

Food Rx: Food as medicine

Eat well, live well: Managing diabetes starts with healthy choices!

What is Food Rx?

A no-cost, 6-month program that helps people with diabetes to:

- Improve blood sugar control and lower hemoglobin A1c
- Lose undesired weight
- Improve diabetes self-management and coping skills

Participants will:

- Meet with a Registered Dietitian every 2 weeks
- Receive diabetes education focused on healthy eating
- Receive nutrition support bi-weekly
- Have access to CHAs to help connect them to community resources including:
 - Nutrition assistance programs (such as SNAP, WIC, Meals on Wheels, and Moveable Feast)
 - Health insurance
 - Transportation services
 - Housing, disability income, and more

Requirements to enroll:

- An **A1C > 7.0%** within the last month
- A positive screening for **food insecurity**



Food Rx locations

MedStar Franklin Square Medical Center: **202-913-1621**

MedStar Good Samaritan Hospital/MedStar Union Memorial Hospital: **443-444-5463**

MedStar Harbor Hospital: **410-350-3191**