

Evidence-Based Intervention Related to: Behavioral Health

Title	<u>A Community Partnership to Reduce Food Insecurity and Improve Patient-Reported Depression</u>
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Aim	The Greater Boston Food Bank developed a monthly mobile market (MM) intervention in partnership with community health centers (CHCs) to reduce food insecurity for low-income residents and measured its impact on depression scores.
Study Design	Retrospective study
Population	Low-income adults
Sample Size	Patients of the CHC who attended the MM with an index PHQ-9 score documented before MM attendance (n=1,566)
Intervention	MM attendees were assigned a mobile market ID (MMID) number at the time of registration, which was linked with their electronic medical record (EMR) and used to track MM attendance over time. Retrospective EMR data was extracted from the CHC from 2016-2020 for all patients with a MMID. All available Patient Health Questionnaire (PHQ-9) were extracted from the EMR, and the first available score was used for each patient as their recorded baseline score.
Results	For all patients in the study, each prior MM visit was associated with a 0.05-point decrease in the subsequent PHQ-9 score (95% confidence interval [CI], 20.08 to 20.02). Among those who had a diagnosis of moderate or severe depression (PHQ-9 score higher than 9), each prior MM visit was associated with a 0.27-point decrease in the subsequent PHQ-9 score (95% CI, 20.33 to 20.21). Mean attendance at the MM for patients with a diagnosis of severe depression was 6.7 visits, which translates to a predicted 1.8-point reduction in PHQ-9 score during the study period.
Conclusion	Attendance at the nutrition intervention was associated with lower depression scores for all attendees, but the effect was larger for attendees who had a baseline diagnosis of moderate or severe depression.