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United States Department of Agriculture

AND JUSTICE FOR ALL

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To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

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La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o

fax:
(833) 256-1665 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

Form AD 475 A—Annual Poster Revised September 2019

Alfoho Complementaria al Formulario AD 475 A. Revisado Septiembre 2019



Successful Outcomes and Lessons Learned in Addressing Disparities in Access to Healthy Foods

OCEANA HEALTH BOUND COALITION - HEALTHY LIFESTYLES TASK FORCE



PRESENTED BY: CATALINA BURILLO & NAOMI HYSO

APRIL 24TH, 2023

2023 MIDWEST STREAM FORUM FOR AGRICULTURAL WORKER HEALTH
SHERATON AUSTIN HOTEL AT THE CAPITOL, AUSTIN, TEXAS

Trinity Health Michigan

\$4.1B
In Revenue

\$175.6M
Community Benefit Ministry

8
Hospitals

12
Medical Centers

22
Urgent Care Locations

24
Continuing Care Locations

19,843
Employees

3,755
Physicians and APPs

2,286
Affiliated Physicians

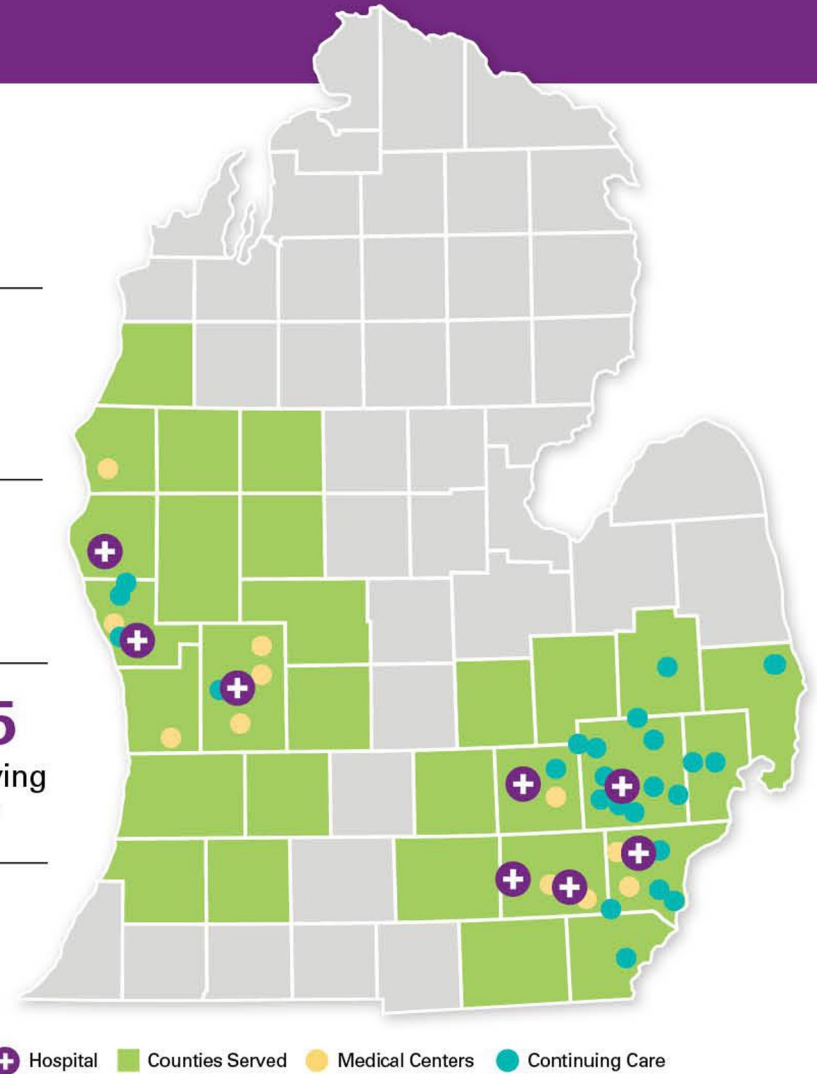
6.6M
Patient Encounters

84,901
Surgeries (IP/OP)

9,960
Births

221K
Home care/ hospice visits

1,365
Senior Living Residents



One Culture: Who We Strive to Be



Our Mission

We, Trinity Health, serve together in the spirit of the Gospel, as a compassionate and transforming healing presence within our communities.



Our Core Values

- Reverence
- Commitment to Those Who are Poor
- Safety
- Justice
- Stewardship
- Integrity



Our Vision

We will be the most trusted health partner for life.



Our Actions

As a Trinity Health colleague, I will:

- Listen to understand.
- Learn continuously.
- Keep it simple.
- Create Solutions.
- Deliver outstanding service.
- Own and speak up for safety.
- Expect, embrace and initiate change.
- Demonstrate exceptional teamwork.
- Trust and assume goodness of intentions.
- Hold myself and others accountable for results.
- Communicate directly with respect and honesty.
- Serve every person with empathy, dignity and compassion.
- Champion diversity, equity and inclusion.



Our Promise

We Listen.

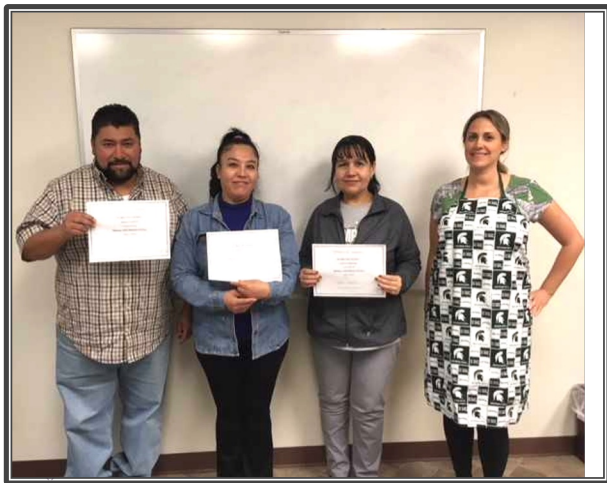
We Partner.

We Make it Easy.



Michigan State University Extension

A statewide educational network that applies research and knowledge of the land grant university to individuals and communities.



Health and Nutrition Institute

Health Team (Health Educator- Chronic Disease Prevention & Management)

MSUE Health Workshops:

- Chronic Disease Self-Management PATH (Personal Action Towards Health) (English/Spanish)
- Dining with Diabetes (English/Spanish)
- Falls Prevention (Tai Chi & A Matter of Balance)

SNAPSHOT OCEANA COUNTY, MICHIGAN

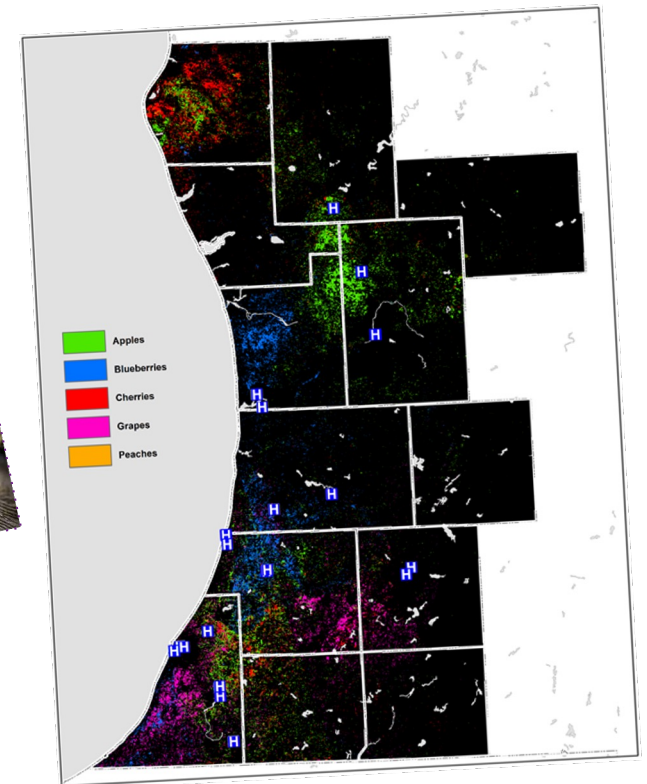


Census at a Glance:

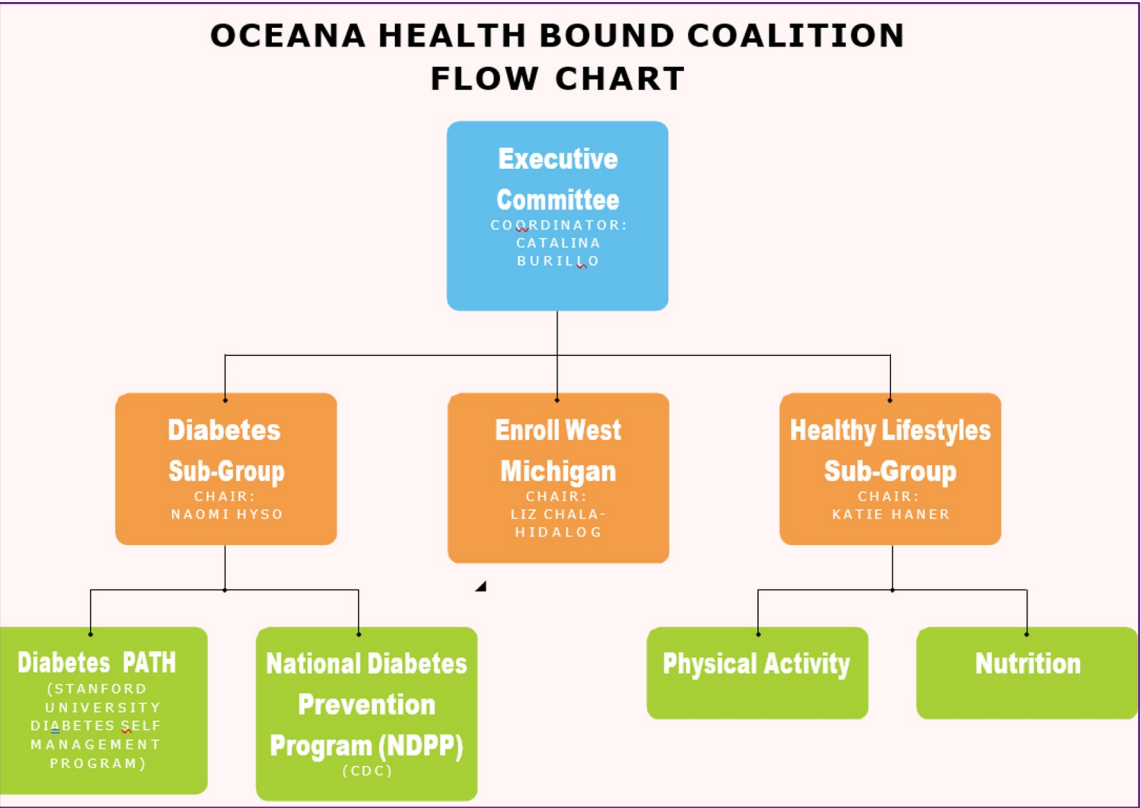
- ❑ Population: 26,973
- ❑ Race:
 - White non-hispanic 81%
 - Black 1.2%
 - American Indian 1.5%
 - Hispanic/Latino 15.5%
(state average: 5.0%)
- ❑ Percentage of Spanish-speakers: 11%
(state average: 8.9%)

Oceana top three areas of agriculture production (by volume of sales):

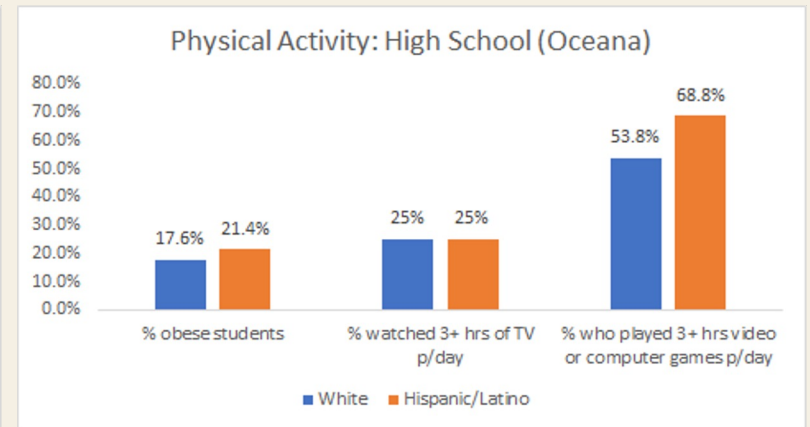
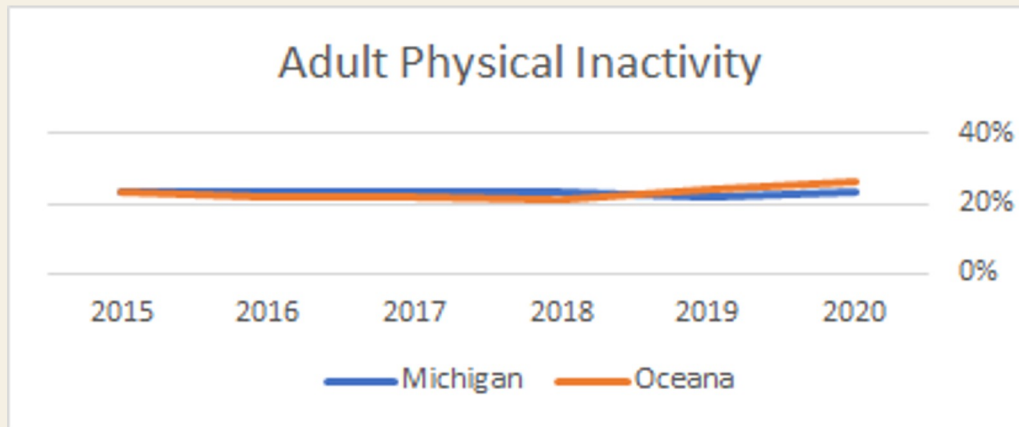
- ❑ Fruits, tree nuts, and berries
- ❑ Vegetables, melons, potatoes, and sweet potatoes
- ❑ Hogs and pigs



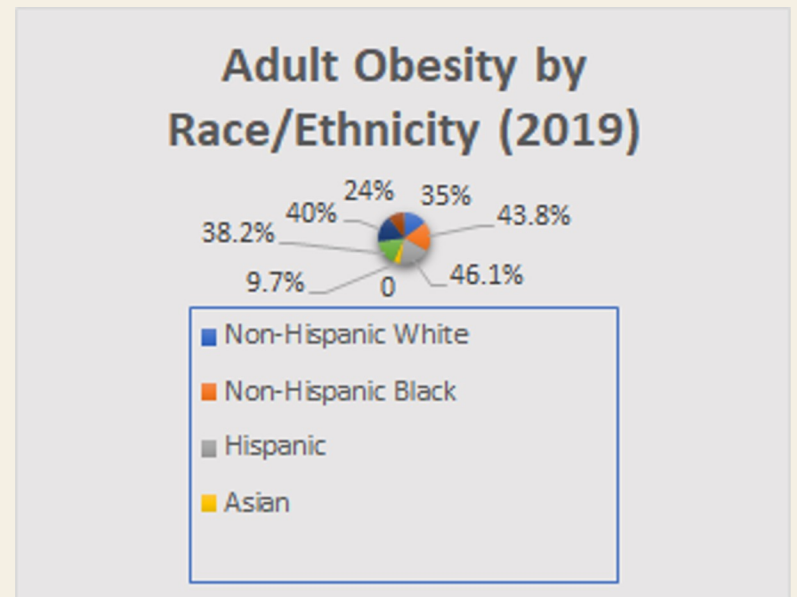
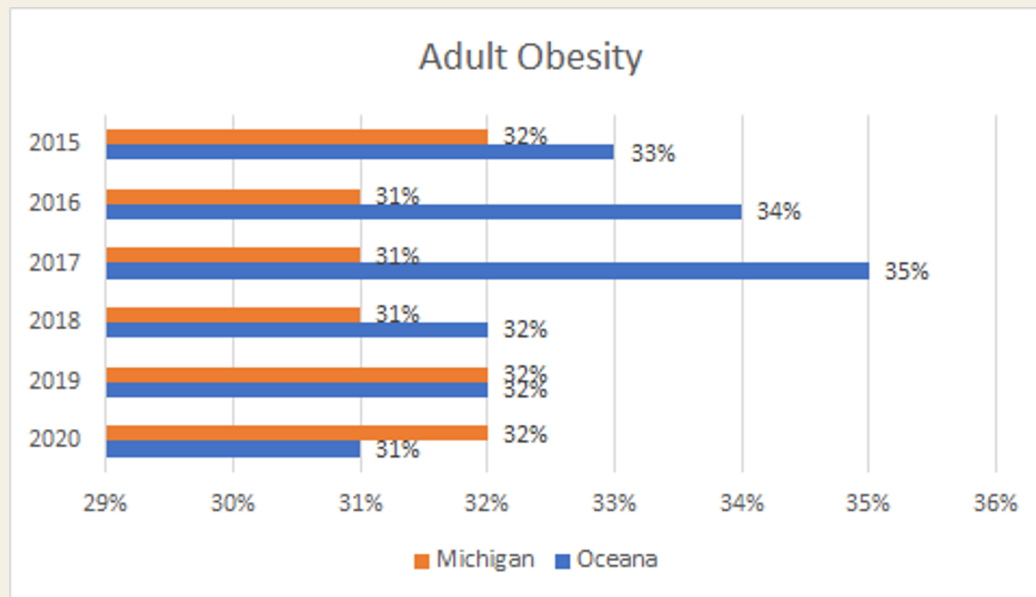
Health Disparities Reduction Coalition formed



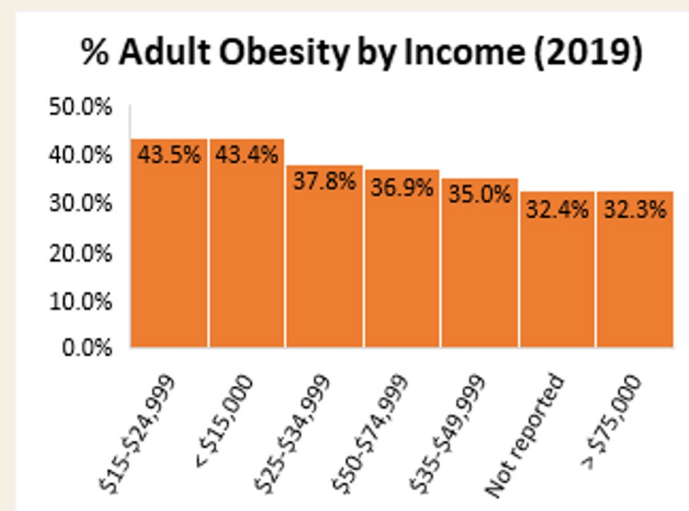
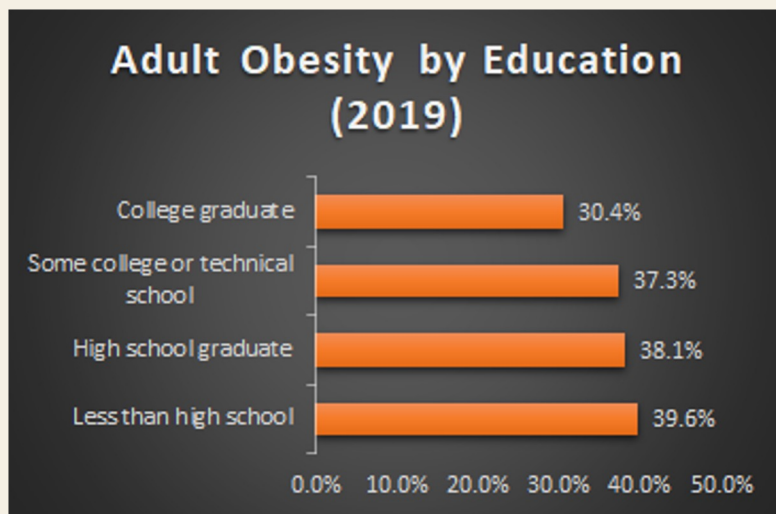
Physical Activity or Inactivity in Oceana



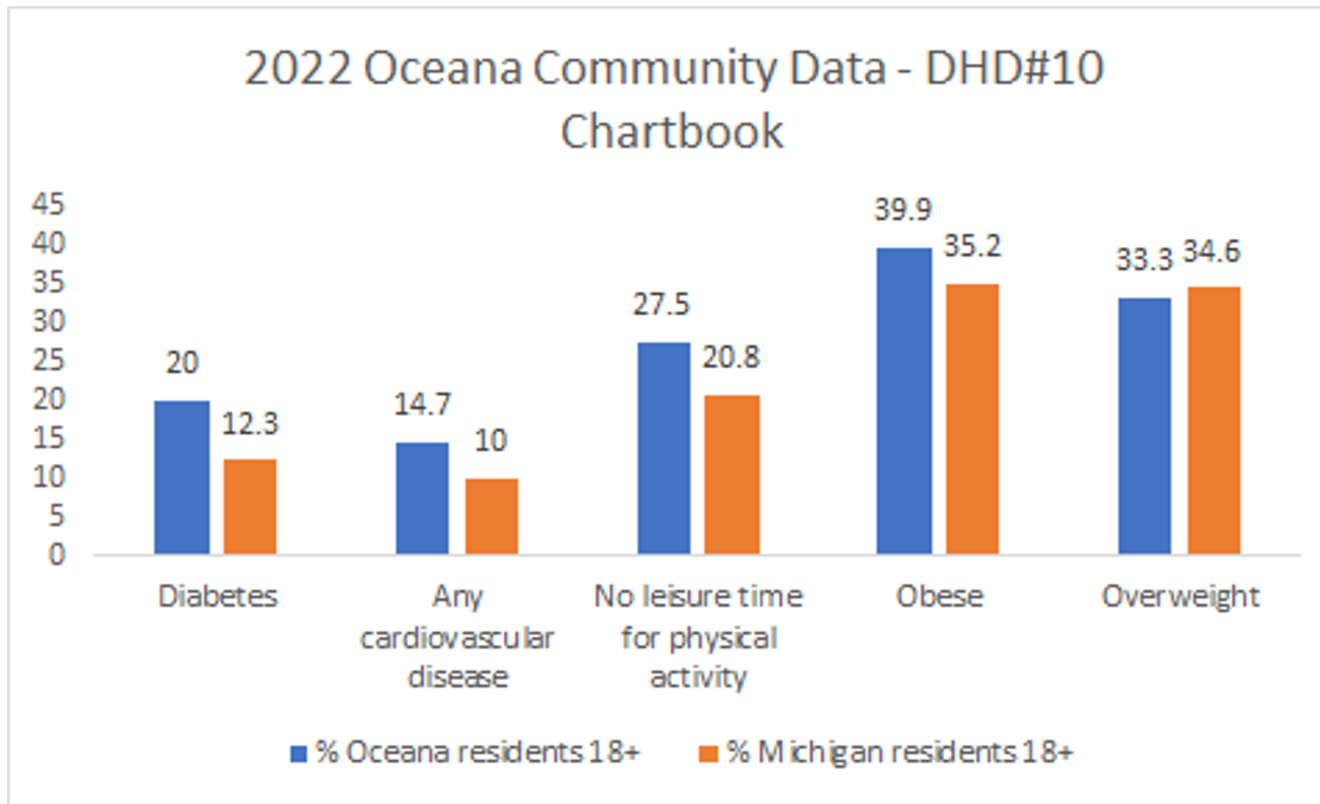
Adult Obesity in Oceana



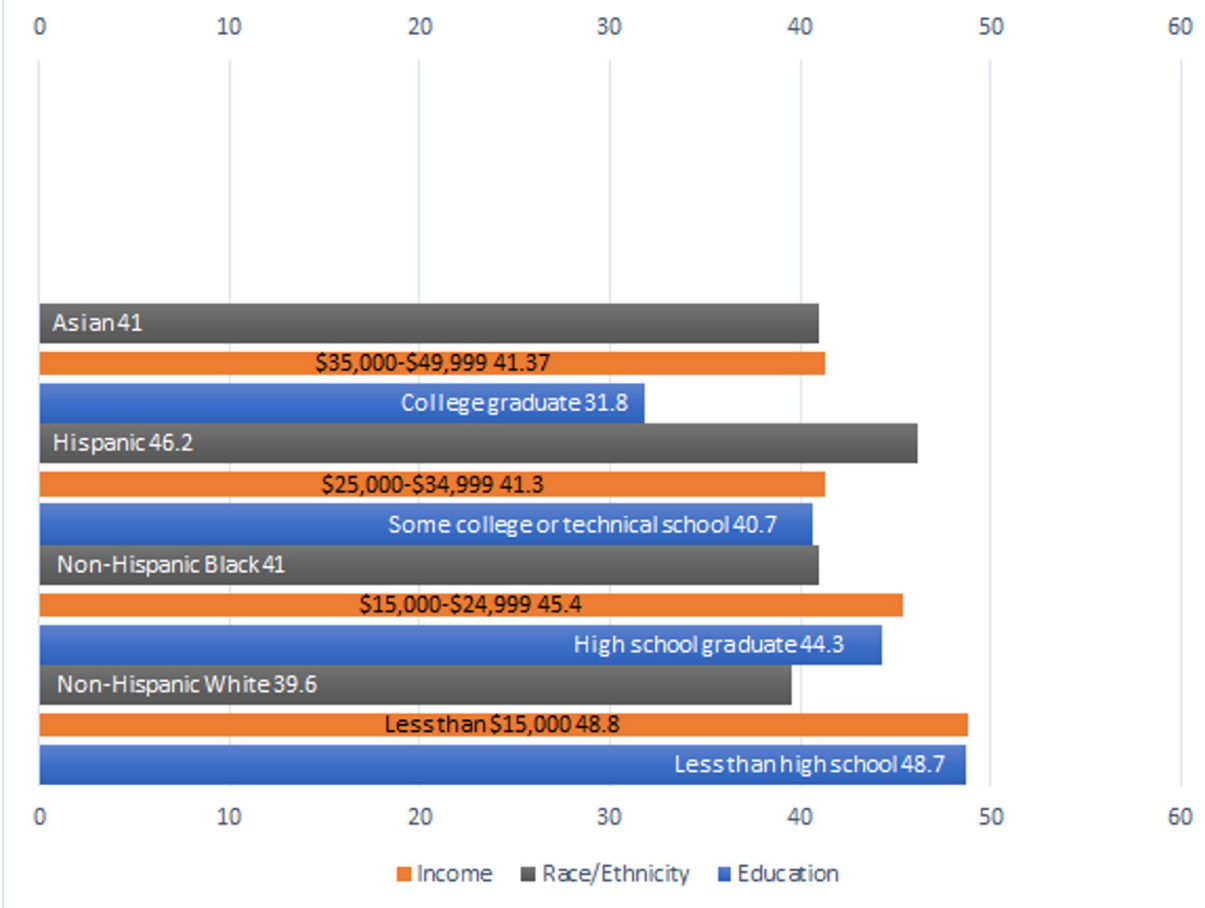
Adult Obesity in Oceana (cont.)



Chronic Disease & Risk Factors



Adult Consumption Fruit < 1 time daily 2019



What is the definition of Food Insecurity?

When someone is food insecure, it means they don't have the means to access enough nutritious food on a regular basis.

- Each bag should contain:
- 1 bag of pasta sauce
 - 1 can of soups/canned vegetables
 - 1 loaf of whole wheat bread
 - 1 bag of whole rice
 - 1 loaf of whole wheat bread
 - 1 can of tuna/corn
 - 1 can of soup/canned
 - 1 can of whole vegetables
 - 1 dozen carton of eggs
 - 1 can of whole vegetables
 - 1 loaf of whole wheat bread



Prescription for Health Program - Oceana

Do you need help eating more fruits and vegetables?

EARN UP TO \$120

TRY THE PRESCRIPTION FOR HEALTH PROGRAM!

Receive a voucher worth \$20 to purchase fresh, frozen or canned fruits and vegetables for each nutrition education session attended.

For more information, contact Catalina Burillo 231.672.3365 or Catalina.Burillo@mercyhealth.com

How does the program work?

- You must attend a nutrition education session
- You will get a voucher worth \$20 for each session you attend
- You buy fruits and vegetables with the voucher(s) you get from the education sessions

Where can I use the vouchers?

Hansen Foods 3750 W Polk Rd, Hart, MI 49420
Mon-Sat 8am-9pm, Sun 8am-9pm

Rennhack Orchards Market 3731 W Polk Rd, Hart, MI 49420
Mon-Sat 8am-6pm

New Era Farmers Market 820 Ray St, New Era, MI 49446
2nd and 4th Tuesdays 4pm-7pm

How do I register and receive vouchers?

- Complete the referral form at tinyurl.com/15kw4d43 or scan the QR code.
- The referral form will be sent to the Prescription for Health Coordinator who will contact you about upcoming nutrition education sessions
- Attend one (or more) education sessions

- With funding from District Health Department #10 from the Michigan Health Endowment Fund, the Health Project (Mercy Health) partnered with DHD#10 to implement the Prescription for Health Program in Oceana County.

¿Quiere comer más frutas y verduras?

PUEDE GANAR HASTA \$120

PRUEBE EL PROGRAMA DE RECETA PARA LA SALUD

Reciba un cupón de \$20 para la compra de frutas y verduras (frescas, congeladas o enlatadas) por su participación en cada clase de nutrición.

Para más información comuníquese con Catalina Burillo 231.672.3365 o catalina.burillo@mercyhealth.com

¿Cómo funciona el programa?

- Debe participar por los menos en una sesión de nutrición educativa
- Recibirá un cupón de \$20 por cada sesión asistida
- Se compran frutas y verduras con los cupones de estas sesiones

¿Dónde puede usar los cupones?

Hansen Foods 3750 W Polk Rd, Hart, MI 49420
lunes-sábado 8am-9pm, domingo 8am-9pm

Rennhack Orchards Market 3731 W Polk Rd, Hart, MI 49420
lunes-sábado 8am-6pm

New Era Farmers Market 820 Ray St, New Era, MI 49446
2^o y 4^o martes 4pm-7pm

¿Cómo puedo usar los cupones?

- Vienen en cantidades de \$5
- Sólo se pueden usar en Hansen Foods, Rennhack Orchards Market, New Era Farmers Market
- Tiene que gastar los \$5 por completo. No se le devuelve el cambio
- Sólo se puede comprar frutas y verduras (frescas, congeladas o enlatadas)
- Los cupones se vencen el 30/09/2022

¿Cómo puedo registrarme y recibir cupones?

- Completa y firme el formulario en la página: <https://tinyurl.com/2wbcwpwu> o escanee el código QR
- Luego, el coordinador de Receta para la Salud se comunicará con usted sobre las próximas sesiones de educación nutricional
- Asista a una (o más) sesiones educativas

- The overall program aim is to increase fruit and vegetable consumption and support healthy lifestyle behavior change among people who are at an increased risk for chronic disease.

Rx for Health Referral

Rx Talleres de Acción personal contra la diabetes y para mejorar la salud (PATH)

Fecha: _____
Nombre del paciente: _____

Para ayudarle a controlar mejor su diabetes, nuestra oficina le recomienda asistir a un taller de PATH sobre diabetes SIN COSTO PARA USTED.

Los talleres de PATH pueden ayudarle a sentirse mejor, a tomar el control de su salud y a hacer las cosas que quiere hacer. Los talleres incluyen seis sesiones diferentes. Cada sesión cubre un tema nuevo. Usted aprenderá las técnicas que le ayudarán a:

- Fomentar hábitos alimenticios saludables y control de la medicación
- Controlar los niveles de glucosa en la sangre, el colesterol y la presión arterial
- Aprender ejercicios físicos para mantener fuerza y resistencia
- Comunicarse mejor con su médico
- Encontrar apoyo continuo y recursos de la comunidad


X _____
Health care provider signature/Firma del proveedor de atención médica

¿Listo para comenzar a controlar su diabetes?

Fecha: _____ Hora: _____

Instructor: _____

Lugar: _____
Para encontrar talleres cerca de usted, vaya a:
MiHealthyPrograms.org o llame al 517-335-1236.



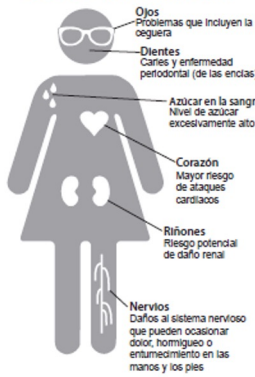
Acerca de la diabetes

Se estima que 29.1 millones o 9.3% de estadounidenses tenían diabetes en 2012.

Un 25.9% de estadounidenses de 65 años o mayores tienen diabetes. Muchos de ellos no han sido diagnosticados y no están al tanto de su enfermedad.

Tipos de diabetes y prediabetes
Prediabetes: Niveles de azúcar por encima de lo normal, pero no califican para diabetes 2.
Tipo 1: El cuerpo no produce suficiente insulina.
Tipo 2: El cuerpo no utiliza la insulina adecuadamente.


Efectos de la diabetes



Porcentaje de estadounidenses por raza/etnia diagnosticados con diabetes

15.9%	Indios americanos/Indígenas de Alaska
13.2%	Afroamericanos
12.8%	Hispanos
9.0%	Asiáticos americanos
7.6%	Caucásicos

Cómo controlar la diabetes y prevenir complicaciones



Este material fue preparado por el Red de Calidad e Innovación del Lago Superior (Lake Superior Quality Innovation Network), en virtud de un contrato con la Comisión de Servicios de Medicina y Medicaid (Comisión for Medicare & Medicaid Services - CMS), una agencia del Departamento de Salud y Servicios de EE.UU. Las modificaciones no reflejan necesariamente la política de CMS. T150N-AR-23-15-07 02/17/15

*Fuente: www.diabetes.org, www.diabetes.org/temas/complicaciones/complicaciones Diabetes: August, 2014 (Informe de Estadísticas Nacionales de Diabetes) publicado el 10 de junio de 2016

Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

Lake Superior Quality Innovation Network
ADDRESS: 14501001 | 49702000

Rx for Health

Free or low cost workshops for you and your family

MSU Extension has many educational programs to help you stay healthy.

Learn more about:

- Eating healthy & being active
- Raising kids
- Managing money
- Living well with diabetes
- Preventing diabetes
- Dealing with stress and anger
- Preventing foodborne illness
- Cooking for health
- Healthy aging
- Healthy relationships

For more information contact:

Naomi Hyso, MSUE
WSCC-Rec Center
3000 N. Stiles Rd
Scottville, MI 49454
hysonaom@anr.msu.edu
231-945-3361

Disease Prevention Management and Extension Health Research Educator
Muskegon, Oceana, Mason, Manistee, Grand Traverse, Benzie, Artrim, Kalkaska, Leelanau, Lake, Newaygo

msue.msu.edu

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Prescription for Health (Rx for Health)

Spanish Registration form example:

Link:

https://docs.google.com/forms/d/e/1FAIpQLSenX_JAdtEbgM2GVzcM13DiGwfBU7QeMwe4rt8pAQ8dSnKHZA/viewform?usp=share_link



Redeemable voucher and Local Vendor Partners

- Those who participate in the program attend nutrition education and/or evidenced based exercise programming and earn vouchers to purchase fresh, canned or frozen fruits and vegetables, per each session attended.
- Participants could join as many classes as they like and could earn up to \$120 in vouchers.
- Some courses were as short as 6 weeks in length and others like the National Diabetes Prevention Program are a year-long commitment.



Activity

Pre-Survey data at initial program self-registration

**Self-Registered
for program:
217**

**sometimes have
trouble getting
fruits & veggies
71%**

**Reasons for not
purchasing fruits &
veggies:
Too expensive
68%**

**# of cups of fruit
per day
None = 23%
1 = 54%
2+ = 13%**

**# of cups of
veggies per day
None = 10%
1 = 58%
2+ = 19%**

Health Education sessions generating most interest:

General Nutrition	44 %
Evidence-based Exercise Programming	42 %
Food Preservation	40 %
Master Gardening	39%
Cooking Classes	38%
Chronic Pain Self Management	21%
Diabetes Self Management	17%
Chronic Disease Self Management	12%
National Diabetes Prevention Program	11%

Testimonial Provided by our Health System Partner

Trinity Health Hybrid Care Manager, Karen MacWilliams commented, "One of the most common complaints I hear from patients that I give nutrition counseling to is that "it costs too much to eat healthy or I can't afford fresh fruits and vegetables." It has been very helpful to get patients engaged in healthy eating when we can overcome their biggest objection by rewarding their efforts with the Prescription for Health vouchers."

Testimonial Provided by our Vendor Partner

Participating retailer Rennhack Orchards Market stated:

Total Vendor Earnings:

Hansen Foods: \$9450.00

Rennhack's: \$4305.00

New Era: \$465.00

"As the Prescription for Health voucher program has become more well-known, we are seeing increasing use of the vouchers at our market. [At this time] It is hard to say whether we have had significant increase from them or not. We also participate in Project Fresh, Senior Market Fresh, and Double Up Food Bucks; I am glad whenever we can help encourage our area residents to eat fresh, locally grown fruits and vegetables."

Funding and Quarterly Reporting Requirements

- # of participants referred in to the program
- # and amount of vouchers distributed
- # and amount of vouchers redeemed
- # of nutrition education sessions
- # of participants per nutrition education session
- Pre and post survey data
- Barriers and success stories
- Financial status reports

Final Reporting Data

**Participated
in 1 or more
classes:
87**

**Participated in
outreach events
and/or
presentations:
148**

Participants by Zip Code:

49420	31%
49421	8%
49436	8%
49437	2%
49446	9%
49449	9%
49452	3%
49455	17%
49459	3%

Participants' Age Range:

18-25	= 5%
26-35	= 9%
36-45	= 20%
46-55	= 18%
56-65	= 22%
66-75	= 12%
76-85	= 5%
86-95	= 3%
Seniors (age 55+)	: 42% +

Project Impact

DHD#10 Post Survey (n= 122)

- 76% of participants reported adding more fruits and vegetables to their shopping list
- 43% have tried new fruits or vegetables
- 43% have tried new recipes
- 75% reported an increase in knowledge or motivation to eat more fruits and vegetables
- 56% noticed improvements in their health
 - 35% indicated losing weight as a result of participating



Key Stakeholders

Key collaborative partners providing Oceana residents educational programming:

- District Health Department #10
- Michigan State University Extension
- Oceana County Council on Aging
- EnerG Fitness
- Lakeside Rehab Family Fitness
- Our Friends House (adult daycare)
- Mary Ann Bush- Tai Chi for Health Instructor
- Trinity Health Medical Group
- Primary Care- Shelby

Key Partner MSU Extension



CNI at New Era Farmers Market



JOIN US BY PHONE!!

CHRONIC DISEASE PATH PHONE TOOLKIT

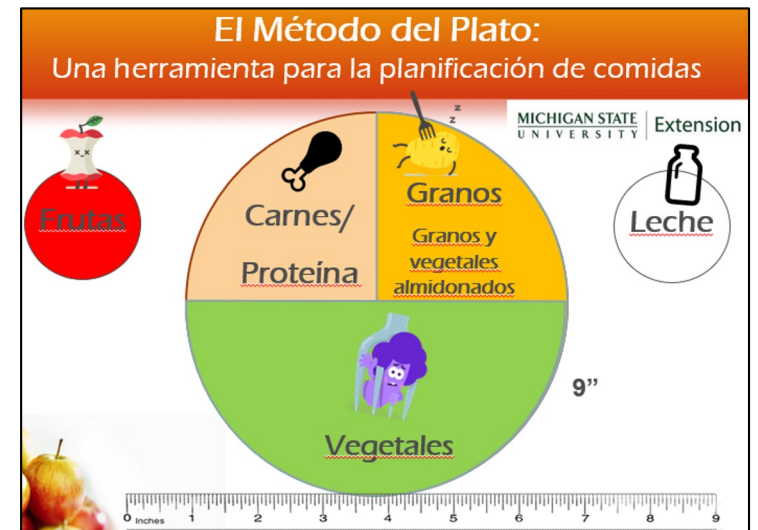
DATE/TIME TBD

The Chronic Disease PATH Toolkit Telephone Course is a series of 6 weekly telephone calls with a leader and 2-3 other people living with chronic conditions.

To Register:
Contact: Naomi Hyso, 231-845-3362
hysonaom@msu.edu

MICHIGAN STATE UNIVERSITY | Extension

Diabetes Plate Method in Spanish




Diabetes PATH in Spanish



Vivir bien con diabetes!
El Programa de Manejo Personal de la Diabetes de la Universidad de Stanford

Toma control de su salud! Crearon este taller interactivo en la universidad de Stanford para ayudar a la gente que padece diabetes o que cuida a alguien que padece diabetes. Hará que su vida se mejore enormemente.




En este taller GRATIS, se aprenderá técnicas como:

- > Comunicarse con los profesionales de salud y participar más activamente en su cuidado
- > Controlar los síntomas de su condición de salud
- > Comer de una manera sana
- > Crear un plan de acción como una herramienta clave del manejo personal
- > Comunicarse mejor
- > Relajarse para manejar el estrés

Detalles

Precio: GRATIS!
 Ubicación: en el Hospital de Mercy (Shelby) 72 S State St, Shelby, MI 49455
 Fecha: cada martes entre el 25 de septiembre y octubre 2018
 Hora: 6:00-8:30 pm
 Se proporcionará una pequeña comida.

Para más información o para registrarse comuníquese con Catherine Smith al 313.336.3365.



Partners / Supporters:



HEALTH PROJECT
 A COMMUNITY BENEFIT MINISTRY OF MERCY HEALTH



Key Partner MSU Extension

FREE
Home Food Preservation 101

Presenter: Wade Syers, M.S.,
Food Safety Educator, MSU-Extension

Time: 10:00 a.m.
Date: Friday,
9/23/22

This is a conversation-style presentation where we will discuss the differences between high and low-acid foods; go over uses of water bath canners, electric water bath canners, steam canners, pressure canners, and pressure cookers. Plus safety tips, and time for Q&A.

Contact Catalina Burillo: 231-923-3685
or catalina.burillo@mercyhealth.com

LOCATION: Oceana County Council on Aging, 4250 W. Tyler Rd, Hart

RSVP on sign-up sheet at front desk by Thursday, 9/22/22

Brought to you by:
HEALTH PROJECT
A Community Health Ministry of Trinity Health Eastern

MICHIGAN STATE UNIVERSITY | Extension



Online Home Food Preservation

This low-cost course is designed to increase knowledge and confidence in water bath and pressure canning, freezing, pickling and dehydrating techniques.

Each lesson includes a video lecture and resources. Once registered, participants have the flexibility to complete the course at any time within a one year period. Participants can also take the lessons in any order.

Respond to email with your interest and you will be registered for the online class and sent the link.

MICHIGAN STATE UNIVERSITY | Extension
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Key Partner

District Health Dept #10



Cohort 1

1 in 3 US adults has prediabetes and is at high risk for type 2 diabetes

ARE YOU?

Take the [Prediabetes Risk Test](https://www.cdc.gov/diabetes/takethetest/) to find out!
<https://www.cdc.gov/diabetes/takethetest/>

The sooner you know your risk for prediabetes, the sooner you can take action to reverse it by joining the National Diabetes Prevention Program (NDPP)

The NDPP is a yearlong, evidence-based, lifestyle change program for those who have been diagnosed with prediabetes or are at high risk of developing diabetes. Participants learn the skills and tools to change eating habits, be more active, and lose a modest amount of weight in order to prevent or delay Type 2 diabetes.

Topics Include:

- physical activity
- triggers
- self-talk
- stress
- social support
- sleep
- mindful eating
- diet trends & myths
- plant-based eating
- and much more!

Next class begins April 11, 2022!

Visit www.livewell4health.org/diabetes-prevention
OR
Contact Katie Haner
231-907-8528 (OFFICE)
231-674-5217 (TEAMS)
khaner@dhd10.org (EMAIL)

LIVE WELL

District Health Department #10

Diabetes PREVENTION



Cohort 2




Key Partner Lakeside Rehab



A MATTER OF BALANCE

Sponsored by Lakeside Comprehensive Rehabilitation in Collaboration with MSU Extension- FREE GRANT FUNDED




Thanks to a gracious grant received from the Senior Resources, we will again be hosting a fall prevention course.

Safe exercises and discussion on programs of various topics in a group setting will be taught.

COURSE DATES: May 9, 11, 16, 18, 23, 25, June 1 & 6

You can call us at 873-3577 if you have any questions.

*You are eligible to receive a \$20 coupon after attending each session to purchase fruits and vegetables. If you are interested-Please enroll in the Rx for Health program using the link:
tinyurl.com/f5kw4d43



DO YOU HAVE CONCERNS ABOUT FALLING?

Many older adults experience concerns about falling and restrict their activities because of this. A Matter of Balance is an award-winning program that is designed to manage falls and increase activity levels. This program emphasizes on practical strategies to manage falls.

WHAT YOU WILL LEARN:


- How to view falls as controllable
- Setting goals for increasing activities
- Making changes to reduce fall risks at home
- Exercises to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

COURSE DETAILS: 2X'S PER WEEK FOR 30 DAYS- 8 SESSIONS

- Course time will be from: 4:00pm to 6:00pm
- The course location will be at:
The Oceana County Council on Aging
1430 W Tyler Road Hart
- You can sign up at: **Lakeside Family Fitness Center**
39 South Main Street Hart, MI 49420- Call: 873-3566
- Or at: **Lakeside Comprehensive Rehabilitation, Inc.**
601 E Main St, Hart, MI 49420- Call: 231-873-3557
- Course Cost - **FREE!**



MICHIGAN STATE UNIVERSITY | Extension



Key Partner Tai Chi



Dr Paul Lam
Tai Chi for Health Institute
EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

Key Partner New Era Farmers Market

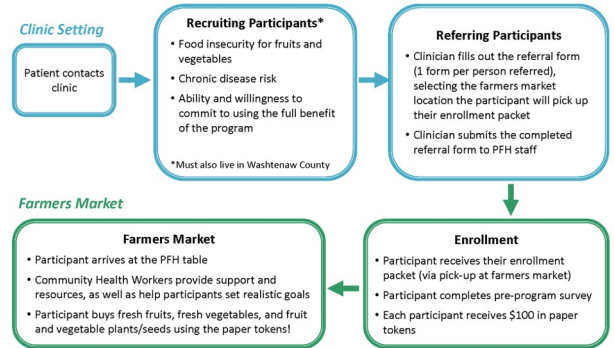


Rx for Health- Program Variations in Michigan



Muskegon Prescribes Food for Health

2023 Prescription for Health (PFH) Program Model



Trinity Health Farm Stand, Ann Arbor

COOKING MATTERS®



Upcoming Sessions	
March 8-April 12 Eat Healthy, Be Active Wednesdays, 1 PM	June 7-July 12 (skip July 5) Eat Healthy, Be Active Mondays, 9 AM
March 22-April 26 Cooking for One Mondays, 10 AM	June 17-July 22 Cooking for One Thursdays, 11 AM
April 5-May 10 Eat Healthy, Be Active Mondays, 1 PM	July 13-August 10 Eat Healthy, Be Active Tuesdays, 1 PM
April 26-June 7 (skip 5/31) Cooking for One Mondays, 2 PM	August 5-September 9 Cooking for One Thursdays 10 AM
May 10-June 14 My Way to Wellness Self-paced with office hours	August 16-September 20 My Way to Wellness Self-paced with office hours

Prescription for Health Participant Testimonial

TO: Prescription for Health Grant

DATE: 1/13/2023

RE: Program success

I am a recipient of Prescription for Health funding. I completed an eight-week Balance class offered by Oceana's Council on Aging. As the result of my participation, I was awarded \$120.00 in Prescription for health dollars distributed by Mercy Health Project.

Prescription for Health was a gift. As an individual living with a chronic disease, I must practice diligence in what I consume. I do not qualify for food assistance, yet rising prices adversely affected my food budget.

Prescription for Health allowed me to shop at my favorite community farmer's markets and fruit/vegetable stands. Due to the certificates being released at the beginning of summer, I was able to purchase locally grown produce in season when it was fresh and abundant (cheap). I preserved fruits and vegetables for the winter by canning and freezing. I know where my food came from and, because I control the recipe, what's in it (no sodium).

For example, towards the end of the season tomatoes were \$12.50 a half bushel. I produced Quarts of whole tomatoes and tomato juice. I made pints of tomato soup and salsa. I always keep a quart or pint on the shelf for entry in the county fair the following year!

I love that Prescription for Health not only impacted Senior Citizens, but the local agricultural and retail communities profited as well. I also appreciated that the coupons could be used for frozen or canned fruits and vegetables should one be unable to process their own fresh produce.

This program was *genius* and went far in putting knowledge and healthy eating into the consciousness of local seniors.

Lessons Learned & Future Sustainability

- The pandemic threw us into the virtual world and numerous classes were offered online.
- Some participants requested the participation by more vendors (grocery stores and farmers' mkts).
- Unreached targets: minority population. *New methods have been created/tailored to target this population in the near future.
- Due to the pandemic, annual outreach screening events did not take place; unable to promote & recruit in-person at events.
- Due to the pandemic, some parts of the program were extended. Toward the end of the program, the work became rushed and hurried. During that time, communication fell short; particularly miscommunications regarding program budget.
- The post-survey collectors did not have any residents from our county fill out the post-survey; likely due to the extension of the program and participants participated to the final day of the program. Opinion: data collectors should have contacted participants *after* the program ended and/or requested education partners or coordinators to perform the post-surveys.
- Due to the pandemic, priorities shifted for people and partners, as well as an uncertain financial future which render it difficult to approach funders at this time to assist in sustainability.
- Other than grants, future sustainability thoughts include approaching the community benefit side of the hospital, and other possible entities such as local county government to allocate money from their budgets.

QUESTIONS



Contact Us:

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<https://www.canr.msu.edu/outreach/>