

Georgia Produce Rx

Growing Health Together



A "produce prescription program" (Produce Rx) is an initiative where health care providers "prescribe" fresh, locally grown fruits and vegetables to patients who are food insecure and have a diet-related chronic illness. Produce Rx includes nutrition education, cooking classes, and menu planning alongside produce access, creating sustainable lifestyle modifications.

DID YOU KNOW?



Produce Rx programs in Georgia have been shown to improve BMI and hypertension.

SOURCE: [Wholesome Wave's Fruit and Vegetable Program](#)

Importance of Produce Rx in Georgia

Diet-related chronic illness impacting Georgians:

- 33.1% have high blood pressure.
- 31.1% have high cholesterol.
- 11.4% have diabetes.
- 31.6% are obese.

SOURCE:
[Georgia Department of Public Health](#)

1 IN 8
Georgians are food insecure.

SOURCE:
[Feeding America](#)

Heart disease is the #1 killer of Georgians.

Emphasizing fruit and vegetables can prevent and help manage heart disease.

SOURCE:
[AHA Diet and Lifestyle Recommendations](#)

A \$500,000 APPROPRIATION WILL:



Support our Georgia farmers. Roughly half of the appropriation will go back into the pockets of our Georgia farmers.



Provide 6 months of produce prescription for adults identified with diet-related chronic illness and food insecurity, as well as everyone in the household.



Improve sustainable outcomes by incorporating education of nutrition, cooking, meal planning.

SOURCE: [Wholesome Wave Georgia](#)

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**American
Heart
Association.**