Low-Income Adults Enrolled in a Cost-offset Community Supported Agriculture Intervention are not Nationally Representative

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RESULTS SUMMARY

Compared to the nationally-representative sample, a greater proportion of F3HK CO-CSA enrollees were:
- Female (97% vs. 57%),
- White (76% vs. 45%),
- Highly educated (49% vs. 7% were college graduates), and
- Food insecure (57% vs. 49%)

A smaller proportion of CO-CSA enrollees were Hispanic (6% vs 34%).

A greater proportion of CO-CSA enrollees:
- Knew the daily recommendation for fruits and vegetables (3-5 cups; 61% vs. 16%), and
- Reported being in good or excellent health (34% vs. 25%)

CONCLUSIONS

CO-CSA enrollees in the F3HK sample were not fully reflective of the general public (as represented via NHANES data).

Differences between the F3HK CO-CSA and NHANES samples are possibly related to the F3HK trial’s sampling frame: English-speaking households in certain regions of Vermont, New York, North Carolina, and Washington.

Results support continued exploration into whether CO-CSA and other local food system interventions have the potential to reach beyond white, educated, and nutritionally-knowledgeable segments of the target population. Limited reach of such interventions have negative implications for their ability to shift existing dietary and health disparities.

Future studies should explore potential barriers to participating among currently “unreached” segments of the population and strategies for adapting such interventions for broader appeal and uptake.

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