

A Prescription for Healthy Living

The purpose of this project is to implement A Prescription for Healthy Living (APHL), a healthy cooking and nutrition education program for patients receiving care at LBJ hospital and Harris Health clinics. Harris Health is currently implementing a “health hubs” model whereby they are co-locating food pantries within LBJ hospital, and Strawberry Health Center and Acres Home clinic to implement a comprehensive food prescription program among their patients. As part of the food prescription, eligible patients receive a bi-weekly prescription redeemable for 6 months at the food pantry where they can receive up to 30 pounds of fresh produce plus four items consisting of low-fat dairy, lean protein and whole grains.

As part of the current quality improvement project, we will collaborate with Harris Health to implement a bi-weekly five session culinary nutrition curriculum among patients receiving the food prescription program to improve their current dietary habits, cooking behaviors, home nutrition environment and other related behaviors. The target population includes English and Spanish speaking adult patients (18 to 70 years) diagnosed with type 2 diabetes and glycosylated hemoglobin (HbA1c) >7.0 at LBJ hospital and Strawberry Health Center and Acres Home clinics in March 2020 – August 2021.

