



Live Well Gratiot Prescription for Health

Overview

Prescription for Health (RxFH) aims to increase fruit and vegetable consumption and support healthy behavior changes among patients with lower incomes and chronic disease. Prescription for Health, in this context, involves a health care provider referring an appropriate patient to the community program, where the patient receives a 'prescription' for fresh fruits and vegetables at the local farmers market, as well as participating in a series of nutrition education classes. A pilot program of this nature took place June-October 2018. In 2019, a physical activity component was added. This program is a collaboration of many health care clinics, Alma Transportation, Gratiot-Isabella RESD, Mid-Michigan District Health Department, MidMichigan Medical Center (Gratiot and Mt. Pleasant), Michigan State University- Extension, Alma College, the St. Louis Farmers Market and the Mt. Pleasant Farmers Market. In 2019 the program received funding for two years from the Blue Cross Blue Shield Foundation of Michigan.

MidMichigan Health completed a Community Health Needs Assessment in 2016 which indicated obesity as a leading health problem. In Gratiot County, 35.6% of adults reported being obese, while another 34% indicated being overweight, signifying that 69.6% of Gratiot County adults are at an unhealthy weight. The assessment also showed that 85.9% of adults did not consume the recommended amount of fruits and vegetables to support overall health. The burden of chronic disease falls most heavily on the most vulnerable; the Michigan Behavioral Risk Factor Survey stated that those with the lowest incomes are nearly three times more likely to report a lifetime history of diabetes than those with the highest incomes.

2019 Program

In 2019 the program saw some exciting changes. We expanded the reach from Gratiot County to Isabella County and included the Mt. Pleasant Farmers Market. Funds were used to provide \$120 in food coupons for participants (up from \$100 in 2018). Capacity was increased from 30 participants in 2018 to 70 participants in Gratiot County and 30 participants in Isabella County. A Physical Activity component was offered to eligible participants in the Gratiot County program.



This included a gym membership at Alma College Recreation Center from Fall to Spring along with individual instruction from student instructors.

2019 Results

Coming soon.

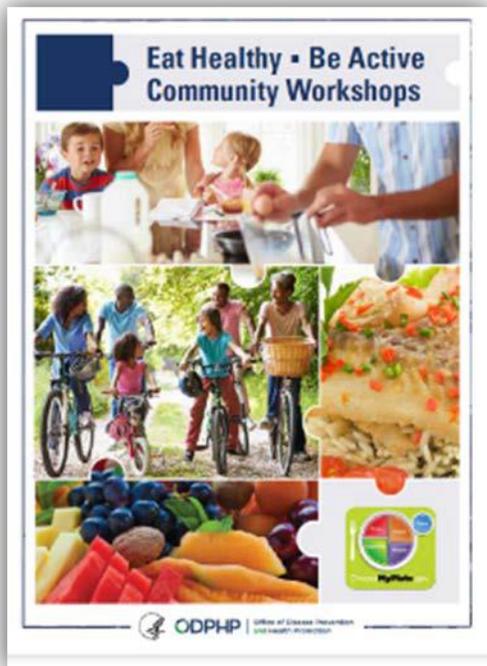


Program Impact Report



Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.

About Eat Healthy, Be Active

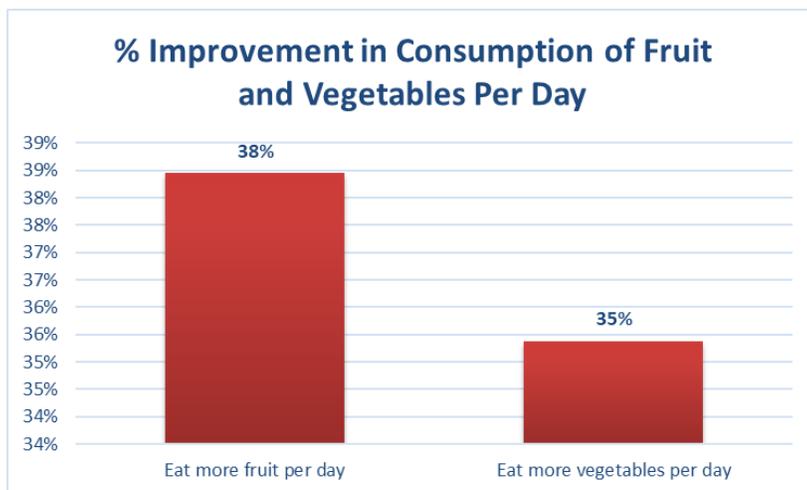


Eat Healthy, Be Active is a nutrition and physical activity program for adults and older youth. It promotes living healthy to reduce the risk of obesity and chronic disease. Participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. Each of these six 1-hour workshops includes a lesson plan, learning objectives, talking points, hands-on activities and handouts.

Below is a summary of *Eat Healthy, Be Active* programming in partnership with **MidMichigan Health, Michigan District Health Department, MidMichigan Medical Center, MSU Extension, St. Louis Farmers Market, St. Louis City Hall, Gratiot-Isabella ISD** and was funded by **Blue Cross Blue Shield of Michigan Foundation and Gratiot Community Foundation**. The following represents the reported changes in behaviors from the 64 adult participants out of 67 that completed the series of *Eat Healthy, Be Active* classes (i.e. – completed both a pre and posttest survey).

Program Summary

Chart 1 represents the percentage of improvement in the consumption of fruits and vegetables per day.



“I learned how to read what is in the product, how to prepare canned goods without salt, to measure out portions better and to make better choices when preparing meals.”

- Class Participant

Overall, participants reported significant improvements in healthy nutrition and physical activity behaviors. Below is a detailed look at the key areas of interest and the measured improvements.

Nutritional Practices

- ☞ 81% (n=64) more often ate **fruits and vegetables**
- ☞ 87% (n=61) improved in one or more **nutritional practices**
- ☞ 37% (n=62) more often used the **nutrition facts to make food choices**
- ☞ 38% (n=65) more often ate more than **one kind of fruit each day**
- ☞ 38% (n=65) more often ate more than **one kind of vegetable each day**
- ☞ 36% (n=64) more often ate **two or more vegetables at the main meal**



Food Safety Practices

- ☞ 65% (n=62) improved in **one or more food safety practices**
- ☞ 57% (n=63) less often let frozen foods thaw at room temperature

Physical Activity

- ☞ 87% (n=46) improvement in at least one or more **physical activity practices**.
- ☞ 42% (n=60) increased **walking time**
- ☞ 35% (n=62) increased time doing **moderate physical activity**