chose Fresh For All as our community partner and hosted a health education fair in conjunction with the produce distribution

Community Partner

The Lowcountry Food Bank was founded in 1983 as a clearinghouse for donated food items through the generosity of both the Coastal Community Foundation of SC and Trident United Way. They collect, inspect, maintain and distribute otherwise wasted food products from various sources including manufacturers, the government, supermarkets, and farmers.

Their projected distribution exceeds 25 million pounds of food to 200,000 families, children and seniors in 2016 through a network of many agencies providing hunger-relief services throughout the 10 coastal counties of South Carolina. ^[2]

Methods

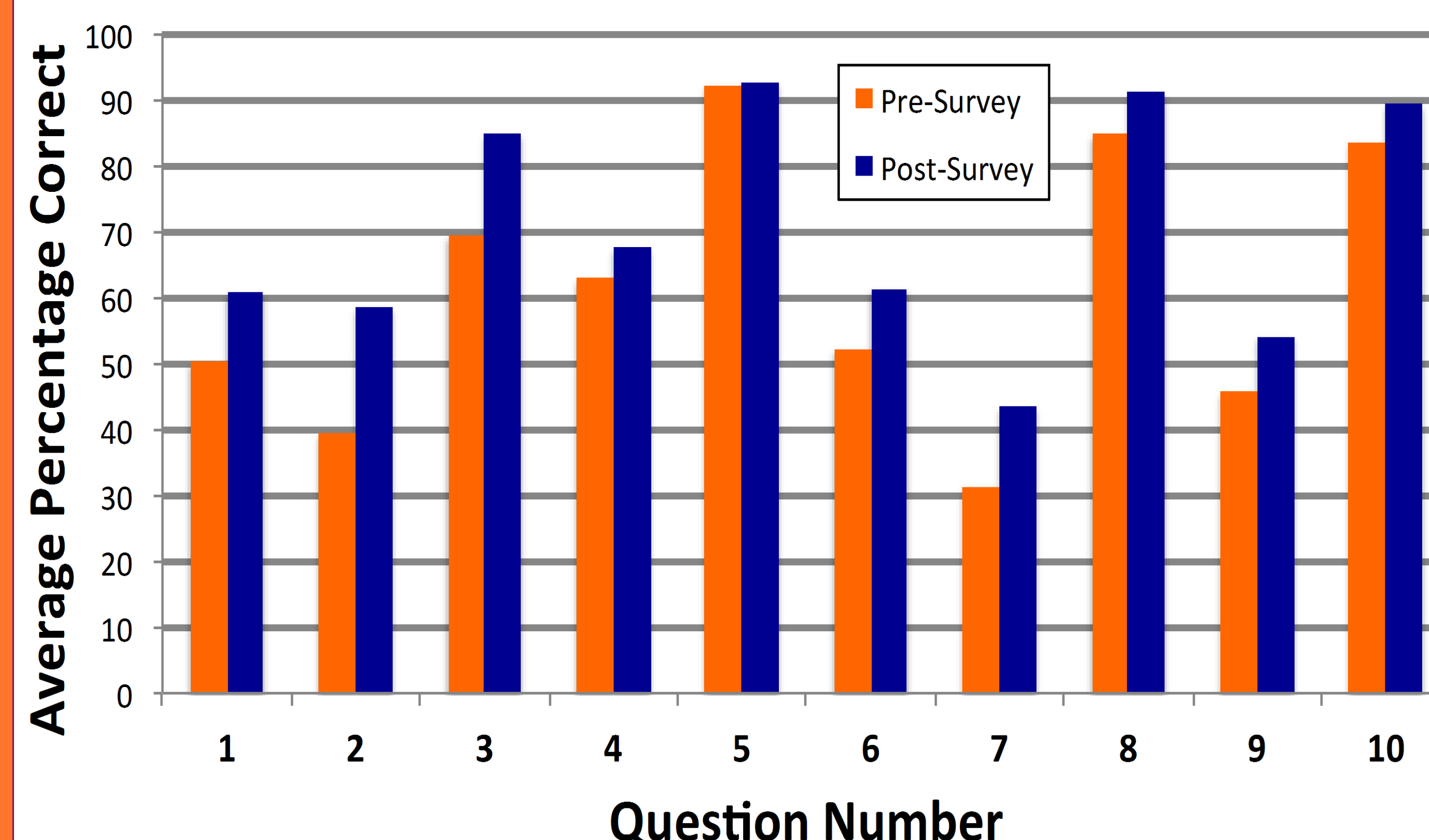
Participants were given a 10 question multiple-choice pre-survey that gauged their knowledge about personal health before entering the health fair. The fair consisted of 5 stations that educated on fitness, dental, HTN and heart disease, nutrition and diabetes, and hygiene. After completing the stations, participants were given a post-survey consisting of the same questions to compare knowledge gained.

As an incentive to participate, we offered a raffle with prizes of gym memberships and salad gift cards from Chick-fil-a. All results were analyzed using Excel.



Results

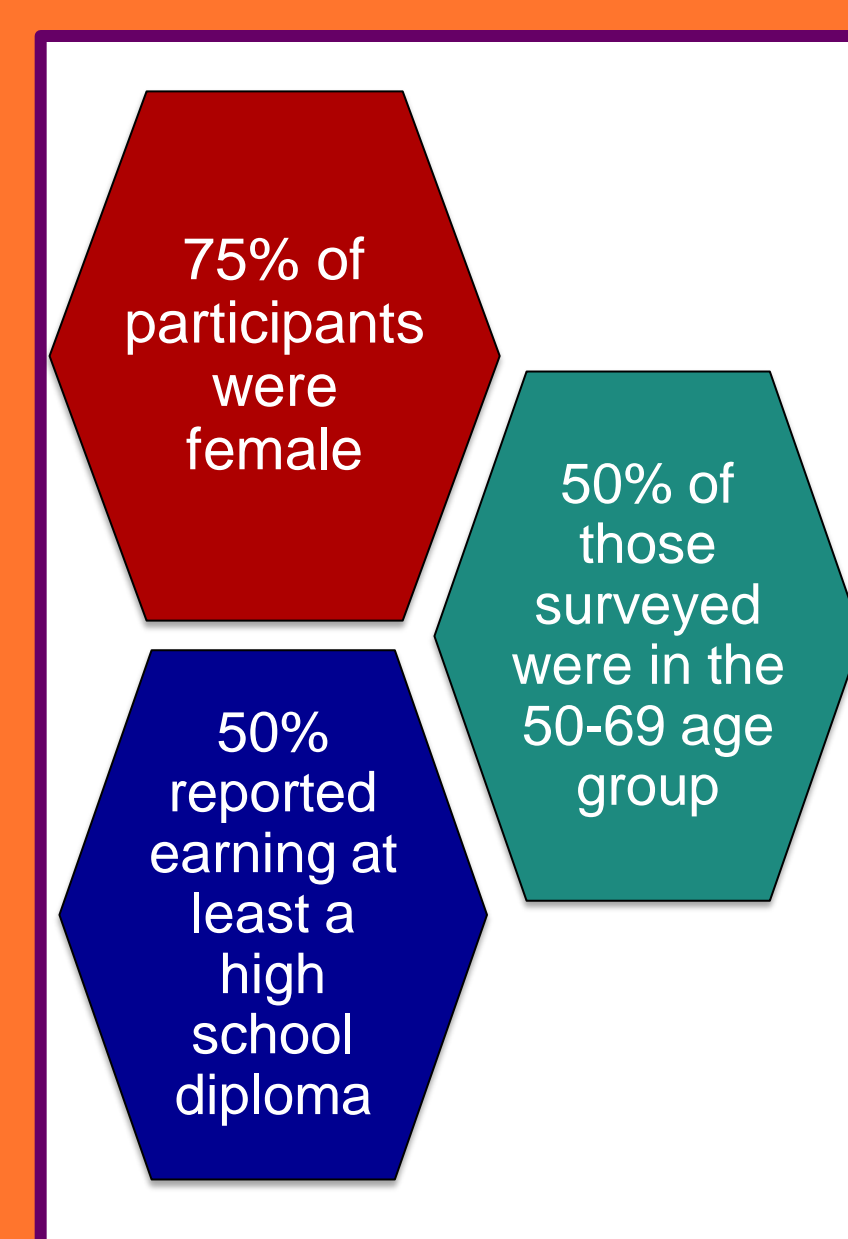
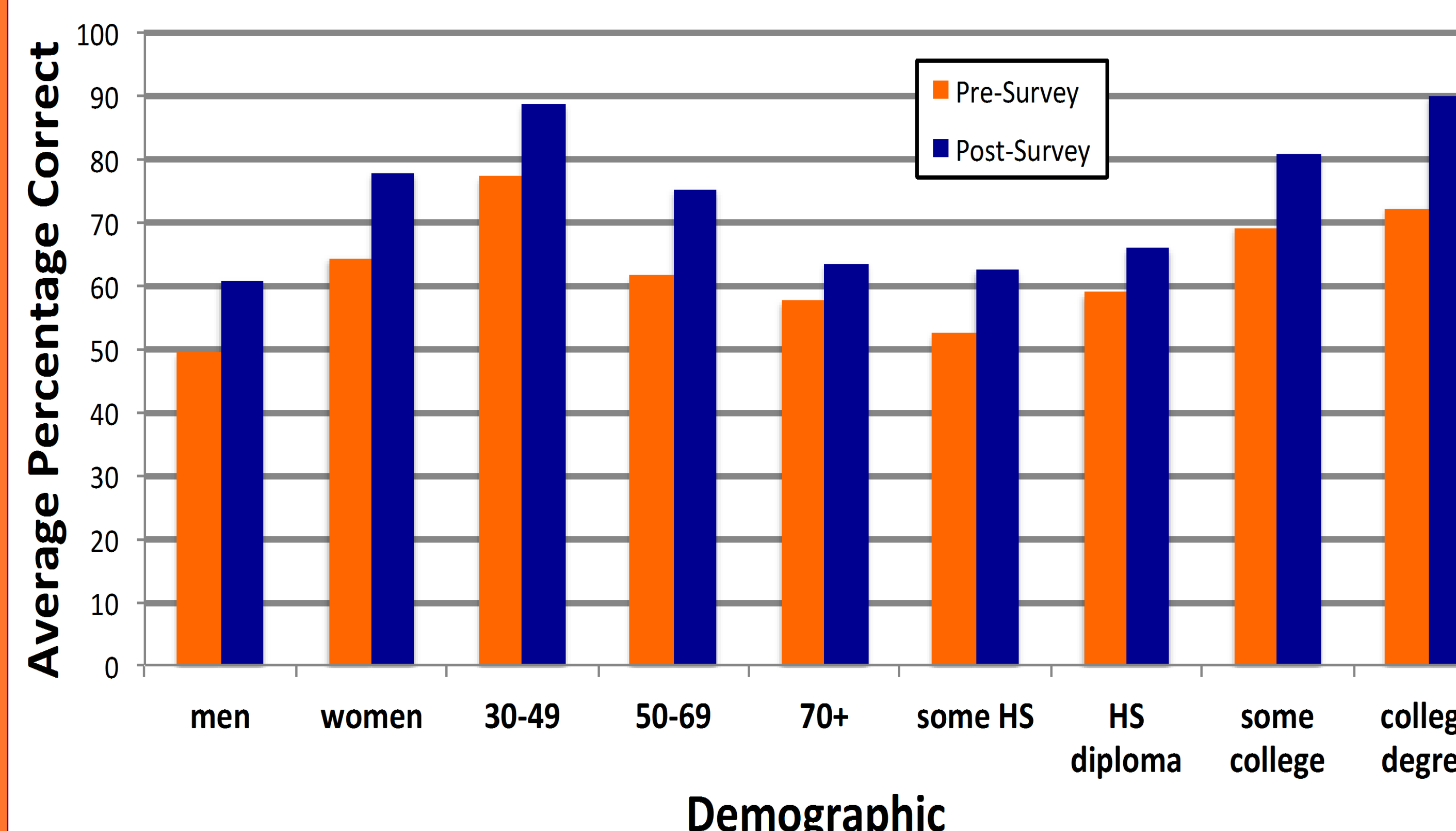
Survey Results by Question



Questions

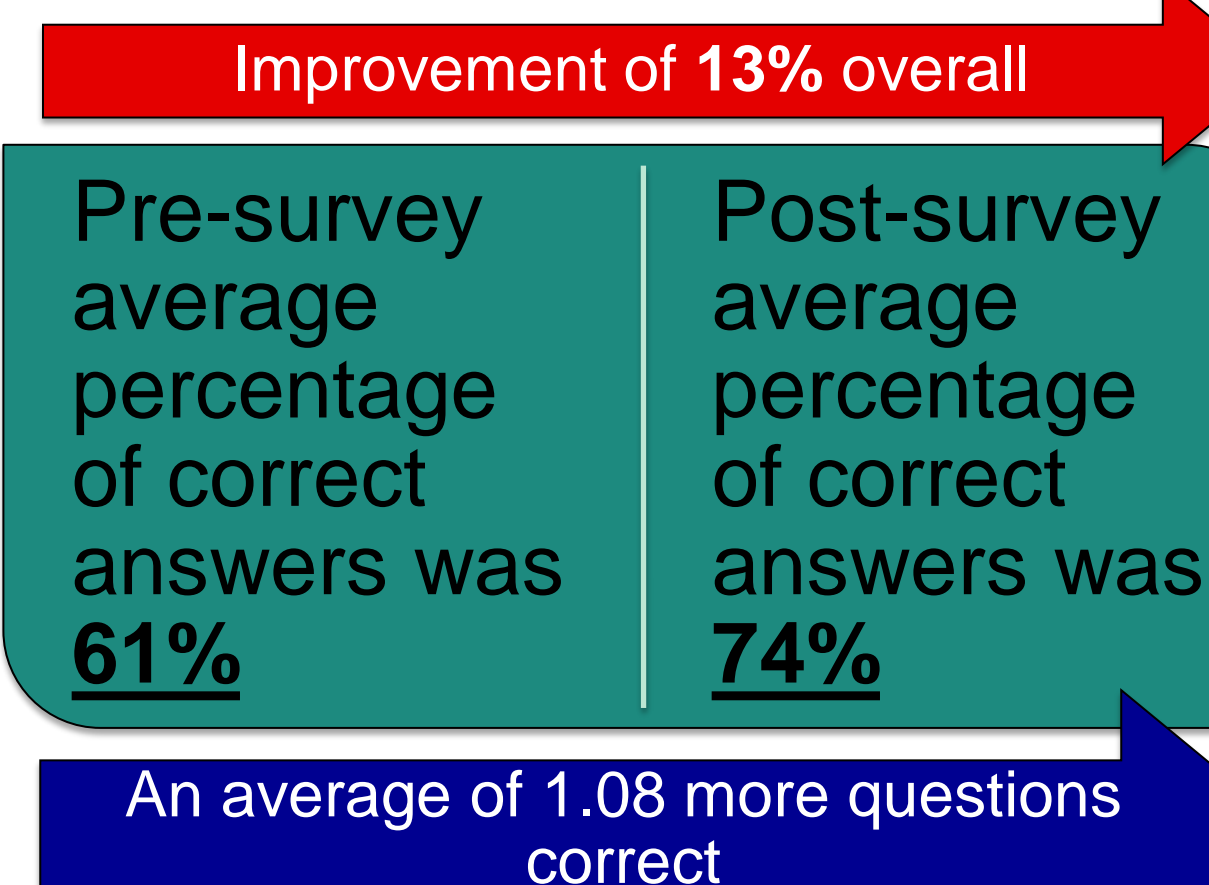
1. What causes cavities?
2. How often should you brush your teeth?
3. How many minutes of exercise are recommended a day?
4. Which objects can be used to exercise?
5. What is a healthy blood pressure for the average person?
6. What are the symptoms of high blood pressure?
7. What is the healthiest snack?
8. What is the healthiest side you should have with your food?
9. At least how long should you spend washing your hands?
10. When should you wash your hands?

Survey Results by Demographic



Discussion

- 30-49 was the highest performing age group
- Women had a higher percentage correct than men
- Those with a college degree or some college performed an average of 18% better than those with a high school education



We believe the 30-49 age group may have performed better due to their likely increased opportunity to have attended college vs. the older generation. Our sample size had a significant female majority so the lack of male participants may have poorly reflected the true population. The dental station was the most interactive, which may have led to the greater improvement in survey responses.

The most improved category was dental.

The hypertension category had the most correct answers.

The least correctly answered question was "What is the healthiest snack?"

Future Directions

- Host health fairs at multiple locations throughout the Charleston area to gather more data
- Have students available to read through the survey with every participant to combat literacy issues
- Spread the stations out to allow participants more space
- Have information appropriate for various educational levels and ages at each station
- Position the health fair before the food distribution tables so that participants do not have to carry food items with them through the health fair

Sponsors



References

1. <https://www.lowcountryfoodbank.org/who-we-are/about-us>
2. <http://www.lowcountryfoodbank.org/fresh-for-all>