

# Health Rx

CHASS Center's Fruit & Vegetable Prescription Program

**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

1

**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.

2

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.

3

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

4

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.

5

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

**OVER 60%** report struggling with food insecurity 

- Nearly 40% receive federal food assistance (Bridge cards/food stamps/SNAP/EBT)

### Achieving positive health outcomes

- Since participating in the Health Rx program, **94% of the participants reported eating more fruits and vegetables**, **75%** 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
- 94% of participants reported that they manage their health conditions better since participating in the Health Rx program

*“ I am in better shape because of the program and change in my diet. My health has drastically changed... ”*

*- Health Rx participant*



# 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

# Health Rx

is a partnership between CHASS Center & the Ecology Center

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Support provided by:  
W.K. Kellogg Foundation & GE Foundation