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An Evaluation of Food Insecurity & Health Behavior among Rural Community Supported Agriculture (CSA) Participants

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An Evaluation of Food Insecurity and Health Behavior among Rural Community Supported Agriculture (CSA) Participants

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Background
It has been well established that a healthy and nutritious diet can reduce the risk of developing cardiovascular disease, the number one cause of death in the United States. However, for many individuals, access to healthy foods continues to be a major barrier to achieving a nutritious diet. While the causes of many individuals, access to healthy foods continues to be a major barrier to achieving a nutritious diet. 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