

# Social barriers may moderate the effectiveness of produce prescription program for low-income, hypertensive adults in West Dallas

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Randomized, controlled trial of a 6-month produce prescription program for hypertensive adults

## Participant Recruitment



**N=201**

West Dallas adult residents with hypertension (BP  $\geq$  130/80 mmHg) were identified from community and clinic blood pressure screenings

### Inclusion Criteria

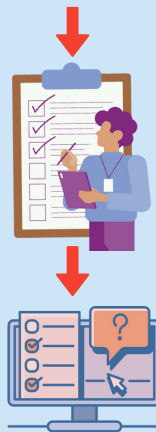
- >18 years old
- Eligible for SNAP
- Member of a low-income household

### Enrollment and Randomization

Eligible and interested individuals were enrolled, randomized to receive the intervention in Wave 1 or Wave 2, and completed the baseline survey

**N=104**

Wave 2 participants served as controls for Wave 1



**Wave 1** Jun-Dec 2023  
**Wave 2** Mar-Sept 2024

## Preliminary Results - Wave 1



### Blood pressure increased in both groups

Differences between groups in the change in blood pressure were small



### Fruit and vegetable intake slightly increased

Larger increases were observed in the intervention group, but differences were not significant



### Food insecurity rates slightly decreased

Participants in both groups improved from Very Low to Low food security during the study period



### Produce pickup rates & class attendance were low

Low utilization of resources by the intervention group may account for low effectiveness

## Intervention

- Attend 6-week blood pressure management class
- Enroll in SMS-based BP home monitoring program
- Receive weekly produce box
- Receive bus pass for classes and produce pickup
- Receive blood pressure cuff, weight scale, pedometer, pill box, DASH cookbook



Seasonal and local produce based on preferences identified through focus groups

Amount based on household size: Medium produce box for family of 2-3 contained 12-13 produce items

## Key Takeaway

**Further studies** needed to evaluate the factors moderating the effectiveness of produce prescription programs in improving longitudinal blood pressure management

### Outcome Measures

Assessed Pre- and Post-Intervention

- Triplicate blood pressure measurements taken, and anthropometrics measured
- Dietary intake assessed using Diet History Questionnaire (DHQ) III
- Food insecurity assessed using the USDA ERS Six-Item Food Security Survey
- Number of pickups and class attendance tracked