



**COPE**  
Community Outreach &  
Patient Empowerment

## COPE Food Access Program



*Photo by Partners In Health staff*

### FOOD IS MEDICINE

On Navajo Nation, food insecurity for 75% of the population means that 1 in 5 adults has diabetes and 1 in 2 children are overweight or obese. To address this, COPE is partnering with local healthcare facilities, training teams, and retailers to transform the food security landscape.

We train doctors, nurses, and Community Health Workers to enroll participants in our innovative Navajo Fruit & Vegetable Prescription (FVRx) program. Participating families attend monthly health classes and are prescribed vouchers which can be redeemed at one of over 25 nearby stores for fruits, vegetables, and healthy traditional foods.

COPE partners with these local stores, providing training and support to procure, stock, and market more fruits and vegetables—a win for their community and for their bottom line.

Together, we are making healthy food accessible and affordable in every Navajo community.



**2,529 individuals reached**  
from over 500 FVRx  
participating families



**22 Community health teams**  
trained to enroll their  
participants in the  
FVRx program



**53% of health facilities**  
serving Navajo Nation have  
implemented FVRx



**29 stores**  
on Navajo Nation now provide  
healthy & nutritious food as  
part of the Healthy Navajo Store  
Initiative



**38% of children**  
who were initially obese or  
overweight met healthy weight  
criteria by FVRx completion



*Teec Nos Pos, AZ: At the Teec Nos Pos Trading Post,  
where the COPE FVRx program was first launched.*

*Photo by Cecile Joan Avila/PIH*



*Mother and daughter purchase fruits and vegetables at a store.*

*Photo by Partners In Health staff*

“ The lessons, along with various recipes, are fun to try. We have added some of the recipes to our regular meal plan. Using a calendar to track physical activities also made us more mindful of the importance of everyday exercise... but the most beneficial part of the FVRx Program is that **even with the rising cost of groceries, we are fortunate to have fresh vegetables and fruits from local stores.**

—FVRx participating mother ”

## **WHAT CAN YOU DO?**

- Buy local, support your community stores
- Learn more about COPE and our partners at [copeprogram.org/foodaccess](https://copeprogram.org/foodaccess)
- Support COPE at [copeprogram.org/donate](https://copeprogram.org/donate)