Fruit and Vegetable Prescription Program

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We asked the questions:

• What can be done to impact obesity in our region?

• Where has there been success?

• How can we translate other successful programs to rural northern Michigan?
Evidence based Washtenaw County Public Health’s Prescription for Health Program

- Creates accountability between referring doctor and patient
- Provides nutritional education and cooking demonstrations to foster long-term behavior change
- The program offers solutions to patient barriers
- Allows for collaboration between partners
Michigan Health and Human Services 4x4 Grant

Identify adults with chronic disease to improve access, affordability and utilization of fresh fruit and vegetables.

2016 Pilot Year 1 - Munson Family Practice
171 participants enrolled and 71 finish all 4 classes

2017 Year 2 - Munson Family Practice and Traverse Health Clinic
121 participants enrolled and 76 finish all 5 classes

2018 Year 3 - Munson Family Practice, Traverse Health Clinic and Northwest Michigan Health Services
172 participants enrolled and 98 finish all 5 classes

464 Total participants
Adults in Traverse City Program Goal:
To help underserved adults with chronic disease improve access, affordability and utilization of fresh fruit and vegetables.

Self Reported Pre and Post program assessments to measure:
1. Risk for food insecurity and knowledge of food assistance programs
2. Usual fruit and vegetable intake
3. Self-reported health
4. Self-efficiency and motivation for increasing fruit and vegetable intake

Participant Outcome Indicators:
Tokens redeemed
Visits to market
Program Results

- The majority strongly agreed that the Fruit and Vegetable Prescription Program was easier to use than expected and the program helped them to eat more fruits and vegetables; the majority agreed/strongly agreed they will be able to eat healthier because of what they learned.

- Post-survey respondents significantly more likely to report eating more than one kind of fruit and vegetable each day, and more likely to report eating a greater quantity of fruit each day; also more likely to Strongly Agree they are motivated to eat fruits and vegetables daily.

- 53% of pre-survey respondents reported that they, or other adults in their household, had cut the size of, or skipped, a meal because there was not enough money for food.

- Post-survey respondents notably more likely to rate their own health Good or Very Good, with a significantly increased mean health rating.
Michigan Health Endowment Fund Pediatric Grant

Children who are obese, overweight and/or food insecure

2017 Year 1—Traverse Area Pediatric & Adolescent Clinic, Northern Michigan Medicine and Pediatrics, Kid’s Creek Clinic and Grand Traverse Children’s Clinic
73 participants enrolled and 50 finish all 5 classes

2018 Year 2—Traverse Area Pediatric & Adolescent Clinic, Northern Michigan Medicine and Pediatrics, Kid’s Creek Clinic and Grand Traverse Children’s Clinic
115 participants enrolled and 65 finish all 5 classes

2019 Year 3—Traverse Area Pediatric & Adolescent Clinic, Northern Michigan Medicine and Pediatrics, Kid’s Creek Clinic and Grand Traverse Children’s Clinic
82 participants enrolled and 66 finished classes

270 Total participants
Pediatric Program Goal:
200 families with children who are food insecure and/or obese obtain and consume the recommended amount of fruit and vegetables daily.

Self Reported Pre and Post program assessments to measure:
1. Risk for food insecurity and knowledge of food assistance programs
2. Usual fruit and vegetable intake
3. Self-reported health
4. Self-efficiency and motivation for increasing fruit and vegetable intake

Participant Outcome Indicators:
Tokens redeemed
Visits to market
Rotary Charities Grant

Adults with chronic disease

2017 Year 1-Benzie Area Christian Neighbors, Benzie Senior Resources, Crystal Lake Clinic (Benzie and Frankfort) and Paul Oliver Memorial Hospital
63 participants enrolled and 44 finish all 4 classes

2018 Year 2-Benzie Area Christian Neighbors, Benzie Senior Resources, Crystal Lake Clinic (Benzie and Frankfort) and Paul Oliver Memorial Hospital
87 participants enrolled and 77 finish all 4 classes

150 total participants
Adults in Benzie County Program Goal:
To help 125 adults who are food insecure, overweight/obese or have chronic disease improve access, affordability and utilization of fresh fruit and vegetables.

Self Reported Pre and Post program assessments to measure:
1. Risk for food insecurity and knowledge of food assistance programs
2. Usual fruit and vegetable intake
3. Self-reported health
4. Self-efficacy and motivation for increasing fruit and vegetable intake

Participant Outcome Indicators:
Tokens redeemed
Visits to market
Program Results

• The majority strongly agreed that the Fruit and Vegetable Prescription Program helped them to eat more fruits and vegetables; the majority also strongly agreed they will be able to continue to eat healthier because of what they learned.

• Post-survey respondents notably more likely to rate their own health Good or Very Good, with an increased mean health rating.

• 26% of post-survey respondents reported that they, or other adults in their household, had cut the size of, or skipped, a meal because there was not enough money for food, as compared to 30% of pre-survey respondents.

• The majority of post-survey respondents agreed or strongly agreed with the statements, “I feel motivated to eat fruit and vegetables daily,” and “I feel confident that I can eat fruits and vegetables daily.”
Allen Foundation Grant 2019-2020 Market Season

Adults with chronic disease

2019 Year 1 - Benzie Area Christian Neighbors, Benzie Senior Resources, Crystal Lake Clinic (Benzie and Frankfort) and Paul Oliver Memorial Hospital.

116 participants enrolled and 96 finish classes
95 possible participants

2019 Year 1 - Munson Family Practice, Traverse Health Clinic and Northwest Michigan Health Services.

150 possible participants
Program runs through mid October
Take one a day with tomato and cucumber.