

# 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 Good Samaritan Hospital is to help people with diabetes in the community to 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 Collaborative Care Program at MedStar Good Samaritan. 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.

**Angela Roberson, RD/LDN**  
Food Rx Dietitian at  
MedStar Good Samaritan Hospital



For approximately 6 months, 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 need such as:

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

**Call 443-444-5463 for more information about the FoodRx program.**

FoodRx is proud to partner with **sodexo**  
QUALITY OF LIFE SERVICES

  
**MedStar Health**