

# Farms, Food & Health

a project of



**groundwork**

CENTER FOR RESILIENT COMMUNITIES

bringing together health practitioners, employers, schools, hospitals, farmers and others interested in connecting the dots between health care, wellness, and locally grown food

# 2014 Food, Farms and Health Conference

Integrating regional foods with healthcare and wellness

Key Partners



Blue Cross  
Blue Shield  
of Michigan

## Summary

- More than 120 participants attended, representing many sectors including health care, agriculture, education, public health and foundations
- 86.36% of survey respondents stated they would “very likely” put information gained during this event to use over the next 6-12 months
- 78.9% stated this event helped them identify at least one action step you can take to connect regional food to health care and wellness
- Strong desire for a meet the buyers event, hands-on cooking demonstrations and regional networking

## Community Impact

Munson Medical Center started the first Munson RX for Health program in Traverse City providing medical prescriptions for farmer’s market produce and nutrition/cooking education to patients in primary care and pediatric settings.

TBAISD launched a farm to school resource website, featuring resources developed by Groundwork and TBAISD. Resources can be found at [farmtoschool.tbaisd.org](http://farmtoschool.tbaisd.org)

It is too easy to rely on medications to fix a health issue rather than emphasize the real, whole and organic foods which nourish our body to repair itself.”

—Dr. Pat Friedli, Medical Director, Munson Healthy Weight Center

# 2016 Farms, Food and Health Conference

Integrating local farm foods with healthcare and wellness

Key Partners

MICHIGAN STATE  
UNIVERSITY  
EXTENSION

TBA  
ISD LEADING  
LIFETIME  
LEARNING

MUNSON HEALTHCARE

## Summary

- Sold out nearly 6 weeks in advance
- 255 attendees including physicians, registered nurses, nurse practitioners, physician assistants, health and nutrition educators, registered dietitians, hospital administrators, chiropractors, tribal officials, hospital and school food service directors, teachers, school superintendents, school garden coordinators, church and food pantry representatives, farmers and farm support groups.
- 90% of participants shared that the conference helped them identify action steps to connect farms, food and health
- Areas of future needs included instructional support, funding and leadership, ongoing support finding local food producers and suppliers, more specifics for healthcare providers

## Community Impact

Andrea Romeyn of Providence Farm provided an unsolicited letter to Groundwork explaining the large impact the two FFH events have had on her farm business. Munson, the region's largest employer, adopted a payroll deduction program to assist its employees in taking part in a CSA wellness drop off program.

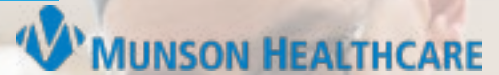


“You guys are blowing me away...This is the most diverse audience, professionally, that I have ever spoken to. I have given this talk globally around the world.”

-Daphne Miller, M.D., author  
*Farmacology: Total Health from the Ground Up*

# 2017 Culinary Medicine Training

think like a chef. cook like a dietician. eat like a local farmer.



Key Partners

## Summary

30 MD/DOs received 18 CMEs

6 providers received 2 additional CME credits for providing case study reports

100% of attendees stated they would recommend this training to a colleague

79% rated the conference as "excellent"

Areas of future interest included providing detailed dietary modifications for different disease states, behavioral health and motivational interviewing, more information on food access programs and school interventions, more nutrition science and evidenced informed practice

## Community Impact

Partners have come together around the idea of a community "teaching kitchen". Regional food pantries have purchased over 8000 pounds of local, organic produce. A new health clinic, Table Health, has opened with five medical specialists including two physicians, a nurse practitioner, a registered dietitian and licensed medical therapist and a functional medicine health coach and exercise therapist.



"I've dreamt about what you are doing here in this exact city my entire life. You might just be the place that will invent the future for a healthy, resilient community."

- Dr. David Eisenberg, Director, Culinary Nutrition, Harvard T.H. Chan School of Medicine

# What to Look for in 2019

March 14, 2019

1/2 Day Culinary Medicine Training

Community Film Screening Resilience: The biology of stress and the science of hope

Panel Discussion: Toxic Stress & Culinary Medicine

September 27–29

2.5 day Culinary Medicine Training

1.5 day Farms, Food and Health Conference

National Keynote Speaker

Farms, Food and Health Expo

Local Food System Activities:

- Farm Tours,
- Winery Tours,
- Farm Dinners,
- Cooking Demonstrations
- and much more!