

# Designing a Produce Prescription Programs (PRx) to address food insecurity in the Pacific Islander LGBTQIA+ population of King County, WA



Si Bui, MPH Candidate, Nutrition Sciences Program UWSPH

## INTRODUCTION:

The US Department of Agriculture (USDA) defines food insecurity as the “household-level economic and social condition of limited or uncertain access to adequate food.” Currently, the rate of food insecurity in King County has been estimated to impact 9.1% of adults or approximately 164,548 individuals despite being the wealthiest county in Washington State.<sup>2,3</sup>

Food insecurity disproportionately impacts those of lower socioeconomic status as well as certain racial and ethnic populations. In a recent study, the prevalence of food insecurity in Pacific Islanders and Native Hawaiians in the U.S was 20.5%.<sup>4</sup> Additionally, data from a survey conducted between 2018-2020 in King County revealed that the rate of food insecurity was more than double in those who identified as LGB versus those who identified as heterosexual (18.9% vs. 9.0%).<sup>2</sup>

Therefore, those who identify as both Pacific Islander and LGBTQIA+ are at the highest risk of food insecurity and chronic disease relating to poor nutrition. In our current project, we examine how a produce prescription program could be developed to address food insecurity in this community.

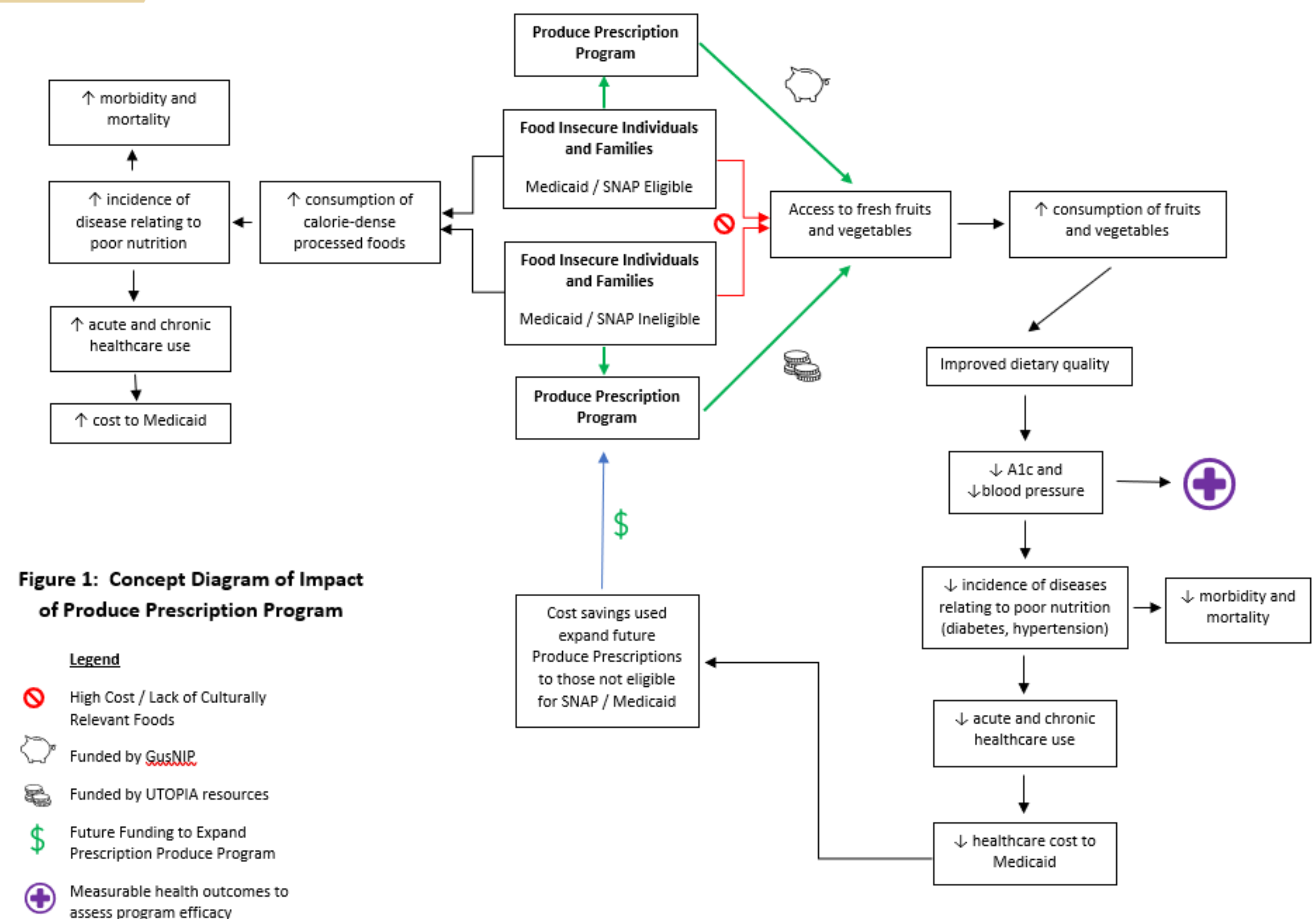
## PROJECT AIMS:

- Partner with the United Territories of Pacific Islanders Alliance (UTOPIA), a queer and trans people of color-led organization that addresses the health and social needs of the Pacific Islander LGBTQIA+ community of King County, to conduct a community health needs assessment (CHNA).
- Hold focus group with UTOPIA to learn about community needs, values, and goals in addressing food insecurity.
- Develop a concept model to guide development of a produce prescription program (PRx)

## What is a produce prescription program (PRx)?

**Produce Prescription Programs (PPP) are medical interventions that prescribe fruits and vegetable prescriptions to individuals and their families at no cost. These programs are intended to improve health outcomes (A1c, blood pressure, lipid profiles, and weight) by removing barriers to the availability, accessibility, and affordability to nutritious foods.**

## Conceptual Model of how PRx will address food insecurity and improve health.



## Results: Community Health Needs Assessment

- **Inclusion: a PRx should allow for participation by anyone experiencing food insecurity.**
- **Culture: items prescribed by PRx need to be culturally relevant.**
- **Transparency: research and design of PRx needs to be done collaboratively in a shared decision-making process with community stakeholders.**

## Special Thanks

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## References:

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