

Barriers and Facilitators to Successful Food-Based Interventions for Food Insecurity

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Qualitative Interviews of Patients within “Healthy Food First” RCT.

Interviewed 12 total participants:

- 4 Food Subsidy, no health coaching
- 3 Food Subsidy with health coaching
- 3 Food Delivery, no health coaching
- 2 Food Delivery with health coaching

Results:

Food subsidies are confusing and difficult to use, but allow you to choose
Food Deliveries are convenient, but sacrifice choice
Health Coaching can help with diet pattern substitution



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