

Eating well with diabetes



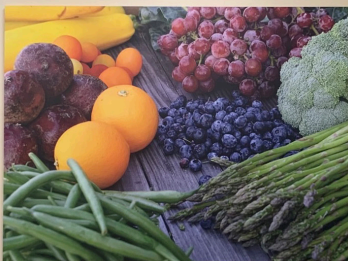
Adding healthier foods to your diet can help you live a healthier life. But fresh fruits and vegetables are expensive. And what if there is no supermarket near your home? The goal of MedStar Harbor Hospital's Food Rx program is to help people with diabetes in the nearby neighborhoods eat and be healthier. 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 with MedStar Harbor Hospital's Diabetes and Endocrinology Center to help people with diabetes. Patients who can't afford to eat the kind of foods they need to manage their diabetes can be referred to an endocrinologist, who will help patients get the right medications and care. Qualifying patients will be invited to join the Food Rx program.



Nancy Rozgony, RD/LDN
Food Rx dietitian

Food Rx



With support from these community partners:



For approximately 6 months, Food Rx participants will see a dietitian and community health advocate (CHA). The dietitian sees patients for diabetes and nutrition education and helps them choose healthy foods. The CHA helps connect patients with services such as:

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

To refer a patient to Food Rx at MedStar Harbor Hospital, or for more information, call **410-350-3191**.

It's how we treat people.

 **MedStar Health**