Health Rx brings together the healthcare system and the food system in Detroit – helping patients connect what they eat to how they feel, improving eating habits and health outcomes, and fostering innovative relationships to build a healthy sustainable food system in Detroit.

The Health Rx Process

Low income patients with chronic disease, caregivers of children age 0-5 and pregnant women are referred to the Health Rx program by their primary care physician.

A clinician meets with participants and their families to discuss healthy eating and assess fruit and vegetable consumption, access to healthy food, and knowledge & skills for choosing, preparing and eating fresh fruit and vegetables.

Participants receive a prescription to "eat more fruits and vegetables" from the clinician and set goals for healthy eating.

Prescriptions, representing a total value of $40 - $50, can be filled weekly for $10 of fresh, Michigan-grown fruits and vegetables at the CHASS Mercado (farmers market) throughout the 4 month program. This is equal to 7 - 30 servings of fresh produce per week for each patient and their family.

Participants and their families participate in nutrition education and cooking events at weekly markets. Clinic staff provides social support for achieving healthy eating goals and making healthy lifestyle changes at the market and through periodic outreach to participants.

2013 Outcomes

Who are the patients & families impacted by the program?

- 48 patients at a Federally Qualified Health Center in Detroit, Michigan
  - 87% female
  - 49% Latino/Hispanic
  - 33% African American/Black
  - 13% Caucasian/White
  - 5% Two or more ethnicities

Achieving positive health outcomes

- Since participating in the Health Rx program, 94% of the participants reported eating more fruits and vegetables. 73% reported their family members eat more fruits and vegetables, 57% reported their children eat more fruits and vegetables.
- Participants reported a 19% decrease in the number of times they consumed unhealthy foods during an average week.

I am in better shape because of the program and change in my diet. My health has drastically changed...
- Health Rx participant

Nearly 40% receive federal food assistance (Bridge cards/food stamps/SNAP/EBT)
2013 Outcomes continued...

**Improving healthy eating knowledge, skills and behaviors**

- Participants reported increased knowledge for selecting, preparing, cooking and storing fresh fruits and vegetables
- 97% of patients reported learning something new that they will use

**Over 80%** reported buying and cooking with fruits and vegetables that they did not buy or cook with before participating in Health Rx

- Patients reported buying fresh fruits and vegetables more frequently & including vegetables in meal planning more often after participating in the program

"I learned things I didn’t know about, I was eating things that were unhealthy [and] didn’t even know! I changed what I was eating because of this [program]."

- Health Rx participant

**Helping to build a healthy local food system in Detroit**

- 38% of participants had never shopped at a farmers market before participating in Health Rx
- 95% were new customers to the CHASS Mercado

**Fresh Food Markets in Detroit**

- 90% of participants reported that they would shop at the CHASS Mercado again next summer
- Over $2,350 spent on locally grown fresh produce through Health Rx

**Transforming the traditional medical model of health care delivery**

- Strengthened clinician capacity to promote healthy food with clients – 6 out of 7 providers used healthy food prescriptions with clients
- 100% of the participating providers agreed that the program could benefit many of their patients
- 88% of participants said that talking to a health provider at the clinic helped them to eat more fruits and vegetables

“This program has been so beneficial to the patients...not only can they get fresh fruits & vegetables, they can understand how to use them...and hopefully create those good habits that can take them to the next level of their health.”

- Dr. Richard Bryce, D.O., healthcare provider at CHASS

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*HealthRx*

is a partnership between CHASS Center & the Ecology Center

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