

PRODUCE PRESCRIPTIONS

Supporting Health & Diet During Pregnancy



California
Preterm Birth
Initiative



BACKGROUND

- Poor nutrition & food insecurity during pregnancy are associated with poor health for both mom and baby.¹
- Black & Latinx pregnant people are 2x more likely to experience food insecurity than Whites.²

PRODUCE PRESCRIPTIONS

We gave pregnant WIC clients

\$40 per month

in produce vouchers for 6 months



OUR RESULTS



↑ Improved
food
security¹

[Between baseline and follow-up, mean change score difference = 0.88 (95% CI 0.38-1.39; p < .001) for intervention (n=592) vs. comparison group (n=106)]



↑ Increased
fruit & vegetable
intake¹

[Difference-in-differences analysis showed intervention group (n=592) had a larger change in mean intake frequency of combined FV (0.73; P < .05) than comparison group (n=106)]



↓ Decreased
odds of
preterm birth¹

[Compared to historical comparison group (n=2299), odds of preterm birth were 37% lower among intervention group (n=592) (10.0% vs 6.5%, p = .018; OR 0.63, 95%CI 0.43-0.93)]

DOWNSTREAM EFFECTS



Likely Health Outcomes

- Decreased pregnancy complications^{3,4}
- Decreased birth defects & negative impacts on infant development⁵



~\$65,000
in potential
health care cost
savings per
preterm birth⁶

References:

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3. Laraia, B. A., Siega-Riz, A. M., & Gunderson, C. (2010). Household food insecurity is associated with self-reported pregravid weight status, gestational weight gain, and pregnancy complications. *Journal of the American Dietetic Association*, 110(5), 692-701. <https://doi.org/10.1016/j.jada.2010.02.014>
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