



**"HEALTHY CITIZENS ARE
THE GREATEST ASSET ANY
COUNTRY CAN HAVE."
— WINSTON CHURCHILL**

FARMACY

HEALTHY FOODS FOR HEALTHIER PATIENTS

The Food Access through Rural, Medical And Community Systems (FARMACY) project goals are to provide resources and education to rural populations to reduce the incidence of hypertension, stroke, and cancer through improved nutrition and diet; to increase screening for hypertension, diabetes, and cancer and to create long-lasting behavioral changes through improved health.

1 What is it?

The FARMACY is a 10-week, comprehensive food access and health education program offered in cooperation by local agencies.

Participants will receive a prescription for FARMACY, which includes:

- access to healthy food
- training in an evidence-based nutrition intervention program
- evidence-based hypertension and cancer screening education, and
- information about other resources in their service area.

2 Goals of the Project

The goal of the project is to provide access to healthy foods, provide education on how to incorporate healthy foods into daily behaviors, and assist participants in getting health screenings for a1C, blood pressure, lipids, and weight. Referrals for cancer screenings will also be made for participants when appropriate.

3 Who can participate?

This program is being promoted through three clinical partners (Coplin Health Systems, Minnie Hamilton Health Systems, and Ritchie Regional Health Center), and through local community agencies. Patients and community members are welcome to join the program.

Participation criteria:

- Ages 20-65
- Not previously diagnosed with hypertension, stroke, OR cancer.

Preference will be given to individuals who:

- Live in a rural community
- Have an income at 200% or below the Federal poverty rate
- Are racial/ethnic minorities
- Individuals with disabilities

4 How can I get involved?

Individuals wanting to participate in the FARMACY can add their name to a referral list at any of the participating partner sites.

Food is medicine



What to expect

Each week participants will participate in 30-minute class that will include food demos, recipes, and information about hypertension, stroke, and cancer. The first and tenth weeks will provide an opportunity to receive **free health screenings for A1C, blood pressure and weight.**

Participants will receive a large portion of fresh fruits and vegetables weekly, and heart-healthy food boxes regularly to use at home to assist with the behavioral changes recommended in the program. In addition, participants will receive other educational materials and resources.



Partners

- Coplin Health Systems
- Ritchie Regional Health Systems
- Minnie Hamilton Health System
- MOV Health Department
- Rural Action
- WVU- Parkersburg
- Mountaineer Foodbank
- WVU Extension Service
- Cancer Prevention and Control, WVU Cancer Institute
- American Heart Association
- WV Division of Health Promotion and Chronic Disease
- WVU, Office of Health Services Research (WV Health Connections)
- WV State Office of Rural Health

Sign Up

Complete Referral Form

<https://redcap.wvctsi.org/redcap/surveys/?s=A9ANE3RMALRPFND8>



Scan QR Code to complete the referral form



Class Schedule

- Elizabeth Baptist Church
 - June 21 - August 30
 - Tuesdays 1 or 2 pm
- Jackson County Jr Fairgrounds
 - June 22 - August 24
 - Tuesday 9 or 10 am
- Minnie Hamilton Hospital (Grantsville)
 - July 15 - September 13
 - Fridays 10 or 11 am
- Ritchie Regional Health Center (Harrisville)
 - July 12 - Sept 13
 - Tuesdays 3 or 4 pm
- Parkersburg Senior Center (Parkersburg)
 - June 21-August 30
 - Tuesday 9 or 10 am

I have been enjoying having fresh, local produce. I just think this is a really great program for our community, for parents who are struggling, and for the elderly. It helps get fresh produce into their hands, and it helps patients get healthier and take care of themselves.

JENNIFER GUSTAFSON, FARMACY PARTICIPANT

For more information, contact Sarah Barton
call: 304-679-6680, Mail: sarahb@coplinhealth.com

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