



Program Impact Report



Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods, increase their physical activity, breastfeed their babies, and stretch their food dollars.

The Shape Up North Fruit and Vegetable Rx Program



The Shape Up North Fruit and Vegetable Rx Program is designed to help patients with chronic disease create new healthy habits that align with the Dietary Guidelines. A healthy eating pattern that includes fresh fruits and vegetables is an evidence-based way to improve health and reduce the risk of chronic disease. The program utilizes Michigan State Extension's **Discover Michigan Fresh** curriculum that provides nutrition education and farmer's market tours to help SNAP-Ed eligible residents get to know their local market while shopping for nutritious and affordable food that keeps their dollars local.

By creating a partnership between the Fruit and Vegetable Rx and Discover Michigan Fresh, we were able to enhance both programs while providing valuable linkages between farmers, health care providers and the community. Participants with chronic disease were referred through participating health clinics into our program where they received nutrition education, cooking demonstrations and tastings at our local Farmers Market. After receiving their nutrition education, participants receive market coupons to redeem for fresh fruits, vegetables and seedlings.

Success Stories from The Fruit & Vegetable Prescription Program

"Until this week, I'd never eaten any vegetables besides corn and potatoes. Last week, I bought asparagus at the market and roasted them several times for dinner through the week."

"I grew up in family where all the meals were very meat focused. Before the Fruit and Vegetable RX program I had a hard time knowing how to incorporate more vegetables or different kinds of vegetables into her diet. Thanks to the classes I am learning a lot of new ways to eat veggies and I am getting a larger variety in my diet!"

"MSU Extension educators really care about nutrition and helping people learn how to eat with local fruits and vegetables. I learned some great recipes, and easy inexpensive side dishes"

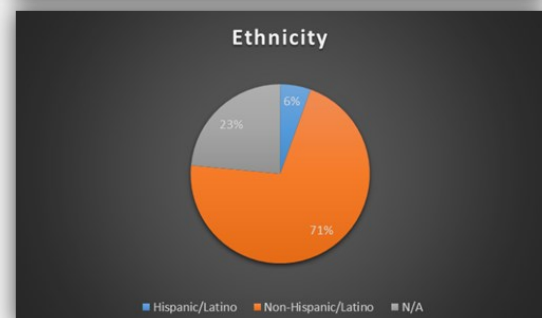
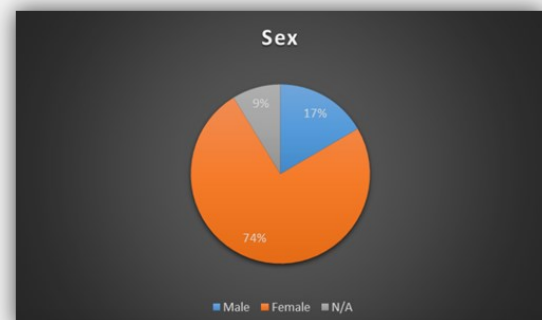
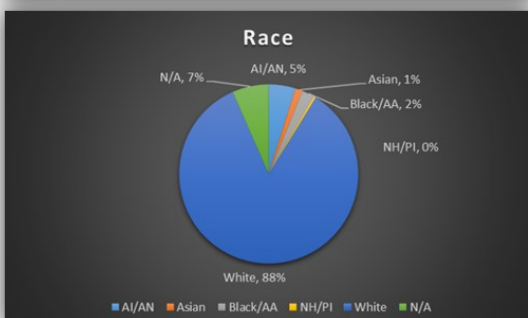
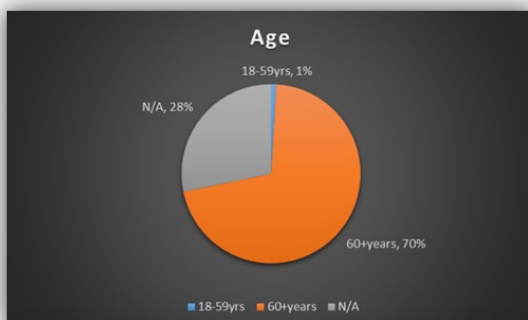


Below is a summary of *The Fruit & Vegetable Prescription Program* programming in Grand Traverse County in FY19. In collaboration with Shape Up North and Michigan State University Extension, *The Fruit & Vegetable Prescription Program* provided nutrition education to a total of 233 participants at The Village at Grand Traverse Commons and Sara Hardy Market.

Data presented below include results of *The Fruit & Vegetable Prescription Program* during the spring and summer of 2019. Participants were asked to complete a pretest and posttest survey at the beginning and at the end of the program, respectively.

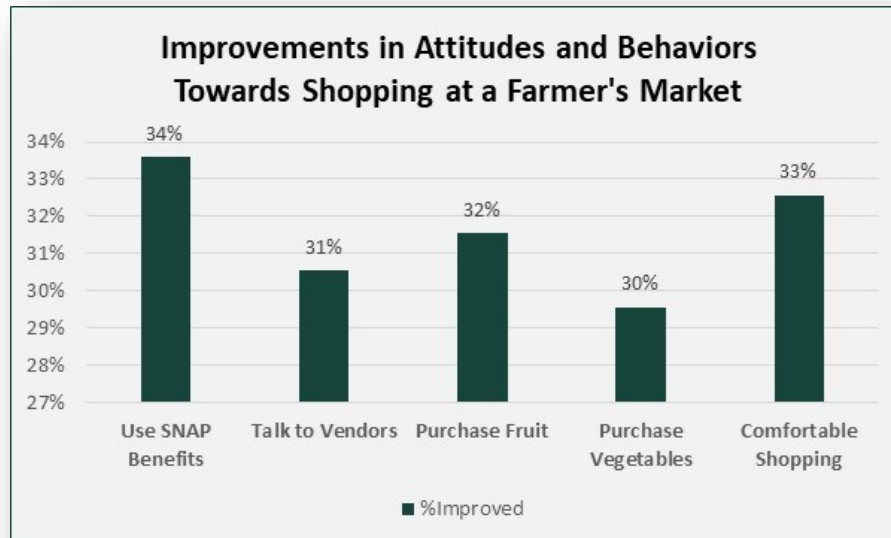
The following data include participants who completed both a pre and a posttest assessment.

Demographics



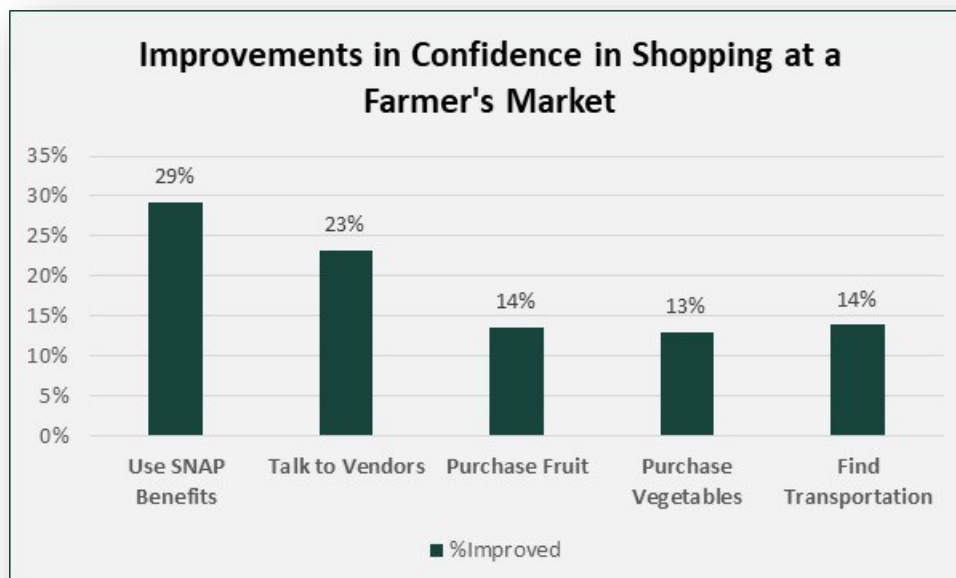
Attitudes and Behaviors Toward Shopping at the Farmer's Market

The graph below shows the proportion of participants who reported increases in attitudes and behaviors toward shopping at a farmer's market, including overall comfort of shopping at a farmer's market, using SNAP benefits, talking with vendors about produce, and purchasing fresh fruits and vegetables. A Wilcoxon Signed Rank Test revealed a significant increase from pretest to posttest in the use of SNAP benefits ($z = -3.02$, $p = 0.003$) and overall comfort in shopping at a farmer's market ($z = -3.58$, $p < 0.001$).



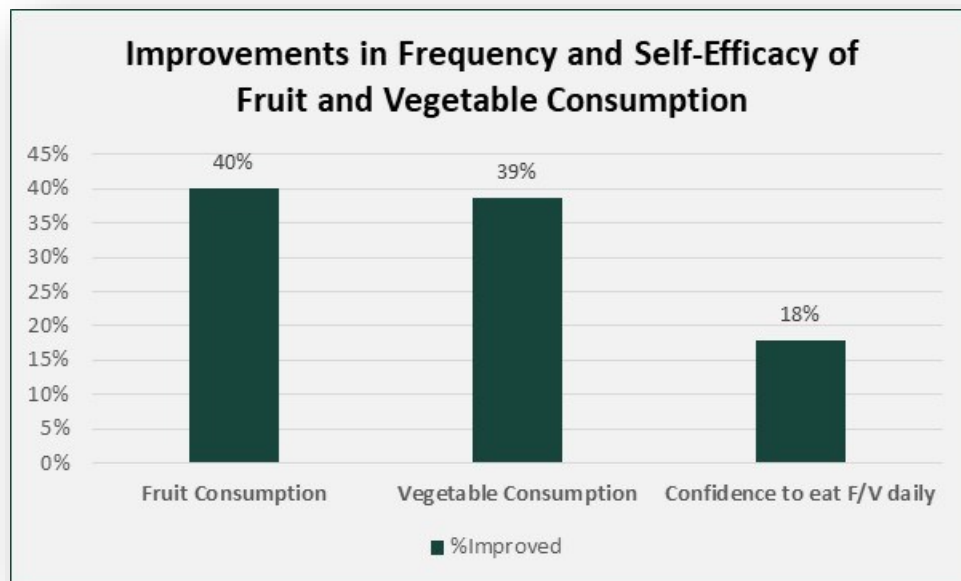
Confidence in Shopping Behaviors

The graph below shows the proportion of participants who reported improvements in their self-efficacy toward shopping at a farmer's market. A Wilcoxon Signed Rank Test revealed a significant increase from pretest to posttest in self-efficacy toward using SNAP benefits ($z = -2.56$, $p = 0.01$) and talking with vendors about produce ($z = -2.04$, $p = 0.04$). Improvements in self-confidence in purchasing fruit ($p = 0.06$) and vegetables ($p = 0.09$) were approaching significance.



Fruit and Vegetable Consumption

The graph below shows the proportion of participants who reported increases in fruit and vegetable consumption and their confidence to consume fruits and vegetables daily. A Wilcoxon Signed Rank Test revealed a significant increase from pretest to posttest in both fruit consumption ($z = -3.43$, $p = 0.001$) and vegetable consumption ($z = -4.53$, $p < 0.001$).



Self-Reported Health Rating

Participants were asked to rate their overall health on a scale ranging from “very poor” to “very good” both before and after participating in *The Fruit & Vegetable Prescription Program*. Overall, 24% of participants reported an improvement in their overall perceived health. Further, a Wilcoxon Signed Rank test revealed a significant increase from pretest to posttest ($z = -2.77$, $p = 0.01$).

