Satisfaction Survey for a Monthly Produce Box Delivery Program

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Objective

To assess participant's attitudes toward the monthly produce delivery program and evaluate the extent to which they are benefiting from participation.

Background

Participants received a box of fresh produce each month, with the option of home delivery. Eligibility for the program included individuals living with any type of diabetes with a hemoglobin A1c (HbA1c) greater than 7.0% at the time of enrollment and who resided within a 10-mile radius.

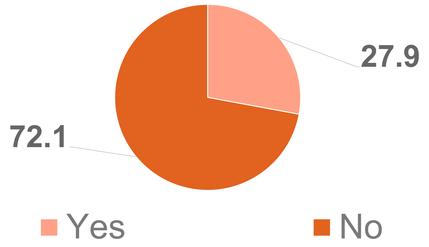
Methods

Participants were contacted by telephone and asked a series of questions regarding any challenges encountered with produce delivery, satisfaction with the quantity of food provided, and the perceived benefits of participation in the program.

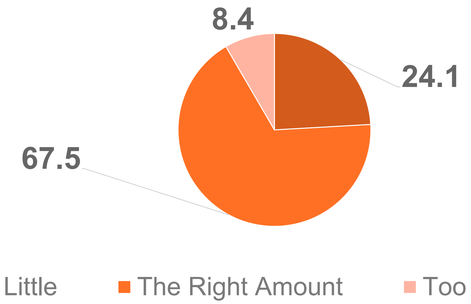
Results

Respondent Characteristics	n=86
Age (median)	55
Female (%)	65.1
NH White (%)	45.3
Public Insurance (%)	67.4
Type 1 (%)	24.0

I have had issues with the delivery of these produce boxes to my house/apartment? (%)



The amount of produced provided in each box each month is… (%)



Since Joining the Program… (%)	Strongly Agree/Agree	Neutral	Strongly Disagree/Disagree
I enjoy most of the food provided in each box	39.8/53.0	1.2	1.2/4.8
Getting these boxes is helping me incorporate more produce in my diet	50.0/42.7	4.9	1.2/1.2
I have noticed improvements in my blood sugar	22.9/43.4	20.5	0/13.3
I have lost weight	15.7/31.3	24.1	1.2/27.7
I have more energy	13.3/45.8	18.1	0/22.9
My general health has improved	15.7/49.4	14.5	0/20.5
I worry less about having enough food to eat	25.3/42.2	12	0/20.5

Conclusions

Participants expressed satisfaction with the program despite some challenges with consistent delivery, and many have indicated positive benefits from participating in the program.

Next steps include analysis of long-term clinical outcome (BMI, HbA1c, TIR) of participants and comparing outcomes to perceived benefits to see if survey results are comparable.