About the Michigan Farmers Market Association

The Michigan Farmers Market Association (MIFMA) is a statewide, member-based nonprofit that serves farmers markets and the farmers and vendors that sell at farmers markets. Our mission is to advance farmers markets to create a thriving marketplace for local food and farm products. Our vision includes ensuring that all Michiganders have access to the fresh, nutritious food available at farmers markets and that our members receive policy support.

MIFMA compiled this report with contributions from Michelle Gagliardi, Programs Director; Ashley Wenger, Operations Manager; Amanda Shreve, Executive Director; and Hailey Lamb, Communications Manager. Partners that contributed to the collection and aggregation of data that populate the report include Public Sector Consultants for their evaluation support and the Michigan Produce Prescription Statewide Learning Network for contributions to program and partners profiles and support for this work. Funding for the report was provided by the Michigan Health Endowment Fund.

Suggested Citation

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EXECUTIVE SUMMARY

Produce Prescription (PPR) style programs are interventions that support healthy behavior change for individuals and families through partnerships among healthcare and other providers who focus on supporting healthy eating – like farmers and farmers markets. Over the course of the last seven years, Produce Prescription programs have experienced extensive growth in the number, size, and scope of programs in Michigan; starting from the Washtenaw County Prescription for Health program in 2008 and expanding to more than twenty individual programs across the state by 2021.

The Michigan Farmers Market Association (MIFMA) has tracked program growth and expansion and assembled a diverse group of individuals, organizations, and program implementers invested in this intervention strategy in the Produce Prescription Statewide Learning Network. The Network was developed out of a shared desire to help programs grow, mature, and gain a better understanding of the impact such programs can have on community health and the local food system. The Network aims to bring together partners to discuss a wide range of topics such as evaluation, redemption, implementation, funding, sustainability, and much more. A current focus for the Produce Prescription Statewide Learning Network is the intention to create sustainable funding models for this intervention through private insurance coverage and/or Medicaid or Medicare expansion.

Further Readings/Additional Resources

Produce Prescription Programs: Health Impacts of Fruit and Vegetable Consumption report

Produce Prescription Programs: 2017 – 2021 Descriptive Assessment and Cost Analysis of Michigan’s Programs

Prescription for Health Programs in Michigan: An Overview and Summary of Best Practices, a 2017 MIFMA publication

1Formally known as the Prescription for Health Statewide Learning Network.
Calls to Action

TAKE ACTION

• Educate state and federal policymakers, healthcare organizations/workers, and private health insurance providers about the benefits of Produce Prescription programs
• Join and/or recruit new members to the Statewide Learning Network to increase participation from organizations, regions and/or, individuals, etc. who may not yet be represented in the Network

ENGAGE WITH PROGRAMS

• Work with a program to collect standardized metrics that can be used to support the sector in Michigan
• Connect with what others across the country are doing at the federal level to support PPR programs, or engage with other states who have been successful in garnering state support for their program
• Link local programs and/or the Statewide Network to potential partners and/or funders

SUPPORT OUTREACH

• Educate policy makers on, and in order to influence state policies that could include or provide coverage for, Produce Prescription style benefits for Michiganders who are at risk of having or suffering from a diet-related chronic disease
• Advocate for increasing food access initiatives in your community and across the state

The Michigan Farmers Market Association (MIFMA) is a statewide, member-based association focused on creating a thriving marketplace for local food and farm products. This report provides an overview of Michigan Produce Prescription programs, partners, challenges and opportunities between 2017 and 2021. This project was funded by the Michigan Health Endowment Fund.

Suggested Citation


*A standardized Pre/Post Program Evaluation Tool for adults participating in a PPR program is available through MIFMA; to access this tool reach out to office@mifma.org.
INTRODUCTION

Since 2008, more than 20 Produce Prescription (PPR) programs have emerged across the state of Michigan as a promising strategy to help communities reduce the risk and incidence of diet-related chronic disease. The Michigan Farmers Market Association (MIFMA) recognizes Produce Prescription style programs as interventions that support healthy behavior change for individuals and families through partnerships among healthcare and other providers who focus on supporting healthy eating – like farmers and farmers markets. Many programs also include educational activities related to food, nutrition, cooking, gardening, and other related topics. Programs are commonly aimed at improving health outcomes for patients facing food insecurity and those with diet-related chronic diseases by connecting them with access to fresh fruits and vegetables alongside education and purchasing incentives, and monitoring the impact of these efforts.

Over the course of the last seven years, MIFMA has supported current and potential programs, partners, and funders in the implementation of PPR programming. As a statewide, member-based association working to advance farmers markets, MIFMA has observed extensive growth in the number, size, and scope of programs in Michigan; starting from the Washtenaw County Prescription for Health program in 2008 and expanding to more than twenty individual programs across the state by 2021.

With increased program growth, MIFMA identified a need to provide centralized support to program implementers across the state. Starting in 2017, MIFMA began the Produce Prescription Statewide Learning Network. Because PPR programs can vary widely in scope and execution, the Network includes a diverse group of individuals, organizations, and program implementers invested in this intervention strategy. The Network was developed out of a shared desire to help programs grow, mature, and gain a better understanding of the impact such programs can have on community health and the local food system. The Network aims to bring together partners to discuss a wide range of topics such as evaluation, redemption, implementation, funding, sustainability, and much more.

MIFMA lends expertise to the Network and its members in the areas of creating marketing materials and program tracking tools, partnership development, implementation logistics, funding solicitation, partner networking, and creating an evaluation plan that meets the needs of each unique program in order to evaluate based on the program’s specific goals and objectives. Each program establishes unique goals and objectives that define “success” for that program. MIFMA's intention in this work is to lift up innovation and promising practices and share lessons learned from the wide variety of programs in Michigan. Through this network, MIFMA has been able to create a space for ongoing peer-to-peer learning across programs and has been able to foster growth, collaboration, and idea generation across the state. Based on learnings from this Network, MIFMA has created several resources including an Overview and Summary of Best Practices, a standardized Pre and Post Program Evaluation Tool for adults participating in a PPR program, the Produce Prescription Programs: Health Impacts of Fruit and Vegetable Consumption report, and a Produce Prescription Program Cost Analysis report.

³Produce Prescription programs are recognized by a number of different names such as Prescription for Health, Fruit and Vegetable Prescription programs, Fresh Prescription, etc.
⁴Formally known as the Prescription for Health Statewide Learning Network.
⁵A standardized Pre/Post Program Evaluation Tool for adults participating in a PPR program is available through MIFMA; to access this tool reach out to office@mifma.org
The data which populated this report came from a number of sources, including but not limited to: the Michigan Health Endowment Fund Fluxx Grant Portal⁶, Produce Prescription Program Contact Cards⁷, Michigan Produce Prescription Statewide Learning Network meetings, and directly from program implementers and partners. This report includes all PPR programs known to MIFMA to have operated in Michigan between 2017 and 2021. This may not be a complete list of programs that have operated during this time frame or that may begin operating in 2022 and beyond. This landscape report demonstrates how communities, partners, healthcare systems, and funders have and continue to implement Produce Prescription programs in Michigan.

MIFMA would like to thank all of the healthcare providers, farmers market managers, farmers, families, and individuals who shared their programs and stories. This overview of the great work happening across the state would not have been possible without all of their contributions.

This publication is intended to complement Prescription for Health Programs in Michigan: An Overview and Summary of Best Practices, a 2017 MIFMA publication. MIFMA is a statewide, member-based association focused on creating a thriving marketplace for local food and farm products. This report provides an overview of Michigan Produce Prescription programs, partners, challenges and opportunities between 2017 and 2021. It was developed by MIFMA, including contributions by Michelle Gagliardi, Programs Director; Ashley Wenger, Operations Manager; Amanda Shreve, Executive Director; and Hailey Lamb, Communications Manager. This project was funded by the Michigan Health Endowment Fund.

The Overview Chart of Programs expands pages 8-10 and includes highlights from all Produce Prescription programs known to MIFMA operating in Michigan between 2017 and 2021. The Overview Chart is ordered chronologically by year the program started. Unless indicated otherwise, the data populated in the chart reflects program operations in 2021 or the program’s most recent operating year if the program is no longer in operation. It is important to note that participant numbers are tracked and reported differently for each program and therefore, can’t be directly compared across programs. Participant numbers are reported to communicate scope within each program and how programs have changed over time. Many programs experienced a decline in participant numbers during the 2020 and 2021 operating years due to challenges presented by the COVID pandemic. Further detailed information on each program can be found in the Program Profiles section.

⁶The Michigan Health Endowment Fund Fluxx Grant Portal houses program overview, progress reports, and outcome data for each PPR program funded through MHEF grantmaking activities.
⁷The Produce Prescription Program Contact Card Form was created by MIFMA in 2020 to gather PPR program data for this report and to gauge the technical assistance needs from programs across the state on behalf of the Produce Prescription Statewide Learning Network.
<table>
<thead>
<tr>
<th>PROJECT LEAD</th>
<th>Washtenaw County Health Department</th>
<th>Eastern Market Partnership</th>
<th>ProMedica Charles and Virginia Nickman Hospital</th>
<th>Alcona Health Center</th>
<th>Bay Mills Health Center</th>
<th>Michigan State University-Hurley Children’s Hospital</th>
<th>Pediatric Public Health Initiative</th>
<th>Ottawa County Department of Public Health</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PROGRAM NAME</strong></td>
<td>Prescription for Health</td>
<td>Fresh Prescription</td>
<td>Veggie Mobile Voucher</td>
<td>Northeast Michigan Prescription for Health</td>
<td>Bay Mills Prescription for Health (Diabetes Coupons)</td>
<td>Fruit and Vegetable Prescription Program</td>
<td>Prescription for Health</td>
<td></td>
</tr>
<tr>
<td><strong>LOCATION</strong></td>
<td>Washtenaw County</td>
<td>Wayne County</td>
<td>Lenawee County</td>
<td>Alpena, Alcona, Iosco, Cheboygan, Crawford, Montmorency, Ogemaw, Oscoda, and Presque Isle Counties</td>
<td>Bay Mills Indian Community</td>
<td>Genesee County</td>
<td>Ottawa County</td>
<td></td>
</tr>
<tr>
<td><strong>ELIGIBILITY CRITERIA</strong></td>
<td>Patients experiencing food insecurity for fruits and vegetables, chronic disease risk, and ability and willingness to commit to using the full benefit of the program</td>
<td>Specific eligibility criteria determined at the site level, target populations include adults (18+ years) who have or at-risk for a chronic illness that can be improved with diet and lifestyle changes</td>
<td>Patients experiencing food insecurity as a Social Determinant of Health and community members in need of food and access to fresh produce.</td>
<td>No requirements; individuals with low incomes and a chronic condition preferred</td>
<td>Members of the Bay Mills tribal community who are participating in the Diabetes Education program</td>
<td>All pediatric patients at Akpınar Children's Clinic, Hurley Children's Center, and Mott Children's Health Center</td>
<td>Individuals experiencing food insecurity who have, or are at risk for, a chronic disease. Individuals must be able commit to getting to the farmers market at least 10 times during the program and have an interest in consuming more fruits and vegetables</td>
<td>Michigan-grown fruits and vegetables or seeds/plants that produce fruits and vegetables</td>
</tr>
<tr>
<td><strong>ITEMS PRESCRIBED</strong></td>
<td>Fresh fruits and vegetables and plants/seeds that produce fruits and vegetables</td>
<td>Fresh fruits and vegetables</td>
<td>Fresh fruits and vegetables</td>
<td>Fresh fruits and vegetables</td>
<td>Local and traditional foods including produce, bread, meat, fish, eggs, honey, and maple syrup</td>
<td>Fresh fruits and vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VALUE OF PRESCRIPTION</strong></td>
<td>$10 per visit for up to 10 visits, for a total of $100*</td>
<td>$5 every other week for 12 weeks, for a total of $90</td>
<td>$5 voucher plus a non-perishable food box each time a patient screens positive for food insecurity during discharge at a participating ProMedica hospital or during a visit with a participating physician</td>
<td>$10 per class attended for up to 6 classes, for a total of $60</td>
<td>One $30 booklet of coupons</td>
<td>$15 to every child at every visit to a participating clinic</td>
<td>$10 per visit for up to 10 visits, for a total of $100</td>
<td></td>
</tr>
<tr>
<td><strong>REDEMPTION SITE TYPE</strong></td>
<td>Farmers Markets and Farm Stands (6 sites)</td>
<td>Mobile Market (1 vehicle with multiple locations on route)</td>
<td>Farmers Markets, Farm Stands, and Grocery Stores (18 sites and 1 chain in multiple locations)</td>
<td>Farmers Market (1 site)</td>
<td>Farmers Market (1 site) and Produce Box*</td>
<td>Farmers Markets (3 sites)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>RECENT OR CURRENT FUNDERS</strong></td>
<td>Saint Joseph Mercy Health System with additional financial support from multiple partners</td>
<td>Detroit Community Development Block Grant with additional funding provided by each Fresh Prescription Partner Site</td>
<td>Michigan Health Endowment Fund and internal hospital support</td>
<td>Michigan Health Endowment Fund and the Alcona Health Center</td>
<td>Indian Health Service Funding</td>
<td>Michigan Health Endowment Fund, Rite Aid Foundation, and National Institutes of Child Health and Human Development</td>
<td>Perrigo Company Charitable Foundation and the Ottawa County Department of Public Health</td>
<td></td>
</tr>
</tbody>
</table>

*Since 2020, the entire $100 prescription allotment has been distributed at one time.
<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>PROJECT LEAD</th>
<th>PARTICIPANTS</th>
<th>PRESCRIPTION</th>
<th>LOCATION</th>
<th>ELIGIBILITY CRITERIA</th>
<th>ITEMS PRESCRIBED</th>
<th>VALUE OF PRESCRIPTION</th>
<th>REDUCTION SITE TYPE (NUMBER OF SITES)</th>
<th>NUMBER OF PARTICIPANTS</th>
<th>MOST RECENT OR CURRENT FUNDERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and Vegetable Prescription Program</td>
<td>Shape Up North of Munson Healthcare</td>
<td>BEAUMONT HEALTH</td>
<td>Prescription for Health</td>
<td>Grand Traverse and Benzie Counties</td>
<td>Patients with a chronic disease</td>
<td>Fresh fruits and vegetables, herbs, mushrooms, and seedlings that produce fruits and vegetables</td>
<td>$25 per class attended for up to 4 classes; for a total of $100</td>
<td>Farmers Markets (2 sites)</td>
<td>2018: 258 Adults enrolled</td>
<td>Allen Foundation</td>
</tr>
<tr>
<td>Pediatric Fruit and Vegetable Prescription Program</td>
<td>Beaumont Health</td>
<td>COMMUNITY enCompass</td>
<td>Muskegon Prescribes Food for Health</td>
<td>Wayne County</td>
<td>Children who are identified by their pediatrician as being overweight, obese, or food insecure</td>
<td>Fresh fruits and vegetables, herbs, mushrooms, and seedlings that produce fruits and vegetables</td>
<td>$30 per class attended for up to 5 classes; for a total of $150</td>
<td>Farmers Markets (2 sites)</td>
<td>2019: 359 Adults enrolled</td>
<td>Michigan Health Endowment Fund</td>
</tr>
<tr>
<td>Prescription for Health</td>
<td>Livingston County Health Department</td>
<td>PRESCRIPTION for Health</td>
<td>Livingston County Prescription for Health</td>
<td>Muskegon County</td>
<td>Individuals who are low-income and/or experiencing food insecurity who have been diagnosed as obese, diabetic and/or with hypertension</td>
<td>Fresh fruits and vegetables</td>
<td>$20 per week for up to 16 weeks, for a total of $320</td>
<td>Grocery Store (1 chain with multiple locations)</td>
<td>2021: 82 Adults received nutrition education</td>
<td>MDHHS Innovation grant and Beaumont Health</td>
</tr>
<tr>
<td>Prescription for Produce</td>
<td>Upper Great Lakes Family Health Center – Houghton</td>
<td>PRESCRIPTION for Produce</td>
<td>Prescription for Health</td>
<td>Livingston County</td>
<td>Individuals experiencing food insecurity, chronic disease, and/or have an ability/willingness to participate in the program</td>
<td>Fresh fruits and vegetables</td>
<td>$5 per class attended for up to 12 classes, for a total of $60*</td>
<td>Mobile Market onsite during classes or Produce Box delivery</td>
<td>2017: 2017 - 2019 People participated</td>
<td>Michigan Health Endowment Fund</td>
</tr>
<tr>
<td>Prescription for Health</td>
<td>Eaton Rapids Medical Center</td>
<td>PRESCRIPTION for Health</td>
<td>Prescription for Health</td>
<td>Houghton County</td>
<td>Adults 18 and older with a chronic disease and self-reported food insecurity</td>
<td>Fresh fruits and vegetables</td>
<td>$10 per visit for up to 10 visits, for a total of $100</td>
<td>Farmers Markets and Food Pantries (3 sites)</td>
<td>2019: 2018: 75 Participants graduated</td>
<td>Saint Joseph Mercy Health System</td>
</tr>
<tr>
<td>Prescription for Produce</td>
<td>Groundwork Center for Resilient Communities, McLaren Northern Michigan Foundation and Health Department of Northwest Michigan</td>
<td>PRESCRIPTION for Produce</td>
<td>Prescription for Produce</td>
<td>Eaton County</td>
<td>Patients experiencing food insecurity for fruits and vegetables, chronic disease or who have been advised by a doctor to lose weight. Individuals must be able commit to getting to the farmers market at least 10 times during the program</td>
<td>Fresh fruits and vegetables</td>
<td>$10 per visit for up to 10 visits, for a total of $100</td>
<td>Farmers Market (1 site)</td>
<td>2021: 2018 Pilot: 12 Participants enrolled</td>
<td>Coverys</td>
</tr>
</tbody>
</table>

*In 2020: $20 per visit for up to 10 visits, for a total of $100* in 2020: $8 produce box per week for up to 5 visits, for a total of $40* in 2020: $12 produce box per week for up to 5 visits, for a total of $60*
<table>
<thead>
<tr>
<th>PROJECT LEAD</th>
<th>Live Well Gratiot</th>
<th>Oakland University</th>
<th>Midland Business Alliance/ Midland Area Farmers Market and MSU Extension</th>
<th>Access of West Michigan</th>
<th>District Health Department #10</th>
<th>Care Free Medical</th>
<th>MyMichigan Health and MSU Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROGRAM NAME</td>
<td>Prescription for Health</td>
<td>Prescription for a Healthy Oakland</td>
<td>Prescription for Health</td>
<td>Refresh Now</td>
<td>Prescription for Health</td>
<td>Capital Area Prescription for Health</td>
<td>Prescription for Health</td>
</tr>
<tr>
<td>LOCATION</td>
<td>Gratiot and Isabella Counties</td>
<td>Oakland County</td>
<td>Midland County</td>
<td>Kent County</td>
<td>Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford Counties</td>
<td>Ingham County</td>
<td>Arenac, Gladwin, Iosco, Ogemaw, Oscoda, and Roscommon Counties</td>
</tr>
<tr>
<td>ELIGIBILITY CRITERIA</td>
<td>Adult patients with chronic diseases</td>
<td>Families and seniors with low incomes who are at risk for chronic disease</td>
<td>Anyone willing and able to commit to participating</td>
<td>Participants must be diagnosed with or at high risk for a major chronic illness, be a patient of one of the two Health Clinic Refresh Now partner sites, a resident of Kent County, have the ability to commit to the three-month program, and be at least 18 years of age.</td>
<td>Eligibility criteria is determined by the healthcare partner in each county. Overall, the program focuses on serving families with children in the home and older adults identified as high risk for chronic disease or are managing a chronic disease.</td>
<td>Children between the ages of 5-17 who screen positive for food insecurity and are English speaking</td>
<td>Any resident interested may participate; target residents with low incomes who are 18 years or older.</td>
</tr>
<tr>
<td>ITEMS PRESCRIBED</td>
<td>Fresh fruits and vegetables, food-producing plants, and herbs</td>
<td>Fresh and frozen fruits and vegetables, seedlings, and herbs</td>
<td>Fresh fruits and vegetables</td>
<td>Fruits and vegetables, and dried or canned beans and legumes</td>
<td>Fresh fruits and vegetables; additional items may be added by each program based on each county’s program design</td>
<td>Fresh fruits and vegetables</td>
<td>Fruits and Vegetables (fresh, frozen, or canned)</td>
</tr>
<tr>
<td>VALUE OF PRESCRIPTION</td>
<td>$10 per class attended for up to 6 classes and $20 after completing the final survey, for a total of $80</td>
<td>$40/month for an individual for 6 months, for a total of $240</td>
<td>$80/month for a family for 6 months, for a total of $480</td>
<td>$10 per class attended for up to 6 classes, for a total of $60</td>
<td>$40 monthly for 3 months, for a total of $120</td>
<td>The healthcare partner in each county sets the dollar amount of vouchers based on factors such as the number of participants attending educational sessions and the number of sessions for their nutrition education program.</td>
<td>$20 per week for 12 weeks, for a total of $240 every 3 months of continued program participation. Option to renew participation every 3 months.</td>
</tr>
<tr>
<td>REDEMPTION SITE TYPE (NUMBER OF SITES)</td>
<td>Farmers Markets (2 sites)</td>
<td>Farmers Markets and Grocery Stores (5 sites)</td>
<td>Farmers Market (1 site)</td>
<td>Fresh Markets* (5 sites)</td>
<td>Farmers Markets, Grocery Stores, and Produce Boxes (Locations and redemption site types are determined at the county level)</td>
<td>Produce Box Delivery</td>
<td>Grocery Stores and Farm Stands (2 sites and 1 chain in multiple locations)</td>
</tr>
</tbody>
</table>

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The Landscape of Produce Prescription Programs in Michigan • Michigan Farmers Market Association and Michigan Health Endowment Fund • February 2022
Refresh Now is a program through Access of West Michigan’s Good Food Systems initiative that works toward “equipping community partners, investing in the local food economy, and growing health to create a just food system for all.” As part of this initiative, Access partners with community organizations to open and operate Fresh Markets - food retail start-ups offering affordable access to healthy, local food and creating availability in neighborhoods with limited good food access in an equitable, non-charity setting. These Fresh Markets also serve as redemption site partners for the Refresh Now Program. The program has also formed close partnerships with their healthcare sites which include Exalta Health and Catherine’s Health Center.

Refresh Now is a redesign of Access’ former NOW Program (Nutrition Options for Wellness) which began in 2014. Spectrum Health’s Healthier Communities has been the primary funder, supporting Access’ produce prescription program for many years. Going forward, Access’ Good Food Systems programs, including Refresh Now, are supported by braided funding through a variety of grants and financial support.

Program History and Partners

Patients are referred through Refresh Now's partner healthcare clinics. Enrolled participants meet monthly with their clinic liaison to discuss healthy living goals, experience using the vouchers, and the participant’s overall health journey. Refresh Now clinics are provided with nutrition education and healthy living class recommendations and resources available online or locally. The expectation is that clinics will work with their patients on an individual basis to identify a class participation plan that supports their lifestyle change. Fresh food vouchers are distributed after each check-in to use at any of Access’ affordable Fresh Market sites. Due to the COVID pandemic, the health coaching check-ins have primarily taken place virtually, though in-person sessions remain available.

Program Highlights

The intentional connection provided by healthcare providers has been a tremendous success. The Refresh Now program is working with experts who understand comorbidities and the complexity with patients making lifestyle changes.

— Erin Skidmore, Good Food Systems Director

Evaluation and Outcomes

The Refresh Now partner clinics collect diagnoses, blood pressure, weight, and BMI at the first check-in and after the three month program has been completed. The program also tracks self-reported behavioral changes through pre- and post-program participant surveys. In the first year of the program, 100% of participants reported an increase in consumption of fruits and vegetables and 75% reported an improvement in overall health.

Additional Resources

Access of West Michigan Website
Program History and Partners

The Northeast Michigan Prescription for Health (NEMPFH) Program was created to increase consumption of fresh fruits and vegetables among northeast Michigan residents in an effort to improve chronic health conditions and create a healthier community. Key program partners included Alcona Health Center, Thunder Bay Community Health Services, Health Departments 2, 4, and 10, and Michigan State University (MSU) Extension. The Community Foundation of Northeast Michigan received two years of funding through the Michigan Health Endowment Fund where the Alcona Health Center served as the fiduciary and administered the program.

Evaluation and Outcomes

Participants’ weight, blood pressure and BMI were recorded at the beginning and end of the six week series. Additionally, the program administered pre- and post-program surveys required by MSU Extension’s SNAP-Ed programming to measure self-reported changes in nutrition and physical activity. Outcomes included positive changes in self-reported food resource management and nutrition practices, and an average six pound weight loss in individuals who attended 4 or more classes. The NEMPFH Program ended due to lack of funding to cover produce vouchers. Alcona Health Center continued its partnership with MSU Extension offering their nutrition education programming at their clinics for several years following the program.

Program Highlights

Open to all residents in the nine counties served by the Community Foundation of Northeast Michigan, the NEMPFH program was the first regional produce prescription program in Michigan documented by MIFMA. Community members were referred to the program by their medical provider, District Health Department staff, or by responding to marketing materials. To facilitate coordination over the large service area, program administrators worked to ensure the appropriate staff were involved. Each county had a designated lead responsible for referring participants to a local nutrition class. The program utilized MSU Extension’s Eat Healthy, Be Active SNAP-Ed curriculum. In counties where MSU Extension did not have an available educator, another NEMPFH partner led the series. At the end of every class, participants received vouchers to use at participating redemption sites in each county. Although locally grown food was a goal, transportation and time were barriers for NEMPFH participants in accessing solely locally grown food. In addition to farmers markets, the program partnered with grocery stores and farm stands to ensure redemption sites were within reasonable distances from participants’ homes.

One participant was hesitant to join NEMPFH. The leader encouraged her to give the first class a try. Over the course of the program, the participant slowly lost weight, eventually dropping 25 lbs just by changing a few items in her daily diet and being more mindful of what she ate. The participant didn’t realize how much she liked vegetables due to not trying them or not knowing how to cook them. The participant is also more active now and is feeling better than she has in a long time!

— Program Administrative Team Testimony

Photo Credit: Alcona Health Center


*Program overview and outcomes data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Bay Mills Health Center

Bay Mills Prescription for Health (Diabetes Coupons)

Program Years: 2016 – Current

Program History and Partners
The program was started after dietitians learned the main reasons patients indicated they do not eat fresh, local food was due to cost and availability. Partners include the Bay Mills Health Center and the Brimley/Bay Mills Farmer’s Market. The program is supported through the Special Diabetes Program. This funding has been continuous for many years and is expected to remain in place for years to come.

Evaluation and Outcomes
Records are kept that identify the amount of coupons collected by each vendor. Additionally, the program surveys both patients and vendors at the end of each season.

Program Highlights
Often referred to as the Diabetes Coupons program, eligible patients include tribal members receiving diabetes education. Diabetes education and the Diabetes Coupons program are marketed through the Bay Mills Diabetes Program, the Bay Mills News (a monthly tribal paper), their website, social media, and waiting room monitors at Bay Mills Health Center. Registered dieticians distribute coupon booklets to tribal members who have participated in a minimum of 3 diabetes education classes or clinic appointments per year. The coupon booklet contains coupons in $2 increments, modeled after WIC Project FRESH and Senior Project FRESH/Market FRESH programs, to use at the Brimley/Bay Mills Farmer’s Market. Each year, the Brimley/Bay Mills Farmer’s Market executes agreements with all farmers market vendors to accept the coupons and be reimbursed by the market. Vendors are oriented to the program during the pre market vendor meeting and as needed throughout the season.

The Special Diabetes Program is funded through the Indian Health Service.
Program History and Partners
The goal of Beaumont Health’s Prescription (Rx) for Health program was to increase fruit and vegetable consumption and support healthy behavior change among patients. Referrals to the program came from physicians at Beaumont’s Westland Health Center, where a significant percentage of the patient population has been identified as low-income. The pilot was funded by a Michigan Department of Health and Human Services’ Innovation grant and Beaumont Health, in partnership with Meijer.

Program Highlights
Physicians identified patients with low incomes based on enrollment in Medicaid, Medicare low income, Medicare dual enrollment, or because they were uninsured. If patients also met additional eligibility criteria, they were asked to participate in the program. After the enrollment process, participants were contacted by a Health Coach to begin eight biweekly, individualized sessions of telephonic health coaching. Coaching calls were held with participants to provide education on general topics of interest to the participant including modification of behaviors, incorporating new foods into their diet, and utilization, preparation, and recipes for fruits and vegetables. As a core element of the Prescription for Health program, each participant was required to speak with the Health Coach prior to receiving their next set of fruit and vegetable coupons. Weekly coupons were loaded digitally using Meijer’s mPerks digital coupon platform and could be used at any Meijer location for the purchase of fruits and vegetables.

Evaluation and Outcomes
Pre- and post-program data was collected from participants during the first and seventh health coaching call to analyze self-reported behavior changes. Additionally, the use of the Meijer mPerks card allowed for tracking of sales of both produce and food sales throughout the duration of the program. Data showed consistent weekly purchases of produce equivalent to approximately 85% of each coupon amount. The coaching call data showed positive results in self-reported improvements in consumption of fruits and vegetables, improvements in health status, and improvement in health maintenance behaviors. Although not specifically designed as an outcome, a large number of participants indicated to the health coach that they had significant reductions in weight loss, blood pressure and hemoglobin A1C levels.11

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Program History and Partners

The Capital Area Prescription for Health Program established by Care Free Medical works to improve healthy food access and health outcomes in children from families experiencing food insecurity. Care Free Medical facilitates program enrollment and implementation and administers the distribution of produce boxes. Additionally, the Capital Area Food Council and the Ingham County Health Department provide program development, implementation, and promotional support. The project is currently supported by funding from the Michigan Health Endowment Fund’s Nutrition and Healthy Lifestyles Grant.

Evaluation and Outcomes

Participants are surveyed by program coordinators over the phone during their initial enrollment and after every 12 weeks of continued participation. After completion of each 12-week follow up survey, each participant is incentivized with a $25 gift certificate to a grocery store. Surveys include the Family Nutrition and Physical Activity Screening Tool along with a modified version of MIFMA’s Produce Prescription Evaluation Tool. Key metrics tracked include a self-reported health rating, daily produce intake, daily processed food intake, confidence to make healthy food choices, and self-reported weight and height.12 The Capital Area Prescription for Health team is working toward increasing enrollment, with a goal of enrolling 100 participants in 2022 in order to demonstrate the efficacy and investigate the cost-effectiveness of the program to reach their long term goal of having Produce Prescription programs covered by the state Medicaid program.13

Program Highlights

Program participants are identified during office visits with physicians at Care Free Medical and Cedar Pediatrics when a child screens positive for demonstrated food insecurity using the “Hunger Vital Signs” screener. Additionally, children who met enrollment criteria can be identified using their electronic medical records from previous office visits. In order to address transportation barriers and time constraints participants may face in redeeming produce coupons, the program adopted a direct delivery model in partnership with the Michigan State University (MSU) Student Organic Farm to deliver weekly produce boxes directly to the homes of those enrolled in the program. Handouts with nutrition information from MSU Extension including recipes, shopping tips, and meal preparation techniques are included with the delivered produce boxes. Participants are also invited to partake in free online nutrition classes and cooking demonstrations provided by NorthWest Initiative.

Additional Resources

[Capital Area Prescription for Health Website]

Photo Credit: Capital Area Prescription for Health

13Program overview and outcomes data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Program History and Partners

The City of Muskegon qualifies as a food desert due to the lack of access to full-service grocery stores. In addition, many residents lack access to transportation making access to fresh fruit and vegetables difficult. Muskegon Prescribes Food for Health (MPFH) is a project of McLaughlin Grows Urban Farm and a program of Community enCompass that works to increase the consumption, culinary knowledge, and accessibility of fruits and vegetables among the community. The success of the program is partly due to the strong partnerships that have been created. Partners have included Hackley Community Care, Pathways to Better Health, HealthWest, Access Health, Grand Valley State University School of Dietetics, and Muskegon YMCA. In order to expand the program, Community enCompass received a Community Health Impact Grant from the Michigan Health Endowment Fund in 2020.

I have never tried an eggplant before. I cannot afford to try new things. I used the recipe that was provided and it was delicious. Eggplant is now something I will put on my grocery list.

— 2020 Participant Feedback, Michigan Health Endowment Fund

Additional Resources

Muskegon Prescribes Food for Health website

Program Highlights

Throughout the program, referrals have come from many partners including Hackley Community Care, physician offices, Community Health Workers, housing programs, senior serving agencies, and senior centers. Participants can also self-refer. Once enrolled, participants attend twelve weekly classes; six classes are cooking lessons taught by YMCA staff utilizing Share our Strength’s Cooking Matters curriculum, and the other six classes focus on healthy living, such as yoga classes. At each class, participants receive a Veggie Voucher to purchase produce at the YMCA Veggie Van setup on-site. The YMCA Veggie Van partners with McLaughlin Grows Urban Farm to purchase fresh produce that is added to the selection available to participants. Every other class, participants receive cooking or gardening items including knife sets, cutting boards, pots and pans, cook books, garden tools, or other small kitchen items in order to send participants home with knowledge and items necessary to cook healthy meals on their own. During the COVID pandemic, MPFH shifted their operations to partner with the YMCA Veggie Van to deliver weekly produce boxes with recipes and activity kits to the homes of each participant, delivering 892 bags of produce in 2020.  

Evaluation and Outcomes

MPFH uses pre- and post-program surveys to measure knowledge and self-reported behavior changes. Outside of the COVID pandemic, the program also collects biometric data at the start, middle, and end of the program. In 2020, 92% of participants agreed that they are more likely to eat more produce since participating in MPFH.
Prescription for Health

Program History and Partners

In order to address the high rates of chronic disease that exist in the rural communities in Northwest Michigan, District Health Department (DHD) #10 has partnered with local healthcare organizations, healthcare providers, farmers markets, and local food retailers to implement the Northwest Michigan Chronic Disease Prevention Prescription for Health program across its 10-county jurisdiction. In order to support this regional rollout, DHD #10 received funding from Michigan Health Endowment Fund’s Nutrition and Healthy Lifestyles grant to develop a subaward contract with a healthcare partner in each of the 10 counties it serves. Funding awarded is being used to provide fresh fruit and vegetables to participants and to compensate staff for the time to coordinate the program at the local level. Each healthcare partner is also responsible for providing a nutrition education component to accompany the program. DHD #10 provides oversight to support the healthcare partners in implementing and evaluating the Prescription for Health Program.

Program Highlights

The DHD #10 model allowed each healthcare partner to implement the program based on the needs and capabilities of each individual community rather than implementing an identical program across the region. In Mason County, Spectrum Ludington utilized the grant funding for the Prescription for Health program in partnership with an existing program, Culinary Medicine. Each Culinary Medicine participant was supplied with weekly boxes of fresh produce and whole foods connecting to the curriculum. New partnerships have also helped some counties increase enrollment numbers. Spectrum Health Big Rapids in Mecosta County partnered with Bread of Life Food Pantry, Angels of Action, and the Big Rapids Farmers Market to provide education, vouchers, and fresh produce to the community. Additionally, some counties took a team approach to implementing a Prescription for Health program. Munson Cadillac, Munson Manistee, Munson Missaukee, and Munson Grayling partnered with MSU Extension to offer online nutrition education classes. The healthcare system promoted the program through partner agencies, primary care clinics, and accepted direct/self-referrals. Participants receive vouchers by mail following the completion of their classes, which may be redeemed at local Save-A-Lot stores.

Evaluation and Outcomes

DHD #10 worked with their healthcare partners to develop an evaluation plan for the Prescription for Health program. The program collects information on the number of participants enrolled, number of individuals completing education sessions, and total number of vouchers redeemed in each county. Additionally, healthcare partners survey participants pre- and post-program to evaluate self-reported behavioral and health outcomes. As programs continue to be developed, DHD #10 seeks to determine what models work best for program implementation in their rural communities.17

17Program overview and outcomes data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Program History and Partners
Since 2013 Eastern Market Partnership has collaborated with community partners and those in the healthcare system to implement the Fresh Prescription (Fresh Rx) program in Detroit neighborhoods. The Fresh Rx program aims to address chronic health conditions such as obesity, diabetes, and hypertension through increased consumption of fresh fruits and vegetables. In 2018, Eastern Market Partnership assumed the role of convener for the Fresh Rx Network, a coalition of partners who share a program model and collaborate on technology, evaluation, and funding, as appropriate for serving the Metro Detroit area.

Currently, Eastern Market Partnership has secured funding through a Detroit Community Development Block Grant to administer the program. Eastern Market Partnership works as an umbrella organization for the Fresh Rx Network to facilitate implementation, partnership building, evaluation, and access to the Fresh Incentives app. The Fresh Incentives app, managed by EPIC technology, tracks benefit and distribution data across the program. Healthcare partners within the Network are asked to contribute dollars from their own funding mechanisms to support activities such as shared network and patient level evaluation with JFM Consulting and to receive continued access to the Fresh Incentives app. Each prescribing site secures funding for the patient prescriptions through various, rotating, grant funds.

Evaluation and Outcomes
Comparative biometric data is collected per site and often includes BMI, blood pressure, hemoglobin A1C, and/or total cholesterol. Additionally, participants complete pre- and post-program assessments to collect patient demographics and analyze changes in knowledge, behavior, and attitudes towards healthy eating. Survey data, along with number of enrollments and number of education sessions completed, is incorporated into a Network-wide outcome report at the end of each year by JFM Consulting. In 2019, 58% of participants reported an increase in fruit consumption and on average, participants reported consuming approximately one additional cup of fruit per day post-program.

Individual site funders have included the Michigan Health Endowment Fund, Meridian, USDA Health and Nutrition funding, Wayne State University Alumni, and Community Medicine funding.


In 2020, the Fresh Rx Network began working with Meridian Health Plan of Michigan to cover half of the cost, for up to 50 patients, recruited through the CHASS Center. Meridian Health has also taken an active role in the evaluation process to assess whether fruits and vegetables have an impact on A1C levels of patients in their diabetes program. Through this continued partnership, the Fresh Rx Network can begin to assess the feasibility of fruit and vegetable coverage under future health plans.

2020 Healthcare Partner Sites:

Henry Ford Health System, Community Health and Social Services Center (CHASS), Joy Southfield, American Indian Health and Family Services (AIHFS), Wayne State University, Authority Health/Islandview, and Project Healthy Communities.

Additional Resources:

- Fresh Prescription Website (Includes program outcome reports)
- Participation in a Farmers' Market Fruit and Vegetable Prescription Program at a Federally Qualified Health Center Improves Hemoglobin A1C in Low Income Uncontrolled Diabetics
- A Pilot Randomized Controlled Trial of a Fruit and Vegetable Prescription Program at a Federally Qualified Health Center in Low Income Uncontrolled Diabetics

Food Box partners include: CWO Farms, Grown In Detroit, Peaches and Greens, and Deeply Rooted Produce.
Eaton Rapids Medical Center

Prescription for Health

Program Years: 2018 – 2019

Program History and Partners

Eaton Rapids Medical Center’s (ERMC) Registered Dietitian and former ERMC Farmers Market Manager, Leslie Neubecker-Czubko, first heard of the produce prescription program during a presentation made by the Washtenaw County Health Department at MIFMA’s 2016 Michigan Farmers Market Conference. Seeing the value the program brings to individuals experiencing food insecurity and/or those diagnosed with a chronic disease by improving their access to healthy foods, the Washtenaw County Prescription for Health program was brought to ERMC and the hospital’s on-site farmers market. The two year program was funded by the insurance company for the hospital, Coverys.

Program Highlights

Providers from ERMC’s family practice referred eligible patients to the program. Group enrollment sessions were held inside the hospital on the same day as the hospital’s farmers market was happening outside. Enrollment sessions oriented participants to the program, walked through goal-setting, and ended with a tour of the market where participants could redeem their first prescription. The market tour provided participants with a sense of what to expect when they returned. During each subsequent visit, participants would stop at the ERMC tent at the farmers market where the hospital’s registered dietitian offered support setting a goal for the week, provided nutrition education handouts, and redeemed prescriptions by handing out tokens to use at the market. Weekly nutrition education handouts varied by topic and included recipes using produce available at the market that week.

Evaluation and Outcomes

Using patient electronic medical records, health information from the patient’s provider was taken pre-program and as soon as possible post-program. The Prescription for Health program evaluated blood pressure, hemoglobin A1C, High-density lipoprotein (HDL) cholesterol, low-density lipoprotein (LDL) cholesterol, triglyceride levels, total cholesterol, and weight. In 2019, patients reported increased fruit and vegetable consumption and an improvement in participants’ biometric data was seen in some patients who were re-checked post-program. Although initial data looked promising, the program was not brought back in 2020 due to the COVID pandemic and a change in sponsoring organizations of the farmers market.

Food is always a need, especially fresh fruits and vegetables and this program helps individuals who are food insecure or those with a chronic disease to eat better and in turn helps the local economy – it was a win/win! This community has a lot of chronic disease, especially diabetes and obesity, like so many others and insurance won’t always pay for referrals to a dietitian. It’s very frustrating because I don’t get an opportunity to try to help these patients, but with this program I do! And they get free, healthy food!

— Leslie Neubecker-Czubko, ERMC Registered Dietitian
Program History and Partners

In 2018, inspired by Groundwork Center for Resilient Communities’ 2017 Culinary Medicine Conference, an Emmet County collaborative including McLaren Northern Michigan, Health Department of Northwest Michigan (HDNW), Bliss Gardens Farm and Community Kitchen, and the Crooked Tree Art Center and Artisan Market piloted a Prescription for Produce Program with funding support provided by the Petoskey-Harbor Springs Area Community Foundation. In order to expand the program in 2019, the Groundwork Center for Resilient Communities received a Nutrition and Healthy Lifestyles Grant from the Michigan Health Endowment Fund with McLaren Northern Michigan handling the prescriptions and program administration.

Evaluation and Outcomes

In 2019, Prescription for Produce collected qualitative and quantitative results from program participants, partner organizations, and healthcare providers. Pre- and post-program evaluation surveys were administered to participants assessing demographic data along with self-reported metrics including health status, fruit and vegetable consumption, and confidence in eating fruits and vegetables. When asked “Overall, did the program help you to feel more confident when working with produce and/or help you and your family eat more fresh produce?”, 100% of the 2019 participants reported yes.22

Program Highlights

Primarily working with Bay View OB/GYN and the HDNW for referrals, the Prescription for Produce program launched with an initial focus on women enrolled in food assistance programs in hopes of engaging the entire family unit. Participants referred to the program completed three classes with a contracted dietician to learn hands-on cooking skills, become acquainted with local, seasonal produce, and receive a voucher to shop at the farmers market. After taking a pause in 2020 due to the COVID pandemic, the program re-launched as a modified CSA-style program in 2021. In the modified version, patients could self-refer, in addition to being referred from their provider or the HDNW, by registering for a time slot to attend the farmers market via Eventbrite. At the market, participants received a reusable shopping bag filled with produce and HDNW provided one-on-one health education with participants sharing recipes, tips, and providing a market tour to empower participants to become comfortable with shopping at the farmers market. Throughout the re-launch, the Prescription for Produce program partnered with the Downtown Petoskey Farmers Market and the Boyne City Farmers Market.

22Program overview and outcomes data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.

Photo Credit: Health Department of Northwest Michigan
Program History and Partners

Started in 2011, the Live Well Gratiot steering committee was tasked with identifying health needs in Gratiot County and establishing a health improvement plan benefitting the wellbeing of Gratiot county residents. Live Well Gratiot implemented the Prescription for Health program in 2018 with funding from the Gratiot County Community Foundation. Since its inception, referral sources, program offerings, and prescription amounts have changed based on funding, program feedback, and changing community needs. MidMichigan District Health Department (MMDHD) is currently the program fiduciary and facilitates the program, receives referrals, and coordinates with MSU Extension for nutrition education enrollment through the Eat Healthy, Be Active curriculum. MMDHD works closely with participating healthcare partners in Gratiot and Isabella County and the St. Louis Farmers Market and Mt. Pleasant Farmers’ Market. In 2019 and 2020, the Prescription for Health program was funded by the Blue Cross Blue Shield Foundation of Michigan and in 2021, MyMichigan Health and Gratiot-Isabella Regional Education Service District provided funding support.

Program Highlights

Funding under Blue Cross Blue Shield of Michigan allowed for program expansion in 2019 to include the Mt. Pleasant Farmers’ Market and the addition of a physical activity component for interested participants through Alma College. Due to the COVID pandemic, the program moved MSU Extension’s nutrition education classes online in 2020. As some participants face barriers to internet access and technology, the online nutrition classes were highly encouraged but not required for receiving Prescription for Health coupons. Additionally in 2020, the program opened up to self-referrals in addition to referrals from their healthcare partners to reach additional participants in the community when healthcare referrals slowed.

Evaluation and Outcomes

The Live Well Gratiot Prescription for Health program uses pre- and post-surveys to track self-reported changes in knowledge of food safety and behaviors toward nutrition and physical activity using tools provided by MSU Extension and MIFMA. Prior to the COVID pandemic, the program also collected clinical biometric data. In 2020, participants redeemed a total of $10,465 in Prescription for Health coupons at participating farmers markets and 43% of participants completing both pre- and post-surveys reported an increase in vegetable consumption.23

Additional Resources

St. Louis Farmers Market Prescription for Health Website

Program History and Partners

Every three years, Saint Joseph Mercy Livingston conducts a Community Health Needs Assessment (CHNA) and recent reports have prioritized chronic disease, nutrition education, and access to healthy foods as needs that should be addressed. Saint Joseph Mercy Health System found similar needs in Washtenaw County’s CHNA where they have been a partner and funder for the Washtenaw County Prescription for Health program. In 2017, with funding from Saint Joseph Mercy Health System, this program was extended to Livingston County. The program is coordinated by the Livingston County Health Department in partnership with Brighton Farmers’ and Artisans’ Market, Howell’s Sunday Farmers’ Market, and Gleaners Shared Harvest Food Pantry. In 2020, the program partnered with six different referring partners.

Additional Resources

Livingston County Prescription for Health Website
Evaluation and Outcomes
The program is evaluated through pre- and post-program surveys assessing a self-reported health rating, fruit and vegetable consumption, and unhealthy food consumption. The program also looks at whether participants have knowledge about storing and preparing fruits and vegetables, and whether participants believe eating fruits and vegetables improves their health. Demographic information and food assistance utilization, such as SNAP, is also collected. In 2020, 94% of program participants reported that as a result of participating in the Prescription for Health program they ate more fruits and vegetables and 79% reported they could manage their health conditions better. In 2020, participants spent a total of $9,057 in Prescription for Health tokens on fruits and vegetables.24

Program Highlights
Referral partners identify eligible participants, who are given a virtual or in-person orientation before the beginning of the program season. Alternatively, potential participants may self-identify as eligible for the program and call Gleaners or visit one of the other participating partners to obtain a referral. Once participants are enrolled, they receive a “prescription card” on their first visit to the farmers market and/or Gleaners site; participants present this card to receive their allotted tokens for each subsequent visit. The prescription card also keeps track of the participants’ goals that they make with a Community Health Worker (CHW) at the Prescription for Health table. At the next visit, the CHW checks progress toward the participants’ goal and a new goal is made or the current goal is extended. CHWs handout nutrition education resources and featured recipes at every visit. The program also partners with MSU Extension to provide participants with nutrition education and cooking demonstrations at the markets.


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“Getting my grandchildren involved in picking out fruits and Veggies. My diet is healthier and I feel the difference. The program made it possible to eat fresh fruits and veggies I otherwise could not afford.

– Results experienced by participants; Livingston County 2020 Outcome Report

Photo Credit: Livingston County Health Department
Program History and Partners

In 2015, Hurley Children’s Center (HCC) relocated to the same building as the Flint Farmers’ Market. Following the relocation, HCC partnered with the Flint Farmers’ Market to establish a Fruit and Vegetable Prescription Program (FVPP) for children initially supported by the Michigan Department of Health and Human Services' Health Innovation Grant and currently funded through The Rite Aid Foundation. In 2018, Michigan State University — Hurley Children’s Hospital Pediatric Public Health Initiative (PPHI) received two consecutive Nutrition and Healthy Lifestyles Grants from the Michigan Health Endowment Fund to expand the program to Akpinar Children’s Clinic to assess program replicability and evaluate the long-term impact of the FVPP program. Additionally, with funding from the National Institutes of Child Health and Development, the FVPP program was extended to Mott Children’s Health Center in March 2021 to compare demographically similar pediatric patient groups from three different healthcare clinics with varying levels of exposure to the FVPP program. The study will evaluate the intensity and exposure needed to influence changes in food security, dietary intake, and weight status among children.\(^\text{26}\)

PediaTriC PUBLIC HEALTH Initiative
Michigan State University-Hurley Children’s Hospital
Pediatric Public Health Initiative

Fruit and Vegetable Prescription Program

Program Years: 2016 – Current

Additional Resources

Fruit and Vegetable Prescription Program Website
List of PPHI Publications

\(^\text{25}\)Michigan State University and Hurley Children’s Hospital are working together to address the Flint community’s population-wide lead exposure and help all Flint children grow up healthy and strong

**Program Highlights**

The FVPP program is the first pediatric produce prescription program in Michigan documented by MIFMA. The program provides one fruit and vegetable voucher to every child/adolescent at the conclusion of each office visit. Distribution rates across clinics are around 90% as the program works closely with doctors to ensure each patient receives a “prescription.” Vouchers can be used at the Flint Farmers’ Market or the Flint Fresh Mobile Market. In order to decrease the transportation barriers faced by many participants, the Flint Fresh Mobile Market provides delivery of locally-grown fruit and vegetable boxes to homes and businesses within the city. Families can use their voucher to have a produce box delivered directly to their home, work, or school.

Additionally, the program utilizes each healthcare clinic’s electronic medical records (EMR) system to record prescriptions distributed to each patient. When telehealth appointments increased during the COVID pandemic, the FVPP program was able to use the EMR system to allow patients to receive a virtual prescription through MyChart.

**Evaluation and Outcomes**

The FVPP program tracks monthly prescription distribution rates through the EMR system and has also established a procedure to collect redemption rates for patient and clinic-level tracking. Additionally, several groundbreaking research studies have been performed by the PPHI team led by Principal Investigator Dr. Amy Saxe-Custack to evaluate the prescription impact in a pediatric setting on factors related to health. One study tracked dietary patterns, food security, and participation in food assistance programs in a subset of caregiver-child dyads exposed to the FVPP program. The study, utilizing a validated dietary assessment tool for children, reported significant improvements in whole fruit consumption after only six months of exposure to the FVPP program.\(^{27}\) The team currently has several research projects ongoing including a cost-benefit analysis of the pediatric fruit and vegetable prescription program.\(^{28}\)


\(^{28}\)Program overview data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Program History and Partners

Midland’s 2019 Community Health Needs Assessment showed that chronic disease prevention and treatment was a high priority based on the prevalence of hypertension, obesity, diabetes, and cancer rates in the community. Behavioral risk factors associated with such chronic diseases include healthy nutrition and nutrition education. The Midland County Prescription for Health program is a collaboration between the Midland Business Alliance/Midland Area Farmers Market and MSU Extension designed to help the community get to know their local farmers market while providing nutrition education and vouchers for fresh fruits and vegetables. Funding for the program is through MyMichigan Health of Midland.
Program Highlights

The program does not mandate income eligibility so the Asset Limited, Income Constrained, Employed (ALICE) population is able to participate. Interested individuals can enroll in the program by directly contacting MSU Extension’s Community Nutrition Instructor for the Midland area to sign-up for the nutrition education series. Program partners can also refer individuals or host the nutrition education series at their site. The program works with many partners to promote the program including organizations working with residents enrolled in financial or food assistance programs. MSU Extension uses the Discover Michigan Fresh curriculum to provide nutrition education to participants. When the program first started in 2019, the nutrition education sessions were held at the Midland Area Farmers Market- encouraging participants to get to know the market, engage with vendors, and immediately spend their Prescription for Health coupons after class. Additionally in 2019, a Food Safety Educator with MSU Extension provided a guest presentation each class on freezing and blanching produce. In 2020, due to the COVID pandemic, the nutrition education sessions were offered virtually and over the phone instead of in-person. In September 2021, the program was able to resume face-to-face classes at a local community center.

"Our family has tried several new vegetables (due to this class). I have been more conscientious of the fruits and veggies I eat daily. My children are now eating summer squash and zucchini, and eat it without complaining!"

– 2019 Success Story; 2019 Impact Report

Evaluation and Outcomes

The Midland County Prescription for Health program utilizes pre- and post-surveys provided by MSU Extension to evaluate self-reported changes in attitudes and behaviors toward shopping at the farmers market, confidence in shopping behaviors, and fruit and vegetable consumption. The MSU Extension evaluation metrics satisfy evaluation criteria from the funder, MyMichigan Health, and are used to present to leadership for updates and feedback. Program Impact Reports generated by MSU Extension have continually shown an increase in confidence in shopping at a farmers market, comfort in shopping and talking to vendors, and fruit and vegetable consumption. In 2021, 52% of participants completing pre- and post-surveys reported increases in fruit and vegetable consumption.29

Additional Resources

Midland Area Farmers Market Website

Program Highlights

Interested participants can self-refer by signing up on MSU Extension’s website or by contacting the Community Health Supervisor at MyMichigan Health’s West Branch and Gladwin locations. To spread the word, program flyers and information is shared with local health departments and WIC offices, local Commission on Aging agencies, and with MyMichigan Health’s primary care offices. Program information is also shared with Michigan’s 2-1-1 for individuals looking for food assistance. Enrollees are required to participate in the program’s nutrition education series provided virtually through MSU Extension’s SNAP-Ed programming. Nutrition education series offered in the Fall of 2021 included Eat Healthy, Be Active, My Way to Wellness, Cooking for One (or Two), and Today’s Mom, an interactive series for moms-to-be. Fruit and vegetable vouchers are mailed out to participants for each class attended and participants receive a free crock pot if perfect attendance is achieved.

Program History and Partners

A Community Health Needs Assessment conducted by MyMichigan Medical Center of West Branch in 2021 identified chronic disease prevention and treatment as a top priority. Ogemaw, Arenac, Roscommon, Iosco, and Oscoda counties all have higher obesity and diabetes rates than Michigan’s average. Due to MyMichigan Health’s success with produce prescription programs in other locations, the program was brought to the 6-county area to address the need in their community for education on healthy eating. Co-led by MyMichigan Health and MSU Extension, the Prescription for Health program partners with Family Fare, Save A Lot, and O’Farrell Farms in West Branch as locations where participants can redeem their produce vouchers. Funding through MyMichigan Health supports the cost of produce vouchers for the program.

Evaluation and Outcomes

The Prescription for Health program is evaluated through surveys provided by MSU Extension’s SNAP-Ed programming. Participants are required to take the surveys at the beginning and end of the educational series. Since launching in June 2021, the program has hosted six virtual class series to provide health education and increase access to fruits and vegetables.
Program History and Partners

In 2018, Healthy Pontiac, We Can! received funding from Blue Cross Blue Shield of Michigan to implement and evaluate a produce prescription program in Pontiac focused on social prescribing to encourage healthy eating and active living. Three clinical partners, Oakland County Health Division, and Oakland University School of Health Sciences under the direction of Dr. Laurel Stevenson, worked to examine the pilot program’s feasibility. Oakland University received funding in 2019 from the Michigan Health Endowment Fund’s Nutrition and Healthy Lifestyles Grant to adapt the program to focus on families with children and seniors. Due to the COVID pandemic, Prescription for a Healthy Oakland pivoted program activities in 2020 to work within the My COVID Response Network to set up a system of direct food box deliveries and telehealth/health education check-ins with seniors in the Pontiac, Waterford, and Auburn Hills areas. In 2021, the program rolled out a modified, virtual version. In addition to previous partnerships formed during the pilot, the program works closely with the Centro Multicultural La Familia to deliver health education materials in Spanish and provide referrals for the program’s Latinx population. Going forward, the program has secured funding from Blue Cross Blue Shield of Michigan to pilot and expand their program to the southeast area of Oakland County in 2022.

Evaluation and Outcomes

Participants complete pre- and post-program surveys adapted from MIFMA’s Produce Prescription Evaluation Tool to examine demographic and self-reported health behavior data. Evaluation metrics include: eating and physical activity behaviors, food security, self-efficacy and knowledge on health behaviors, and social support among participants. Program satisfaction and feedback is also collected. Program goals include increasing fruit and vegetable consumption and time spent doing physical activities, increasing knowledge and skills to engage in healthy behaviors, and promoting relationship building and community among participants. Participants in 2018 reported overall health improvement, increase in fruit consumption, decrease in sugary beverage consumption, greater food security, and improvements in self-efficacy for healthy eating.30

30Program overview and outcomes data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Program Highlights

The 2021 Prescription for a Healthy Oakland relaunched following a similar framework to the 2018 pilot, but with a virtual spin. Clinic staff and social service organizations identify and refer potential participants during appointments. Program staff attend various community events and work with community partners to promote the program and interested individuals who meet the criteria can self-refer. The newly designed Prescription for a Healthy Oakland website has everything participants need to be successful including an enrollment video and forms, team-developed health education sessions, community events and resources, and physical activity challenges with prize drawings. Each month, participants watch a health education video ending with a quiz and reflection. To provide additional support, program staff call participants to check-in on goal setting and program participation. After the completion of each health educational session, participants are mailed vouchers to use at participating locations.

Additional Resources

Prescription for a Healthy Oakland Website

Social Prescribing for Health: Voucher Adherence and Measured Health Outcomes in a Prescription for Health Program (Based on 2018 Pilot Program Data)

Weathering the Storm: Pivoting a Prescription for Health Program during COVID-19
Program History and Partners

The 2014 Ottawa County Behavioral Risk Factor Survey revealed nearly 70% of adults in Ottawa County had inadequate fruit and vegetable consumption. To address food access needs and improve healthy eating habits among high health risk residents with low incomes, the Ottawa County Department of Public Health launched a Prescription for Health program with funding provided from the Grand Haven Area Community Foundation (GHACF). Following the pilot, Ottawa Food received a grant from the GHACF in partnership with the Community Foundation of the Holland/Zeeland Area through the Michigan Health Endowment “Healthy Ottawa” Regranting Initiative Fund to operate several programs including the Prescription For Health program. In its final year, Prescription for Health was funded by the Perrigo Company Charitable Foundation and the Ottawa County Department of Public Health.

I was able to lose 11 pounds and I was able to can some fruits and vegetables for use in the winter. I greatly appreciate being a part of the program.

— 2018 Prescription for Health participant

Ottawa Food Final Evaluation Report

Program Highlights

The Washtenaw County Prescription for Health Program served as a resource to initially launch the program in Ottawa County. Each year, community partners and referral sources varied to help best meet the needs in the community. In 2019, participants were identified and referred by Maternal Infant Health Program staff and Pathways Community Health Workers (CHWs). Each participant attended an enrollment session led by the Ottawa County Department of Public Health. Enrollment sessions included tours of the farmers market, information on using SNAP Bridge Cards and Double Up Foods Bucks, and the benefits of fresh produce as well as how to choose, prepare, and store seasonal produce items. At each visit to the Holland Farmers Market or Grand Haven and Spring Lake Farmers Markets, participants visited the Information Tent to receive their Prescription for Health tokens. Additionally, participants received periodic check-in calls during the program to discuss progress toward reaching their health goals.
Evaluation and Outcomes

Staff from the Ottawa County Planning & Performance Improvement Department helped to evaluate the Prescription for Health program. Data was collected by tracking visits to the farmers market, making check-in calls with participants, and through pre- and post-program participant surveys. Target metrics included: reported daily fruit and vegetable consumption, program enrollment numbers, and participants’ abilities to manage their health condition(s). Additionally, the program collected participant demographics, level of support received from phone call check-ins, frequency of farmers market visits and SNAP Bridge Card and Double Up Food Bucks usage, and self-reported knowledge of fruit and vegetables. In 2019, program participants made 191 total visits to the farmers market, resulting in $1,910 distributed in tokens for fresh fruits and vegetables. On average, participants reported an increase in their fruit and vegetable consumption from pre- to post-program, surpassing the program goal of 0.5 cup per day increase. Despite its success, the program ended due to challenges with recruiting new participants, securing reliable referral sources, and finding a sustainable funding source.

ProMedica Charles and Virginia Hickman Hospital

Veggie Mobile Voucher

Program Years: 2014 – Current

Program History and Partners
ProMedica Charles and Virginia Hickman Hospital started the Veggie Mobile, a mobile market, in 2013 in partnership with the Lenawee Health Network and a grant from the USDA to offer fruits and vegetables at affordable prices to increase consumption and improve health. The Veggie Mobile travels to senior centers, low-income housing units, and food deserts to increase access to produce in the community. To provide further access to fresh produce for low-income residents, the Veggie mobile accepts SNAP, Senior Project FRESH, and WIC Project FRESH. In 2014, the Veggie Mobile Voucher program was started as a community outreach program and has since evolved to address Social Determinants of Health and to tie back to clinical screenings.

ProMedica’s new hospital campus has 3 acres dedicated to their program called ProMedica Farms. In addition to being a community resource for education and well-being, ProMedica Farms grows a portion of the produce sold on the Veggie Mobile. The expansion of ProMedica Farms’ initiatives, including the Veggie Mobile Voucher program, is currently made possible through a Michigan Health Endowment Fund Nutrition and Healthy Lifestyles Grant.

Program Highlights
ProMedica is committed to making a positive impact on the Social Determinants of Health that affect their communities’ well being. The hospital network screens patients for Social Determinants of Health across 14 domains. When patients screen positive for food insecurity at the hospital or a participating physician’s office, they are provided with a food resource at discharge and a voucher to the Veggie Mobile. Program administrators have partnered with the South Michigan Food Bank to distribute food resources, a box of pantry or shelf stable items, to their physician’s offices. Patients are provided information on pantries and other food security resources around them. As part of the program’s community strategy, Veggie Mobile customers experiencing food insecurity are also identified on the route and are given a $5 voucher to be redeemed on the spot. At the Veggie Mobile, customers receive education about the produce available and recipes to cook the food at home.

Evaluation and Outcomes
The ProMedica Farms team tracks the number of vouchers issued by ProMedica Offices, the number of vouchers redeemed from ProMedica Offices, the number of clients identified with food insecurity, and the number of vouchers issued at the Veggie Mobile stops. Each voucher contains a unique code in order to track the referring office or hospital where the voucher was distributed. The program collects data on the Veggie Mobile including the number of residents served, total sales, and the number of pounds of food that ProMedica Farms harvests.32

Additional Resources
ProMedica Farms Website

32Program overview data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Shape Up North of Munson Healthcare

Fruit and Vegetable Prescription Program

Program Years: 2016 – Current
Program did not operate in 2020

Program History and Partners

Munson Healthcare identified obesity as a top issue in a 2013 Community Health Needs Assessment. In response, Shape Up North (SUN), a multi-faceted community coalition, was created. Through SUN, Munson Healthcare in partnership with Priority Health and a collaboration of businesses, organizations, school districts, and community leaders are dedicated to helping northern Michigan residents reach healthier lifestyles. In 2016 with funding from Michigan Department of Health and Human Services, SUN piloted a Fruit and Vegetable Prescription Program in Grand Traverse County targeting adults with chronic disease. In 2017, the program expanded to Benzie County through a Rotary Charities grant and is currently funded through the Allen Foundation partnering with Grow Benzie and the Sara Hardy Downtown Farmers Market.

In order to further help families in need, SUN also coordinated a three year pediatric program with funding through a Michigan Health Endowment Fund Community Impact Grant to address food access and healthy eating in overweight or obese children experiencing food insecurity. The pediatric program partnered with the Sara Hardy Downtown Farmers Market and The Village at Grand Traverse Commons Farmers Market. For both the adult and pediatric programs, SUN partnered with local farmers markets located close to referring clinics to reduce transportation barriers.33

Additional Resources

Fruit and Vegetable Prescription Program Website
A Success Story: Benefits of the Fruit and Vegetable Prescription Program

33Program overview and outcomes data accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
Program Highlights

Initially modeled after the Washtenaw County Prescription for Health program, participants in the program are identified through nurse care managers, healthcare providers, or community workers at participating health clinics, local food banks, or senior centers; eligible patients may also self-refer. Staff at Munson Medical Center Community Health collect referrals, confirm eligibility, and complete enrollment for each patient. In order to provide the tools patients need to create healthier eating patterns, program participants receive structured nutrition education classes and have access to cooking demonstrations and tastings at participating local farmers markets. The program partners with MSU Extension for nutrition education and currently uses the Discover Michigan Fresh curriculum. After receiving their nutrition education, participants receive market coupons to redeem at the farmers market. After taking a pause in 2020 due to the COVID pandemic, the program returned in 2021 offering virtual nutrition education.

2017 – 2019 Pediatric Program Outcomes:

- Majority Strongly Agree the Fruit and Vegetable Prescription Program helped their child to eat more fruits and vegetables
- Majority Agree or Strongly Agree their child will be able to continue to eat healthier because of what they learned in the Fruit and Vegetable Prescription Program
- Over the 3 year program, participants redeemed $30,000 in fruits and vegetables at the farmers market.

Evaluation and Outcomes

The adult Fruit and Vegetable Prescription Program currently utilizes pre- and post-surveys provided by MSU Extension to evaluate self-reported changes in attitudes and behaviors toward shopping at the farmers market, confidence in shopping at a farmers market, and frequency and self-efficacy of fruit and vegetable consumption. Surveys collect demographic information and participant’s self-reported health ratings. In 2019, adult participants in Grand Traverse County reported statistically significant increases in fruit and vegetable consumption and their overall perceived health from pre- to post-survey.36

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Upper Great Lakes Family Health Center – Houghton

Prescription for Health

Program Years: 2017 (pilot program)

Program History and Partners

Dr. Michelle Seguin first heard about Washtenaw County’s Prescription for Health program at a conference and was determined to bring it to her patients. At the time, Dr. Seguin was a family medicine physician at the Upper Great Lakes Family Health Center, a Federally Qualified Health Center serving many low access-low income patients in a rural community. Funding was received from the Portage Health Foundation to execute a local Prescription for Health program. Following the one year pilot, Dr. Seguin received a Physician Investigator Research Grant through the Blue Cross Blue Shield Michigan Foundation to conduct a research study as part of the pilot program. The funding was used to support Dr. Seguin’s time as a researcher and also hire an undergraduate research assistant to assist with data analysis.

Program Highlights

Adopted from the Washtenaw County Health Department’s Prescription for Health program, eligible patients were identified and referred to the program at the Upper Great Lakes Family Health Center-Houghton and participants could use their prescriptions for fruits and vegetables at the Downtown Houghton Farmer’s Market. Each week, a community health worker was stationed at the market providing nutrition handouts and recipes featuring seasonal farmers market ingredients to participants. Additionally, the community health worker helped participants identify and track their weekly health goals.

To wrap up the program, all participants were invited to a Prescription for Health Harvest Dinner along with Downtown Houghton Farmer’s Market farmers and market managers, Portage Health Foundation Board members, and the Upper Great Lakes Clinic admin and staff. The event hosted a panel where participants shared feedback about their experience with the program.

Photo Credit: Dr. Michelle Seguin, Portage Health Foundation
Evaluation and Outcomes

Health and nutritional outcomes were measured through collection of pre-program and post-program biometric data (BMI) and participant surveys including information on dietary habits. Additionally, global mental and physical health scores were calculated using the Patient-Reported Outcomes Measurement Information System, PROMIS. The primary outcome from the pilot program was a statistically significant improvement in self-reported quality of life. The findings from the pilot study were presented at the Institute for Functional Medicine Annual International Conference.37 Following the one year pilot study, Dr. Seguin transitioned roles to the Portage Health Foundation where they have been focusing their efforts on building farmers market capacity, expansion of current food assistance programs, developing a Collective CSA program in response to the COVID pandemic, and are actively involved in the UP Food As Medicine working group.

Additional Resources

Food as Medicine: How a Prescription for Health Program Changed One Woman’s Life

Program History and Partners
The Washtenaw County Prescription for Health program was the first produce prescription program in Michigan and has been the inspiration for many of the other programs across the state. In 2016, the program released a Prescription for Health Program Implementation Guide to assist other organizations in replicating their evidence-based produce prescription program. Since its creation, the Implementation Guide has been widely recognized as one of the most comprehensive tools to assist program organizers through the implementation process. Programs across Michigan, and even nationally, have used the guide as a reference to ensure success. The program has partnered with various healthcare partners, farmers markets and farm stands. In 2021, the program partnered with 13 different healthcare clinics referring patients into the program and 6 different redemption sites. Some of the initial program funding was received from the Kresge Foundation, and since 2016 the program has been funded by Saint Joseph Mercy Health System.

2021 REDEMPTION SITES:
- Chelsea Farmers Markets
- Growing Hope’s Ypsilanti Farmers Markets
- Nemeth Greenhouse & Farms
- Pittsfield Township Farmers Market
- Ypsi Area Online Market
- Zilke Vegetable Farm

Additional Resources
- Prescription for Health Website
- Prescription for Health Outcome Reports
Program Highlights

Participants who meet eligibility criteria are referred to the program by participating clinic staff. Group enrollment sessions are held to engage referred patients in discussion about the link between health, chronic disease, and food choices, set their goals for healthy eating and living, and give out their “prescription.” When participants arrive at the farmers markets, they meet with Community Health Workers (CHWs). Since 2013, the CHWs have been formally integrated into the program to provide social support, decrease barriers to participation, and reduce program implementation costs. They assist with enrollment and call participants to offer support and reminders. At the market, they assist participants in reviewing and setting goals, distribute tokens, provide referrals to other healthy eating resources such as SNAP and Double Up Food Bucks, and administer post-program surveys. Throughout 2020 and 2021, the program operated remotely as much as possible due to the COVID pandemic. Prescription for Health staff mailed out the enrollment packets and paper tokens for the whole season. Though there were no CHWs stationed at the farmers markets, they were able to reach participants over the phone to offer their support remotely. In order to further reduce barriers, starting in 2021 the program allowed participants to spend paper tokens at any participating redemption site instead of limiting them to the program arm from which they were referred.

Evaluation and Outcomes

Washtenaw County Health Department staff collect feedback from program partners and collect pre- and post-program surveys from participants. Participant surveys monitor intake of fruits and vegetables, self-reported health outcomes, participants’ abilities to manage their health condition(s), and the level of support that the Community Health Workers provide to patients. They also track invoices turned in at the farmers markets for the tokens that participants spend. Prior to the COVID pandemic, attendance was tracked when participants came to the farmers market to get their tokens.38 In 2019, a total of $33,412 was spent and 62% of participants completed all 10 visits. Additionally, participant consumption of fruits and vegetables increased by nearly 1 cup per day from pre- to post-program and 90% of participants reported that the program helped them manage a health condition.39

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Many variations of Produce Prescription programs have been developed in healthcare settings including direct partnerships with food banks to offer a “food pharmacy”, onsite access to not only fruits and vegetables but a wider range of healthy foods items including meats, dairy, and shelf-stable goods. While similar to the Produce Prescriptions programs outlined so far in the report, the following two fresh food pharmacy programs have formed strong foundational relationships with food banks to improve patients’ food access and health.

Project Lead: Food Bank Council of Michigan (FBCM)

Fresh Food Pharmacy Program

- FBCM received MHEF funding in 2020 to administer the "Fresh Food Pharmacy" pilot program
- The pilot is operating with Grace Health (FQHC serving Battle Creek, Calhoun Co., and surrounding areas) and South MI Food Bank in Battle Creek
- Eligible patients include those who manage a chronic disease that could improve with a change in diet and/or have difficulty accessing healthy food
- Once enrolled, patients must participate in 10 coaching sessions
- Originally designed as an on-site fresh food box pharmacy at Grace Health, the program switched to home delivery due to the COVID pandemic. The program delivers 2 boxes per month for 9 months.
- Boxes contain fresh and shelf-stable foods, including fresh fruits and vegetables
- FBCM is prioritizing the collection and analysis of biometric data as well as an assessment of the financial impact of the program on the FQHC (Grace Health)
- FBCM is working with an external evaluator to focus on health policy and quantitative impact evaluation
- Future plans for expansion across the state

Food FARMacy

- With initial funding from the Community Foundation of Greater Flint, the Food FARMacy opened in 2017 partnering with the Food Bank of Eastern Michigan, Michigan State University (MSU) Extension - Edible Flint, Flint Fresh, and MSU Medical School
- Patients who screen positive for food insecurity receive a referral to the Food FARMacy where visitors receive 2 days worth of food, twice per month, for up to three months. Emergency take home food bags are also offered to patients upon discharge with an immediate need.
- The food provided to patients at the Food FARMacy consists of fresh and canned fruits and vegetables, lean meats, low-fat dairy items, and healthy pantry items and is tailored to meet their health needs, chronic conditions, and allergies
- Patients have the opportunity to meet with a Registered Dietitian while at the Food FARMacy and are provided with community resources and assistance in enrolling and receiving benefits, such as SNAP, WIC, and Double Up Food Bucks
- Patient referrals and visits to the Food FARMacy are tracked using Hurley’s Electronic Medical Records
- Since opening, Hurley’s Food FARMacy has received funding from the Michigan Health Endowment Fund, The Children’s Foundation, and additional funds from the Community Foundation of Greater Flint to expand services offered, address barriers, and form partnerships with new referring healthcare clinics
- Long term outcomes of the program include improved rates of food insecurity, improved health status within a cohort of patients utilizing the Food FARMacy, and decreased Emergency Department utilization and re-admissions for Food FARMacy participants

FOOD BANK PARTNERSHIPS WITH PRODUCE PRESCRIPTION MODELS:

Program overview accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.

Program overview accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
In addition to program implementers, there are a number of organizations in Michigan that recognize the impact that Produce Prescription programs can have on the health of Michiganders, on our local food systems, and within our healthcare systems. The six organizations profiled in this section represent a growing field of partners who are choosing to invest time, energy, and resources into advancing Produce Prescription strategies through research, education, collaboration, financing, and/or advocacy. Their work amplifies the impact of these programs in our state and adds significantly to the potential for these programs to expand their reach and impact.

**Michigan Department of Health and Human Services (MDHHS):**
The [Michigan Department of Health and Human Services](#) (MDHHS) has worked with a number of partners in recent years to implement Produce Prescription programs (PPR). At the onset of program implementation and interest across the state, MDHHS utilized CDC funding to support multiple programs and partners. One such partner was the Michigan Farmers Market Association (MIFMA) that worked to start a Statewide Learning Network of programs to bring together program administrators, funders, partners, and others to create a learning community and discuss goal setting for the network, standardized evaluation efforts, and ways to meet the needs programs have to sustain and thrive. The Department's interest in supporting PPR programs, through CDC funding and beyond, has centered around supporting the PPR model as an evidence-based program to increase fruit and vegetable consumption across Michigan. The Department has been able to impact the field by supporting MIFMA's efforts to complete a statewide scan of programs in 2015; published as "Prescription for Health: An Overview of Programs and Best Practices." Ongoing support of programs has involved providing technical assistance and continuing participation in the Statewide Learning Network. MDHHS will continue to support Michigan PPR programs by lending Departmental expertise in order to increase fruit and vegetable consumption through food access programming designed to slow or reduce the prevalence of obesity in Michigan residents. The Department recognizes the importance of PPR programs in chronic disease management and prevention. They provide a critical service by linking the clinical space to the community at large and believe that finding sustainable funding sources for PPR programs can significantly impact the health of Michiganders.

**Michigan Health Endowment Fund (MHEF):**
The [Michigan Health Endowment Fund](#) (MHEF) has worked to support PPR style programs for the majority of the last decade. Around 2017, MHEF began funding PPR programs through their grantmaking services and has provided financial support to more than eleven different programs to date. Some of the first PPR investments MHEF made were to support a program with Munson Medical Center in Traverse City and the Fresh Rx Network of the Eastern Market Partnership (EMP) in Detroit. MHEF started small with partnerships of newly formed programs and then, based on experience and a growth in program knowledge, were able to scale up their support through additional partnerships and grantmaking. This continued monetary support of programs has allowed MHEF to work with partners in an attempt to better understand the needs of PPR programs.

Funding PPR programs across the state helped to connect MHEF to JFM Consulting, a team of data and evaluation specialists that has worked with Detroit’s Fresh Rx Network. MHEF worked with JFM to dive into the data collection needs, styles, and variations across programs in Michigan. Understanding this variation in program evaluation, MHEF prioritized the examination of how program duration related to health impacts and outcomes of participating patients. Through this examination, MHEF began to look more broadly at what implementation styles work well and what opportunities exist for consistency in data collection across program models. As a result of this work, MHEF and JFM collected data from participants about how PPR programs have improved food access and food security, how they increased the variety in produce consumed, and how to evolve patient evaluations by including more complex
questions about program implementation, health outcomes, and prescription dosage in order to help them better evaluate candidates for future funding. This partnership and commitment to collaboration allowed for a more productive evolution of programs across the state.

Other partnerships, such as cultivating a relationship with MIFMA, have helped MHEF support programs and create networks that engage multiple partners. Throughout the course of their work with PPR programs, challenges have emerged around comparing and aggregating data across programs. MHEF and MIFMA believe that the case for sustainable funding support could be greatly advanced by coordinating standardized, strategic data collection efforts across programs, including the addition of more complex questions. In 2020, MHEF created a five year strategic plan and came to the conclusion that PPR programs remain critically important to the state. Moving forward, MHEF will not be making specific investments in program implementation but they will continue to look strategically at ways to advance the produce prescriptions landscape. MHEF will emphasize upstream work, such as aggregating data, building program infrastructure, and supporting intentional conversations with health insurance payers about potential coverage. With these efforts, MHEF hopes to influence future policies, support food policy councils and/or participate in community based engagement that advances these programs as they continue facilitating networking between the payers, healthcare systems, and programs that need to work together in order to make PPR programs successful.

**Michigan State University Extension (MSU Extension):**

**MSU Extension’s SNAP-Ed Community Nutrition Instructors** conduct nutrition education programs with several PPR partners across the state. PPR programs that work with MSU Extension provide fruit and vegetable coupons/vouchers or small kitchen equipment incentives for completing the offered nutrition education. PPR program partners work with MSU Extension educators to choose from a list of evidence-based curricula to incorporate into the delivery of their program. Of these, *Eat Healthy, Be Active* has been the most common curriculum used amongst PPR Programs partnered with MSU Extension educators.  

Working with PPR programs across Michigan has been beneficial for MSU Extension educators, as it has helped to get MSU Extension involved in educating Michiganders that have historically been unreachable to them. At the onset of the COVID pandemic, MSU Extension had to shift to a fully virtual format for program delivery. Through this process, educators learned that some of their participants prefer to meet virtually, whereas others would prefer an in-person, hands-on option. As a result, MSU Extension plans to offer virtual, hybrid, and in person nutrition education classes in the future to help meet the individual needs of their program participants.

MSU Extension also provides evaluation support to PPR programs by assessing the outcomes associated with increased access to fruits and vegetables alongside the provided nutrition education. Pre- and post- surveys are used for series classes that include adult participants and are available in a range of reading comprehension levels to ensure accuracy and understanding. MSU Extension compares the pre- and post-post participant results to indicate health outcomes and shares those results with program implementers. MSU Extension has worked with DHHS WIC; DHHS Aging Division; District Health Department #10 and their partners; Munson Health Care; MidMichigan Health; Clare County; Isabella County; and Gratiot County, among others. MSU Extension is also involved with Discover Michigan Fresh implementation.

MSU Extension’s Associate Program Leader and State SNAP-Ed Coordinator Becky Henne, describes their involvement as a win-win scenario because, “we are pleased to offer nutrition education in support of these programs and in many instances assist the recipients with understanding how to use their benefits, navigate a store, or navigate a farmers market.”

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42 All MSU Extension programs require at least 50% of enrolled participants be SNAP eligible. This means that at least half of a class must be at or above 185% of the poverty line or enrolled in food and financial assistance programs such as WIC, Senior Project FRESH, Double Up Food Bucks, and more.
Michigan Public Health Institute (MPHI):
The **Michigan Public Health Institute** (MPHI) has worked with PPR programs that are connected with the state or a community health department. MPHI often conducts strategic planning for health departments and their communities across Michigan, with PPR programs often included in these plans. MPHI can also get involved when there is a desire for some evaluation or expanded assessment to be done within the program. Currently, MPHI’s work regarding PPR programs focuses on bringing people together to engage in and facilitate discussions, conducting evaluation work when requested, and facilitating work with the MHEF to address social determinants of health (SDOH) that include healthy food access. Working with partners on up-stream efforts to address SDOH is one of the ways MPHI focuses on how to better understand the complexity of food systems work.

Based on past evaluation work done in partnership with Access of West Michigan, MPHI has identified a need within the sector for helping programs learn how to identify the right partner organizations and individuals, and how to have conversations about scope of work, programs costs, administrative capacity, and more with those partners. The challenges, identified by MPHI, lie in the execution of the programs and having a real understanding of what it takes to implement, or otherwise be a part of, PPR programs. MPHI identifies their future role as continuing to bring people together to engage in and facilitate discussions that advance the entire field of PPR programs. Chief Communications Office of MPHI, Michelle Napier-Dunnings describes this strategy by saying, “by working to coordinate all the interested parties in Michigan to come together and get on the same page to create sustainability, MPHI hopes to identify ‘What is the best strategy?’” for program advancement and sustainability.

Fair Food Network (FFN):
The **Fair Food Network** (FFN) became involved in PPR programs through their association at a national level with SNAP incentive Programs. FFN is nationally renowned for their expertise in implementing SNAP incentives programs, such as their own Double Up Food Bucks program. Like Double Up Food Bucks, many PPR programs have grown out of an interest to expand farmers market and farm viability by connecting farming to the health outcomes of healthy food access and consumption.

In 2019, FFN took on a lead role within the **Nutrition Incentive Hub**, a coalition of partners created by the Gus Schumacher Nutrition Incentive Program (GusNIP) National Training, Technical Assistance, Evaluation, and Information Center (NTAE) that supports nutrition incentive and produce prescription projects. This role helped FFN become more involved with PPR programs nationally and tasked them with assembling a team of skilled and experienced technical assistance providers from across the country in the PPR field. FFN is working as a facilitator to bring together expertise in the field and be a thought partner across nutrition incentive and PPR programs. Through their leadership of the Nutrition Incentive Hub, FFN is creating space for grantees and practitioners to gather and identify trends, challenges, and recommended solutions and promising practices.

FFN has also contributed to PPR growth across Michigan by making significant investments in incentive processing technology for Double Up Food Bucks, which has allowed for additional advancements in electronic processing for PPR programs. They have worked with partners, such as MIFMA, to conduct joint trainings where food access programming is reviewed and discussed. These meetings created the platform for MIFMA to present on food access initiatives such as the WIC and Senior Farmers Market Nutrition Programs, SNAP acceptance at farmers markets, and participation in PPR programs.

FFN identifies a future role for their organization in creating space for newer or lower capacity organizations to implement a PPR program, and providing resources that can bring these organizations
into this work. Through continued support of PPR programs by the Nutrition Incentive Hub, FFN can facilitate robust support from a team of experts by recognizing the knowledge and experience of practitioners and curating a cohesive approach to technical assistance that centers their lived experience. Erica Raml, FFN’s Director of Technical Assistance and Innovation, states that FFN hopes to “be able to leverage the collective power of the practitioners” to continue growing the field.

Upper Peninsula Food As Medicine Advisory Team
The Upper Peninsula (UP) Food as Medicine (FAM) Advisory Team, led in partnership by the UP Food Exchange and the UP Commission for Area Progress (UPCAP), is a collaborative of organizations dedicated to addressing food security needs across the UP. With funding from the Michigan Health Endowment Fund and Feeding America of West Michigan, the team conducted an upper peninsula-wide scan that aggregated feedback from 24 organizations and identified a Produce Prescription-style program as a critical intervention. The FAM Advisory Team grew throughout 2021 to engage more than 52 organizations in conversations about Food as Medicine and has been able to secure funding for a pilot Produce Prescription project through the Superior Health Foundation. Future efforts from the FAM Advisory team will focus on the implementation of a pilot for a Produce Prescription-style program throughout the UP alongside an initiative to work with farmers and producers to develop storage infrastructure and capacity. This effort is likely our state’s largest concerted effort to regionally implement a Produce Prescription program to date. The planning, implementation, partnerships, and evaluation demonstrated through the progression of this program could help inform a scaled up statewide initiative in the future. Additionally, a Food as Medicine Policy Memo created by Public Policy Associates on behalf of the FAM Advisory Team outlines the various policy levers that could be utilized across the state, and nation, to support Produce Prescription-style programs.43

NATIONAL PARTNERS

While there is no other state in the country that can match or exceed Michigan in the breadth of Produce Prescription programs, Michigan is certainly not the only place in which this program model is being recognized as a promising health and food access strategy. Produce Prescription programs have rightfully gained attention across the country and are an emerging topic in conferences, academic publications, reports, and policy briefs. Three leaders in this nationally focused work include the National Produce Prescription Collaborative, the Harvard Law School Center for Health Law and Policy Innovation, and the Nutrition Incentive Hub.

National Produce Prescription Collaborative

The National Produce Prescription Collaborative (NPPC) is a coalition of over 20 different organizations and entities interested in “embedding and institutionalizing Produce Prescriptions within the healthcare payment model”. Since 2019, the NPPC has collectively worked with federal policy makers to identify opportunities to leverage Produce Prescription programs. In 2021, the NPPC formally adopted a definition of Produce Prescription programs as: “a medical treatment or preventative service for patients who are eligible due to diet-related health risk or condition, food insecurity or other documented challenges in access to nutritious foods, and are referred by a healthcare provider or health insurance plan. These prescriptions are fulfilled through food retail and enable patients to access healthy produce (according to USDA WIC-eligible fruits and vegetables\(^44\)) with no added fats, sugars, or salt, at low or no cost to the patient. When appropriately dosed, Produce Prescription Programs are designed to improve healthcare outcomes, optimize medical spending, and increase patient engagement and satisfaction.”\(^45\)

The Harvard Law School Center for Health Law and Policy Innovation

The Harvard Law School Center for Health Law and Policy Innovation (CHLPI) advocates for health and food systems justice through a number of legal, policy and regulatory advocacy angels. In 2021, CHLPI published an overview of potential strategies to employ for coverage of Produce Prescriptions, Mainstreaming Produce Prescriptions: A Policy Strategy Report. This report is a leading resource in the field to guide programs through policy options, actionable steps, and peer guidance.

The Nutrition Incentive Hub

In 2019, the Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE), created as a direct result of the 2018 Farm Bill, and funded through the Gus Schumacher Nutrition Incentive Program (GusNIP). The NTAE launched the Nutrition Incentive Hub led by the Gretchen Swanson Center for Nutrition under a 4-year cooperative agreement with USDA NIFA. The Nutrition Incentive Hub serves GusNIP Nutrition Incentive and Produce Prescription grantees as a coordinating center that assists both existing and prospective programs. The Nutrition Incentive Hub works with grantees to navigate reporting and evaluation requirements, provide training and technical assistance, and support program innovation. In hopes of providing comprehensive technical assistance, the Nutrition Incentive Hub offers a number of PPR-related resources.


FUTURE PROGRAM EXPANSION IN MICHIGAN

The interest in and number of Produce Prescription programs across Michigan continues to grow year after year. The programs covered thus far in this report represent existing Produce Prescription activities through 2021. While developing this report and collecting information from program partners, MIFMA discovered the following programs preparing for future implementation. This section outlines programs that plan to take place in 2022 and beyond. Although these programs are new, it was important to highlight these programs as they have secured funding for future implementation and because they represent the growing field of Produce Prescription programs in Michigan.

Inter Tribal Council of Michigan (ICTM): Native American Nutrition Prescription Program

Program start date: 2022
Funder: Michigan Health Endowment Fund (MHEF) Nutrition and Healthy Lifestyles Grant

Overview:
The Native American Nutrition Prescription Program (NA-NPP) has secured funding to implement a produce prescription style program spanning ten counties and three tribes: the Hannah Indian Community, the Little Traverse Bay Band, and the Pokagon Band of Potawatomi. The proposed project will be modeled after the Washtenaw County Health Department’s Prescription for Health Program with culturally appropriate adaptations for Native Americans. The initiative will aim to address the negative health impacts of obesity, associated with limited access to healthy traditional foods in the Native American population. The program will engage each tribe in identifying nutrition support partners through Tribal Dietitians and Community Health Workers (CHWs), and in identifying redemption sites within their communities. The ITCM will establish an expert Advisory Committee consisting of leaders in Native American nutrition and food outreach along with representation from each participating tribe to guide the project. The Michigan Public Health Institute will support the program through evaluation and assessment measures associated with project outcomes.46

Hurley OB/GYN: Flint Fruit and Vegetable Prescription Program expansion to prenatal population

Program start date: Distribution in 2021; Program Evaluation in 2022
Funder: Michigan Health Endowment Fund (MHEF) Nutrition and Healthy Lifestyles Grant & Community Foundation of Greater Flint

Overview:
The Michigan State University-Hurley Children’s Hospital Pediatric Public Health Initiative (PPHI) received funding from the Community Foundation of Greater Flint and the Michigan Health Endowment Fund to expand the existing Fruit and Vegetable Prescription Program (FVPP) for pediatric patients to include their prenatal population. The goal of the expansion is to develop and implement a prenatal FVPP that supports optimal fetal growth and development through improvements in their mothers’ dietary patterns. The pilot will begin with Hurley OB/GYN, with hopes of progressing towards their long-term goal of more widespread adoption. The expansion will allow for all prenatal patients at Hurley OB/GYN to receive one $15 fruit and vegetable prescription at each prenatal visit, including the first postnatal visit (maximum of 14 total visits), similar implementation to the FVPP pediatric implementation. Prescriptions may be redeemed at the Flint Farmers’ Market or Flint Fresh, a mobile market that delivers fresh produce boxes locally. Program implementers and physicians will work with Hurley’s electronic medical records (EMR) team to build the functionality for a paper prescription to be adopted into the current EMR workflow at Hurley OB/GYN. Throughout the expansion, program implementers hope to closely monitor and assess feasibility, preliminary program effectiveness, and cost-effectiveness.47

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46Program overview accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
47Program overview accessed from the Michigan Health Endowment Fund Fluxx Grant Portal.
UP Food as Medicine Advisory Team: UP Food as Medicine Program

Program start date: 2022  Funder: Superior Health Foundation

Overview:
Funding from the Michigan Health Endowment Fund (MHEF) and Feeding America West Michigan was used throughout 2020 and 2021 to conduct a scan of food access initiatives across the Upper Peninsula (UP). Through this scan, feedback was gathered from 52 organizations across 15 counties. Public Policy Associates worked with the Upper Peninsula Commission for Area Progress (UPCAP) to facilitate the scan and identify the need for a Food as Medicine pilot program. Together, they partnered on a grant application to the Superior Health Foundation to begin implementing a program in 2022. Partners across the UP have come together to form a Food As Medicine Advisory Team that will be tasked with overseeing implementation, measuring outcomes, and guiding the execution.48

PROGRAM ADAPTATIONS DURING THE COVID PANDEMIC

Produce Prescription programs have not been exempt from the impacts on the ongoing global COVID pandemic. Like so many other programs, the pandemic presented both challenges and opportunities for Produce Prescription programs. It forced implementers, funders, and evaluators to either pause programs or to adapt quickly in order to continue their programs, deliver services, and document outcomes and impacts in the evolving landscape. In this section, MIFMA and program partners have documented the various challenges the COVID pandemic has posed to Produce Prescription programs and some of the adaptations program implementers made in response.

During a 2021 Produce Prescription Statewide Learning Network call, MIFMA gathered feedback from attendees to understand the extent of the challenges they were facing and what solutions they were trying to combat such hurdles. The list below provides examples of challenges and successful adaptations utilized by individual programs in Michigan in hopes that these examples may be used and adapted by other programs to meet the unique needs of their participants, partners and healthcare providers during the ongoing pandemic.

Challenges

Participant Access to Programs

• Delayed launch date of a program and/or participation of a redemption site (farmers market, farm stand, grocery retailer) as safety measures were put in place and modifications were made in certain settings
• Decreased access to and reliability of public transportation
• Greatly reduced access to volunteer support for program administration and/or farmers market support
• Health and safety restrictions at the physical redemption site, including greatly reduced total capacity resulting in long wait times to shop
• Decreased redemption opportunities, including fewer vendors participating in farmers markets and fewer total number of redemption sites overall
• Hesitancy from shoppers to redeem prescriptions in person, especially as many participants are members of some of the most at-risk populations

Working with Healthcare Systems & Partners

• Shifts in staffing capacity created barriers to accessing physicians and healthcare providers for screening, diagnosis, patient referrals, writing prescriptions, and contributing to patient data collection, as their time was substantially occupied by pandemic response activities
• Challenges in collecting patient data as some clinics may have closed or experienced reduction in staff availability

Providing Nutrition Education

• Restrictions and/or hesitancy to participate in in-person nutrition education classes forced programs to quickly transition to online-only classes for nutrition education
• Technologic barriers, including limited or unreliable internet access and challenges navigating new technologies, restricted patient access to the newly created online nutrition education

Adaptations

• “Developed a list of resources that could be accessed online including cooking classes, food storage techniques, and motivational resources.” Access of West Michigan
• “Created an educational interactive pdf to replace paper resources.” Groundworks Center for Resilient Communities
• “Found new ways to engage participants virtually. In 2020, we did videos, a scavenger hunt, and bingo. In 2021, we created monthly newsletters, educational sheets, activities, and goal sheets that we shared with participants. Completing the activity and goal sheet counted as an entry into our grand prize giveaway.” Washtenaw County Prescription for Health

Other strategies included:

• Providing prescription vouchers via mail
• Creating websites to host nutrition education content
• Connecting with patients over the phone to provide health coaching and program support
• Implementing pop-up markets to serve as additional redemption sites
• Creating food delivery systems or other pre-packaged produce boxes
• Decreasing the number of redemption site visits required to earn the full prescription amount
• Allowing eligible patients to self-refer into the program
• Distributing gas cards or parking tokens to overcome transportation barriers
Executive Summary

Produce Prescription Programs: Health Impacts of Fruit and Vegetable Consumption

Produce Prescription Programs: 2017 – 2021 Descriptive Assessment and Cost Analysis of Michigan’s Programs

Prescription for Health Programs in Michigan: An Overview and Summary of Best Practices

Introduction

An Overview and Summary of Best Practices

Produce Prescription Programs: Health Impacts of Fruit and Vegetable Consumption

Produce Prescription Programs: 2017 – 2021 Descriptive Assessment and Cost Analysis of Michigan’s Programs

Program Profiles

Access of West Michigan, Refresh Now
Access of West Michigan Website
https://accessofwestmichigan.org/goodfoodsystems/

Alcona Health Center, Northeast Michigan Prescription for Health
MSU Extension Eat Healthy Be Active
https://www.canr.msu.edu/eat_healthy_be_active/

Care Free Medical, Capital Area Prescription for Health
Capital Area Prescription for Health website
https://www.rx4health.org/home

Community enCompass, Muskegon Prescribes Food for Health
Share our Strength Cooking Matters
https://www.shareourstrength.org/

Muskegon Prescribes Food for Health website
http://www.communityencompass.org/muskegon-prescribes-food-for-health-mpfhk=true

Eastern Market Partnership, Fresh Prescription
Fresh Prescription Website
https://www.detroitmarkets.org/fresh-prescription

Participation in a Farmers’ Market Fruit and Vegetable Prescription Program at a Federally Qualified Health Center Improves Hemoglobin A1C in Low Income Uncontrolled Diabetics
https://doi.org/10.1016/j.pmedr.2017.06.006

A Pilot Randomized Controlled Trial of a Fruit and Vegetable Prescription Program at a Federally Qualified Health Center in Low Income Uncontrolled Diabetics
https://doi.org/10.1016/j.pmedr.2021.101410

Live Well Gratiot, Prescription for Health
MSU Extension Eat Healthy, Be Active
https://www.canr.msu.edu/eat_healthy_be_active/

St. Louis Farmers Market Prescription for Health website
https://www.gratiotfarmersmarkets.com/prescription-for-health.html

Livingston County Health Department, Livingston County Prescription for Health
Livingston County Prescription for Health Website
https://www.livgov.com/health/Pages/PrescriptionForHealth.aspx

Michigan State University – Hurley Children’s Hospital Pediatric Public Health Initiative, Fruit and Vegetable Prescription Program
Fruit and Vegetable Prescription Program Website
https://msuhurleypphi.org/nutrition/Fruit%20and%20Vegetable%20Prescription%20Program.html

List of PPHI Publications

Midland Business Alliance/Midland Area Farmers Market & MSU Extension, Prescription for Health
MSU Extension Discover Michigan Fresh
https://www.canr.msu.edu/mi_fresh/discover_michigan_fresh

Midland Area Farmers Market Website
http://mbami.org/farmersmarket/

MyMichigan Health & MSU Extension, Prescription for Health
MSU Extension Eat Healthy Be Active
https://www.canr.msu.edu/eat_healthy_be_active/
MSU Extension My Way to Wellness  
https://www.canr.msu.edu/my_way_to_wellness/

MSU Extension Today’s Mom  
https://www.canr.msu.edu/todays_mom/

Oakland University, Prescription for a Healthy Oakland  
Prescription for a Healthy Oakland Website  
https://www.rxforhealthyoakland.org/index.html

Social Prescribing for Health: Voucher Adherence and Measured Health Outcomes in a Prescription for Health Program  
https://www.proquest.com/docview/2576699793

Weathering the Storm: Pivoting a Prescription for Health Program during COVID-19  
https://www.proquest.com/docview/2576699656

ProMedica Charles and Virginia Hickman Hospital, Veggie Mobile Voucher  
ProMedica Farms Website  
https://www.promedica.org/location/promedica-farms

Shape Up North of Munson Healthcare, Fruit and Vegetable Prescription Program  
MSU Extension Discover Michigan Fresh  
https://www.canr.msu.edu/mi_fresh/discover_michigan_fresh

Fruit and Vegetable Prescription Program Website  
https://shapeupnorth.com/729-2/

A Success Story: Benefits of the Fruit and Vegetable Prescription Program  

Upper Great Lakes Family Health Center - Houghton, Prescription for Health  
Food as Medicine: How a Prescription for Health Program Changed One Woman’s Life  

Washtenaw County Health Department, Prescription for Health  
Prescription for Health Program Implementation Guide  
https://www.washtenaw.org/1853/Program-Implementation-Guide

Prescription for Health Website  
https://www.washtenaw.org/1829/Prescription-for-Health

Prescription for Health Outcome Reports  
https://www.washtenaw.org/1832/Program-Evaluation-Outcomes

Partner Profiles

Michigan Department of Health and Human Services (MDHHS)  
Michigan Department of Health and Human Services  
https://www.michigan.gov/mdhhs/

Michigan Health Endowment Fund (MHEF)  
Michigan Health Endowment Fund  
https://mihealthfund.org/

Michigan State University Extension (MSU Extension)  
MSU Extension  
https://www.canr.msu.edu/outreach/index

Michigan Public Health Institute (MPHI)  
Michigan Public Health Institute  
https://mphi.org/

Fair Food Network  
Fair Food Network  
https://fairfoodnetwork.org/

Nutrition Incentive Hub  
https://www.nutritionincentivehub.org/

UP Food as Medicine Advisory Team  
UP Commission for Area Progress  
http://upcap.org/

National Partners

National Produce Prescription Collaborative  
https://nationalproduceprescription.org/

Center for Health Law and Policy Innovation  
https://chlpi.org/

Mainstreaming Produce Prescriptions: A Policy Strategy Report  

Nutrition Incentive Hub  
https://www.nutritionincentivehub.org/

Future Program Expansion in Michigan

Public Policy Associates  
https://publicpolicy.com

Upper Peninsula Commission for Area Progress  
http://upcap.org/