

DISTRICT HEALTH DEPARTMENT #10 IN FINAL YEAR OF PRESCRIPTION FOR HEALTH GRANT

February 15, 2022- With 2022 in full swing, District Health Department #10 (DHD#10) has now entered its third and final year of offering the Prescription for Health program across its ten-county jurisdiction.

Prescription for Health is a fruit and vegetable prescription program that aims to increase fruit and vegetable consumption and support healthy lifestyle behavior change among participants who have an increased risk for chronic disease.

The goals of Prescription for Health are to:

1. Improve community members' consumption of and access to fresh, frozen, and canned fruits and vegetables among participants.
2. Foster healthy behavior change in program participants by offering various types of nutrition and physical activity education
3. Create strong partnerships between DHD#10, Mercy Health, Hansen Foods, and various program educators to increase awareness of the local food system, promote utilization of community resources, and support participant health improvement
4. Support development of the local food system and economy

Special thanks go out to the following organizations who took charge of the Prescription for Health Program in their county:

1. **Crawford County:** Munson Healthcare Grayling and MSU-Extension
2. **Lake County:** Baldwin Family Health Care
3. **Manistee County:** Munson Healthcare Manistee and MSU-Extension
4. **Mason County:** Spectrum Health Ludington
5. **Mecosta County:** Spectrum Health Big Rapids
6. **Missaukee County:** Munson Healthcare Cadillac and MSU-Extension
7. **Newaygo County:** Spectrum Health Gerber Memorial
8. **Oceana County:** Mercy Health and MSU-Extension
9. **Wexford County:** Munson Healthcare Cadillac and MSU-Extension

"DHD#10 is proud to work with key partners such as hospitals, healthcare systems, local grocery stores, nutrition and physical activity educators, and farmers across our communities to increase participant access to affordable fruits and vegetables," said Holly Joseph, Prescription for Health Program Coordinator for DHD#10.

The Prescription for Health program is funded by a grant received from the Michigan Health Endowment Fund. The Michigan Health Endowment Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors. For more information about the Health Fund visit www.mihealthfund.org.

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
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Oceana
Wexford



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