



### Reporting Period: October 2018 through September 2019

The strong collaborative relationship among Solano County Family Health Services, Solano County Public Health's Nutrition Services Program and the Food Bank of Contra Costa and Solano Counties continues to flourish as the initiative's second year of funding by the Yocha Dehe Wintun Nation comes to a close.

The We're All Family! Mobile Food Pharmacy (Food Rx) Program continues to be sustained at the Family Health Services clinics in Fairfield, Vacaville and Vallejo. The Food Rx vehicle has been rotating among multiple sites in the County, operating four days per week, Monday through Thursday. Payments to the Food Bank of Contra Costa and Solano Counties (Food Bank), via contract, are current through the invoice for August 2019.

In October 2018, the Food Rx Program was piloted at the Family Health Services clinics in Fairfield, Vacaville and Vallejo; the pilot included testing different combinations of produce and implementing and optimizing accompanying recipes and nutrition information. Bags of produce were replaced by client-preferred boxes of produce and additional foods. Beginning in November 2018, the Mobile Food Pharmacy schedule moved to four days per week.



Elaine Duke of the Food Bank of Contra Costa and Solano Counties filling Food Rx prescriptions for patients.

### Community Impact

As part of the Food Rx Program, clients of Family Health Services' clinics who receive a Food Rx prescription receive produce and other food from the Food Rx vehicle as they leave the clinic. **Since the official launch of the program, with the vehicle operating on a four day per week schedule, 5,258 households received produce and other foods totaling 79,629 pounds, an average of 478 households served per month. As of September 2019, a total of 2,073 Food Rx prescriptions were redeemed at the Mobile Food Pharmacy.**

The data for the Food Rx Program from November 2018 through September 2019 are provided in *Table 1: Mobile Food Pharmacy Year 2 Distribution Data*. As the program continues its weekly rotation, we foresee the household participation and Food Rx prescriptions redeemed per month to increase.

The Mobile Food Pharmacy Program was a participant and vital resource during Solano County Supervisor Erin Hannigan's "Call to Action Family Day" events. These events centered on providing services such as limited medical and dental care, assistance with Medi-Cal applications, and free bike repair services and helmets for underserved Vallejo neighborhoods.



Supervisor Erin Hannigan distributing fresh produce to students during her "Call to Action" event at John Finney High School in Vallejo.

Over the course of three "Call to Action Family Day" events, from May 2019 through September 2019, over 1,700 pounds of produce were distributed to 117 households, and 98 Food Rx prescriptions were redeemed. Attendees of the events were highly receptive to the Food Rx Program and were grateful to receive the free fresh produce, along with the free boxed non-perishable foods.

Table 1: Mobile Food Pharmacy Year 2 Distribution Data

Month	Total Boxes*	Households Served**	Total Produce (lbs.) ^
November 2018	108	401	4,992
December 2018	177	241	2,143
January 2019	158	385	3,262
February 2019	211	503	4,918
March 2019	173	504	6,083
April 2019	185	501	5,973
May 2019	196	452	9,016
June 2019	190	461	9,180
July 2019	176	533	10,936
August 2019	263	652	12,524
September 2019	236	625	10,602
<b>Total</b>	<b>2,073</b>	<b>5,258</b>	<b>79,629</b>

\* Total Boxes = the number of Food Rx prescriptions redeemed by clients

\*\*Households Served = the number of households that received produce

^Total Produce (lbs.) = the total amount of food in pounds given to households

## Current Status

Family Health Services is proud to have the Mobile Food Pharmacy vehicle on the road and working towards enabling healthier lifestyle choices for our patients. The Mobile Food Pharmacy helps eliminate barriers – such as lack of transportation and time – by bringing the healthy food right to the patients after their appointments. The fresh and healthy foods received also encourages healthier eating habits.

In addition to the Food Rx vehicle's regular Family Health Services rotation, it is currently in a second pilot phase, **expanding services to three fellow Federally Qualified Health Centers (FQHCs)** serving Solano County residents. When Solano County Health & Social Services (H&SS) leaders approached representatives of Community Medical Centers, Inc., La Clínica de la Raza, and OLÉ Health, each expressed extreme interest in hosting the Food Rx vehicle at their sites. Family Health Services and our fellow FQHC partners strive each day to provide superior healthcare to our patients and this project, made possible by the Yocha Dehe Wintun Nation, only strengthens our abilities to do so. The second pilot phase's goal is to rotate the vehicle amongst participating FQHC sites to result in a five day a week service rotation.

Subsequently, through the efforts of the Solano County Nutrition Services Program (NSP), a Public Health Nutritionist will be available on Family Health Services distribution days to provide nutrition counseling to Food Rx prescription recipients. They will also partner with the fellow FQHC Nutritionists, and continue partnering with the Food Bank, to develop food boxes with food items more appropriate to the circumstances of those who are homeless, a significant portion of our population.





## Program Successes

In early May of 2019, the We're All Family! Mobile Food Pharmacy Program was selected to receive a National Association of County Governments (NACo) National Achievement Award in the category of Health at the NACo Annual Conference and Exposition in July 2019. The awards honor innovative and effective county government programs that strengthen services for residents in 18 categories that reflect the vast, comprehensive services counties provide. The categories include criminal justice and public safety, children and youth, and community and economic development to name a few.



More recently, the Food Rx Program was informed that we are also a recipient of the California State Association of Counties (CSAC) Challenge Award. This is CSAC's annual statewide program that honors innovation and best practices in county government. This year, CSAC honored 51 programs from 27 different counties.

## Year 2 and into Year 3

As Year 3 is upon us, the Mobile Food Pharmacy Program looks forward to building on our current successes and continuing to work towards the goal of improving Solano County patient health outcomes during Year 3 of the initiative.

The Yocha Dehe Wintun Nation's kindness has enabled the Food Rx Program to provide close to 40 tons of free and fresh produce to Solano County residents. In anticipation of Year 3, we will utilize remaining funds from Year 2 and are requesting \$100,000 to ensure the continued success and expansion to Family Health Services' FQHC partners. The continued funding will help cover operations, vehicle maintenance and repairs, cost of expanding services to the previously mentioned FQHCs and staffing a Public Health Nutritionist.

- "Receiving this fresh and healthy produce makes me want to live a healthier lifestyle."
- "I'm so glad this is here, otherwise I don't know where I'd get this fresh food."
- "This is such a blessing! Thank you for providing such a great resource."
- "I can't wait to use the cabbage I received today to make my cabbage stew!"