

Submitted by: Leslie Kinnee, Public Information Officer
615 N. State St., Stanton, MI 48888-9702
989-831-3669
lkinnee@mmdhd.org

FOR IMMEDIATE RELEASE: 04-23-19

www.mmdhd.org



Health department receives Blue Cross Blue Shield of Michigan Foundation grant

Ithaca, Stanton, St. Johns- The Mid-Michigan District Health Department (MMDHD) has received \$49,500 from the Blue Cross Blue Shield of Michigan Foundation for a Prescription for Health project. Prescription for Health is a program in which health care providers can refer their patients to a nutrition education program at the St. Louis Farmers Market, and to the community exercise program at Alma college. The nutrition program at the Farmers Market is overseen by Linda Bader and the exercise program is overseen by Dr. Alex Montoye. Bonnie Havlichek from MSU Extension will be leading cooking classes right at the Market for the participants. After the classes participants receive coupons to shop for produce.

Marcus Cheatham, Health Officer for the MMDHD said, “The funds from the Blue Cross Blue Shield Foundation are going to help us increase the number of people in the program from 30 to 100, and we will also be able to expand into Isabella County. With the BCBSM Foundation’s help, MidMichigan Health physicians will be able to refer people to the Farmers Market in Mt. Pleasant also.”

“The Gratiot County Community Foundation funded this program last year. People really seemed to benefit from it—their health improved and they enjoyed it—and it helped increase activity downtown at the Farmers Market. So we really wanted to get more people into the program this year.”

The project is a collaboration by members of Live Well Gratiot including Alma College, Alma Family Practice, Alma Transportation, the Gratiot County Free Clinic, Gratiot Integrated Health Network, the Gratiot/Isabella Regional Education Service District, the MMDHD, MidMichigan Medical Center – Gratiot, MSU Extension, and the St. Louis Farmers Market. These contributors donated time worth nearly \$30,000 to make the program possible. The program had earlier received \$4,000 from the Gratiot County Community Foundation.

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.
We take action to protect, maintain and improve the health of our community.
Advancing innovative solutions to achieve healthier outcomes*

###