

Food Rx: Using food as medicine.

The best way to manage diabetes is by making lifestyle changes that promote good health and supplementing with medical management as needed. Adding healthy foods to your diet regularly can help you live a healthier life, while keeping your blood sugars closer to the target range. Fresh fruits and vegetables are sometimes expensive, and difficult to access.

The goal of the Food Rx program at MedStar Franklin Square Medical Center is to help people with diabetes in the community improve their health. Food Rx has been shown to help patients lower their hemoglobin A1C, lose undesired weight, reduce emergency department visits, and decrease medical expenses.

Food Rx works within the Family Health Center and Primary Care Center at MedStar Franklin Square. Patients who find it difficult to regularly afford healthier foods, or those who may sometimes run out of food can be

referred to the dietitian. Qualifying patients will be invited to join the Food Rx program.

Tornia Anderson Morgan, RD/LDN
Food Rx Dietitian at MedStar
Franklin Square Medical Center



Food Rx participants will regularly meet with the dietitian for diabetic nutrition education and help them choose healthy foods.

A Community Health Advocate (CHA) is available to help patients connect with services they may need such as:

- Supplemental Nutrition Assistance Program (SNAP)
- Meals on Wheels
- Moveable Feast
- Health insurance
- MTA mobility bus transportation
- Housing
- Disability income, and more.

It's how we **treat people.**