

# FVRx<sup>®</sup> in Washington, DC

## What is FVRx?

Since 2012, DC Greens has partnered with Wholesome Wave to implement a Fruit and Vegetable Prescription (FVRx) Program in Washington, DC. Through FVRx, patients struggling with diet-related chronic illnesses receive prescriptions for fresh fruits and vegetables from their health care providers. These prescriptions are redeemed at local farmers' market "farmacies" for checks that can be spent on fresh farmers' market produce.

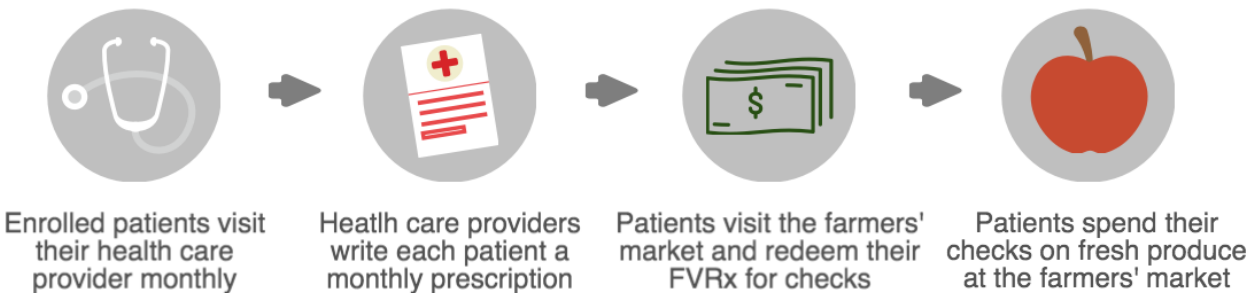
## Goals

Data from the past four years suggest that FVRx not only impacts individual health but also is an effective tool to get people to see their health care providers. With close tracking on the health center and farmers' market side, FVRx provides essential data on the value of nutrition-based health interventions. We're working toward a city where doctors write prescriptions for fruits and vegetables as a matter of course and access to affordable nutrition is recognized as a key element of preventative health care.

*"FVRx enables me to practice like I've always wanted to in treating children and families with unhealthy weight: instead of a medicine, I prescribe fruits and vegetables. And rather than wish that families could afford to purchase abundant fruits and vegetables every week, FVRx takes away the financial barriers that children from low-income families often face and makes it easy for their families to get fresh produce. As a result, I am seeing patients and families being transformed – eating well, moving more, and most importantly – moving toward a healthier weight."*

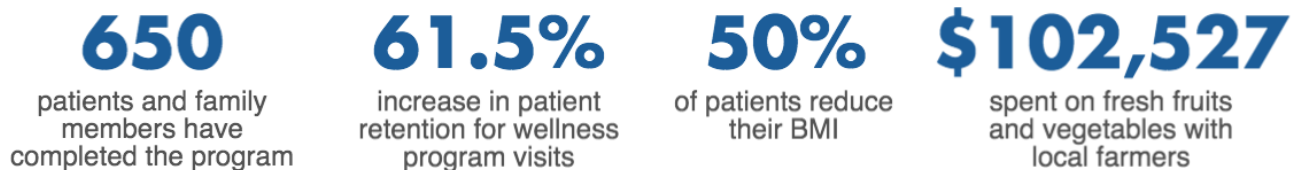
*Ryan Buchholz, MD, FAAP (Fellow of the American Academy of Pediatrics)  
Steering Committee Member, Institute for Healthy Childhood*

## How it works



## Results to Date

2012 - 2015



## Key Partners

DC Department of Health

AmeriHealth Caritas

DC Farmers' Market Collaborative

Unity Health Care

Mary's Center

Community of Hope



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