



## Providing patients with **healthy food options.**

Many chronic conditions, such as diabetes, can be better managed by following a specific diet. Unfortunately, a lot of patients with these conditions have tight budgets and cannot afford the fresh and nutrient-rich foods they need. Plus, many patients have limited access to supermarkets and other locations where healthy food can be obtained.

MedStar Good Samaritan Hospital is doing its part to change this through Food Rx, a program serving patients with chronic conditions and food insecurity. Food Rx is part of the Collaborative Care program at the Good Health Center at MedStar Good Samaritan.

Food Rx provides patients who are managing chronic diseases with easy access to fresh, healthy food. A first-of-its-kind in Maryland, the goal is to treat food as medicine to support patients in monitoring their health for the long term. Patients receive one-on-one consultations with a dietitian and are provided food options tailored to their individual needs.

"Eating the 'right' balance of food types is particularly important for individuals with conditions such as diabetes."

—Angela Roberson, RD, LDN,  
population health dietitian at MedStar Health

### Letter from the president.

At MedStar Health, making a meaningful difference in the lives of those we serve is at the core of who we are. Unfortunately, the needs of area residents have never been greater.

In this report, we highlight one initiative designed to address food insecurity, a big problem in Baltimore. Through Food Rx, a first-of-its-kind program in Maryland, we are working to promote better health in our communities by increasing access to healthier foods, thanks in large part to partnerships with several other organizations. We are grateful for your support.

In good health,

Bradley S. Chambers  
President,  
MedStar Good Samaritan Hospital  
President,  
MedStar Union Memorial Hospital  
Senior Vice President and Chief Operating Officer,  
MedStar Health, Baltimore Region



“Food plays a huge role in a person’s overall ability to be healthy,” says Angela Roberson, RD, LDN, population health dietitian with Food Rx. “Eating the ‘right’ balance of food types is particularly important for individuals with conditions such as diabetes. This program, established on an evidence-based model, has proven to result in marked reductions in patient weight, blood sugar levels, emergency room usage, and total costs of care.”

Food Rx is stocked with a wide variety of non-perishable items as well as healthy fresh and frozen food options, thanks to partnerships with several other organizations. In addition to their food supply, patients are provided with a welcome kit including measuring cups and spoons, recipes, and nutritional information, as well as cooking instructions and educational programming.

“Through this initiative, we are able to ‘prescribe’ and supply patients with the kinds of meals that will help keep their disease under control,” Roberson says. “Based on each patient’s condition and needs, they receive a two-week supply of food bi-weekly for a minimum of six months. This includes enough food to feed the patient, as well as his or her household.”

Food Rx is one of several services offered through MedStar Good Samaritan to patients who screen positive for food insecurity. Depending on their individual circumstances, patients may be linked to Hungry Harvest, which delivers boxes of produce and other items to their homes, or resources such as SNAP, Meals on Wheels, or Movable Feast.

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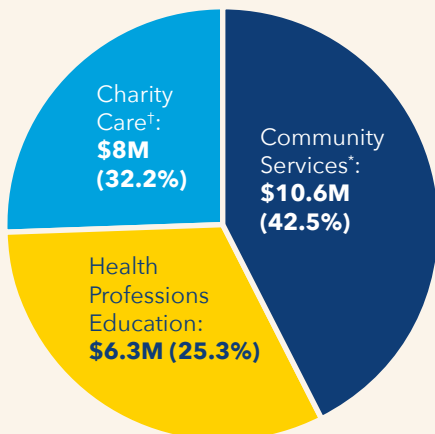
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## 2022 Community benefit contribution: \$24.9M

\*Includes subsidies, community health improvement services, community building activities, financial contributions, and community benefit operations  
†Includes Medicaid assessments

To learn more about the community health programs at MedStar Good Samaritan Hospital, please visit [MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth)

**It's how we treat people.**