

Healthy Food Rx

Community Health Workers Leading Health Coaching in Stockton, California

About the Healthy Food Rx + Health Coaching Program

- 6 months of home-delivered, recipe-based "food is medicine" boxes
- CHW-led health coaching in six diabetes healthy lifestyle topics
- Patient-centered education, personalized goal setting
- Motivational support and community resource connections

Collaborative Partnership

Funding Support and Program Vision

Community Health Worker-led Health Coaching Program

Program Design, Technical Assistance, and Evaluation

Healthy Food Rx Food Boxes and Cooking Demos



APSARA Community Health Workers and Staff



Sample Healthy Food Rx Box

Co-Creation and Capacity Building

- Standardized Health Coaching Intervention: Lesson Plans and Action Plan Journal in English, Spanish, and Khmer
- Program Evaluation Metrics
- Formal training: CHW skills, non-clinical diabetes education, data collection
- Weekly technical assistance: train-the-trainer modeling, peer-sharing



Action Plan Journal - Each participant received a copy in their preferred language.

The Impact of APSARA's Community Health Workers

Community Health Workers are trusted members of the community.

Community Health Workers

Community Health Workers are deeply connected and trusted within their community. They provide personalized support and guidance on managing and understanding diabetes, including topics like:

- ✓ Community Resources
- ✓ Fruits and Vegetables
- ✓ Physical Activity
- ✓ A1C Management
- ✓ Healthy Beverages
- ✓ Stress Management and Emotional Wellbeing



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I felt as though maybe they knew [what] to do with the food that they had, rather than just having some food that they didn't know what to do and throwing it away. And I think the program has helped them to know how to manage and fix the food healthier than what they did when they first started.

- APSARA CHW

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Community Health Workers provide support and guidance.

7 Community Health Workers
Latino, African American, and Cambodian

3 Languages: Khmer, English, and Spanish

3+ Monthly lessons and motivational check-ins

23 Approximate client caseload per CHW

500 Low-income clients with diabetes served since 2022

9000 Health coaching interactions



Health Coaching Clients Experiences in the Healthy Food Rx Program

“

...One thing, too, is more awareness of my A1C. I didn't know about it. I knew they were taking it, but I didn't know what it was and now, every time I go to the clinic, I ask for a copy every three months that says my A1C. And then I see if it's 7, 8, 6, 5, and I'm happier.

- Health Coaching Client

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Health and Agency



Participants became more aware and have taken agency over their A1C levels, a key indicator for managing diabetes.

Support and Connection



Participants felt supported by CHWs and shared their questions and concerns on their diabetes management.

“

...That was the thing. It helped you eat better. And then, as he was saying, you know, you go to store, we just get stuff, but we don't know if it's any good for us or not but this was telling us what better stuff to get, how to get the right stuff that's good for us with diabetes and stuff like that.

- Health Coaching Client

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After I started receiving the box with fruits and vegetables, instead of cookies and cake, I was more apt to go towards the vegetables and with the coaching...it encouraged me to try and get away from the desserts. Go back to vegetables. So it- it really helped to change my mind.

- Health Coaching Client

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Increased Healthy Habits



Participants reported improvements in both mental and physical health after being part of the program.

Health Coaching Program Evaluation Show Many Diabetes-Related Health Behavior Changes



Increased Fruit, Vegetable, and Water Consumption



Improved Food Security



Increased Physical Activity



Improved Self-reported Mental and Physical Health Status



Improved Diabetes Self-Management Behaviors:

- Checking blood sugar
- Taking medication as prescribed
- Keeping clinic appointments
- Obtaining A1c labs

“ ... You have someone checking on you to see, 'hey...are you eating properly?' so I liked the follow-up of the program that I am getting from my [laughing as she looks at her health coach] so it gives me an incentive to be better about my eating and my health.

- Health Coaching Client

“ You can learn to control...your diabetes, and when you can eat healthier and take yourself off so much medicines... that you can help control your diabetes by the foods that you ate and the exercise that you did.

- Health Coaching Client



To learn more about the Healthy Food Rx program, visit www.centerforwellnessandnutrition.org/healthy-food-rx-program/

To learn more about APSARA, visit www.apsaraonline.org