

June is:

- **LGBTQ+ Pride Month**
- **PTSD Awareness**
- **National Migraine Awareness Month**
- **Alzheimer's Awareness Month**

PROGRAM NEWS & HIGHLIGHTS:

- **Farmacy Kickoff June 24**
- **Summer Harvesting with**
- **Community Garden**
- **UFI's Market**
- **Billy Sloan's First Annual Day**

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753. You can donate at emohealth.org by clicking the donate button!



Farmacy Fresh

Ebenezer Medical Outreach Inc. kicked off their fourth year in offering Farmacy to their patients. The program which began in Wheeling, West Virginia, is currently growing across the region. Farmacy is designed to be a long term solution to West Virginia's chronic illnesses. Farmacy combines educational components to healthier eating and lifestyle choices while giving residents access to fresh, locally grown produce.

In a study conducted by community organizations across Cabell, Putnam, Wayne, and Lincoln counties in conjunction with Marshall University and the West Virginia Health Equity Action Team (WVHEAT), almost 52% of respondents answered they would join a chronic disease prevention program, but only 41.46% were aware these programs are available to them. Programs like Farmacy is assisting in lowering West Virginia's health numbers such as cholesterol, high blood pressure, and A1C.

West Virginia's DHHR states, "Diabetes has escalated to epidemic proportions in West Virginia, where approximately 12% of adults have been diagnosed with diabetes by a health care professional. West Virginians have also experienced higher prevalence of co-morbid conditions such as obesity, physical inactivity, hypertension and hyperlipidemia.

The DHHR estimates there are 240,626 West Virginians living with diabetes, with 65,210 people residing in the state as undiagnosed. Farmacy educates the state's residents on proper nutrition, recipe preparation, and each week patients are given fresh produce to take home. The supplemental access to fresh food is a prescription given to every patient enrolled in the program.

Farmacy is not only educational. The weekly classes provide patients with immediate assistance supplementing food insecurity especially in regions where access is limited due to the loss of neighborhood grocery stores. Throughout the previous three years participating in the Farmacy program, patients have seen a decrease in A1C, blood pressure, and weight. Sometimes, a seed planted brings about real growth.



Harvest Time Tips

Many gardens are beginning to produce their first harvest. Picking these fresh vegetables and fruit bounties can lead to an over-abundance. There are several ideas for preserving and sharing your bounty:

1. Canning, Freezing, or Root Cellars are ways to ensure food is available to use at a later date.
2. Dehydrating can help preserve fruits, vegetables and meats for longer storage life.
3. Sharing is caring! When your garden gives you an abundance, share with your neighbors and community. Also, check with your local shelters and other community organizations to share your harvest.

PROGRAM NEWS AND HIGHLIGHTS:

UFI Market: The Market located at Unlimited Future Inc., 1650 8th Avenue, in Huntington, West Virginia, has opened to the public! The UFI Market is part of the ecosystem throughout the Fairfield Community, and consists of a multiple community gardens. Over the past month, UFI Market has offered tomatoes, green beans, kale, mushrooms, along with fruit such as blueberries, cherries, apples, and peaches. The UFI Market is open Monday through Friday starting at 9 a.m. We are so proud of partners' hard work, and thank you for growing in our community.

COMMUNITY GARDEN VOLUNTEERS: EMO's Unity Community Garden is always welcoming new volunteers. Volunteer work includes helping with upkeep and watering, as well as picking for the Farmacy program. EMO asks for fifteen minutes a week spent in the garden. To volunteer send EMO an email to rachelbledsoe@emohealth.org.

BILLY SLOAN FIRST ANNUAL DAY: Saturday, June 24, EMO had the privilege to partner with Positive Promotions at the 1st Annual Billy Sloan Day. The partnership helped distribute survey information to 46 residents within the community. Marshall University and West Virginia Health Equity Action Team partnered with EMO last year to for community surveys centered on health equity and knowledge throughout the community. Focus groups also helped gather information asking what people felt were the biggest concerns regarding health in their community. Data collected also helped to understand what programs could benefit residents, and if they knew what resources are available to them. EMO appreciated the time and a wonderful celebration with Positive Promotions.

