

Improving Food Security And Diet Quality Using The Freshplace Model At A Local Food Bank In Sheridan, WY

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Hypothesis

Food Bank members utilizing the Freshplace model will have significant improvements in food security and diet quality.

Background

- Sheridan, WY is nestled near the Big Horn Mountains
- Home to ~18,000 people
- 10.2% live in poverty with most utilizing local food banks for groceries
- 23% are Obese
- 10% have Diabetes
- 1.842/1000 die from Heart Disease. The highest rate in Wyoming.



Downtown Sheridan, Wyoming

Literature Review

- Food insecurity is defined as limited availability of nutritionally adequate and safe foods or limited availability to acquire acceptable foods in socially acceptable ways.
- The goal of Freshplace is to provide a more fundamental approach to the problem of food insecurity by addressing the root causes of poverty.
- The intervention includes fresh food, case management, and services and referrals.
- Freshplace members showed more improvement in food security scores and fruit and vegetable intake when compared to the control group.
- The significant improvements in fruit and vegetable consumption among Freshplace members suggests that food pantries can serve as important community sites for improving diet quality.



Community Health Project Plan

- Partnership with People Assistance Food Bank in Sheridan, WY
- Includes a client-choice pantry, monthly meetings with a project manager to receive motivational interviewing, and targeted referrals to community services
- Collaboration with local dieticians to provide education, recipes, and cooking tips.



Deliverables

- Provided People Assistance Food Bank with a detailed road map to implement the Freshplace model.
- Shared and provided a Literature Review
- Created a detailed list of contact information containing potential partners/volunteers for People Assistance Food Bank.

Next Steps

- Partner with local community members including: Dieticians, Counselors, and Culinary Staff
- Apply for private funding



Thank you to Sandra and the People Assistance Food Bank for their partnership.