GREEN RX

The issuance of Green Prescriptions has resulted in health improvements in many clients who turn to our partners for medical care. Based on baseline data, those participating in the Green Rx intervention at Health Services, Inc. through May, 2017:

- Were predominantly female (65%)
- Were predominately African American (66%)
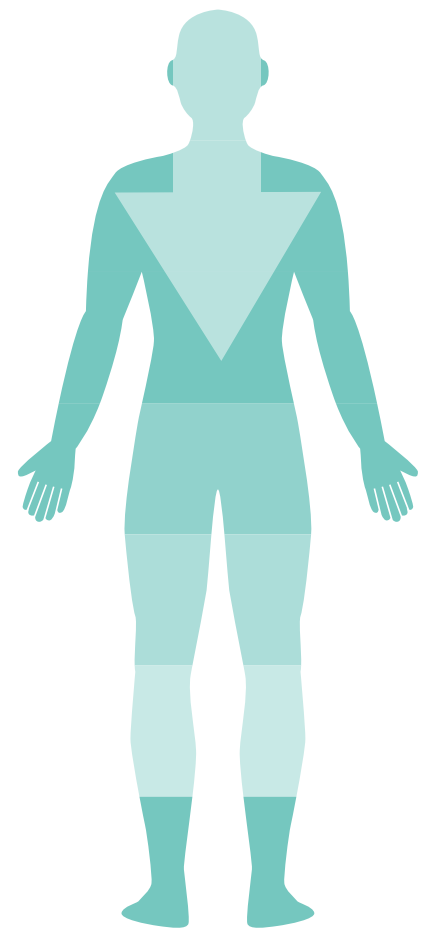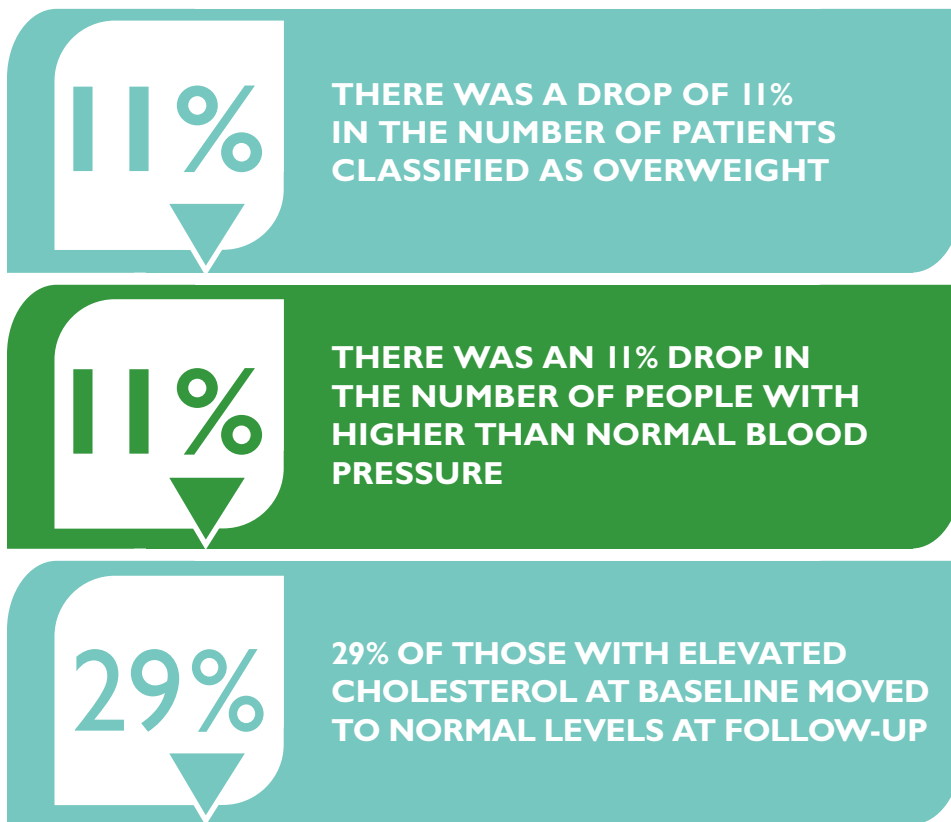
- Had an average age of 49.3

Data indicate a relatively unhealthy participant population, with 83% either overweight or obese and only small percentages in the normal range for:

- Blood pressure (19%)
- AIC levels (16%)
- Fasting blood glucose levels (30%)
- Random blood glucose levels (31%)

Almost 40% had borderline/high total cholesterol levels. Considering results for all five medical indicators, 80% of the clients who received all five tests scored in the high risk range on two or more.

Data collected during follow-up indicate positive outcomes and behavioral change from the Green Rx intervention. Based on matched cases at baseline and 90-day follow-up:

11% THERE WAS A DROP OF 11% IN THE NUMBER OF PATIENTS CLASSIFIED AS OVERWEIGHT

11% THERE WAS AN 11% DROP IN THE NUMBER OF PEOPLE WITH HIGHER THAN NORMAL BLOOD PRESSURE

29% 29% OF THOSE WITH ELEVATED CHOLESTEROL AT BASELINE MOVED TO NORMAL LEVELS AT FOLLOW-UP

PATIENTS INDICATED SIGNIFICANTLY LESS CONSUMPTION OF SUGAR-SWEETENED BEVERAGES AND FRIED FOODS AND GREATER CONSUMPTION OF WATER
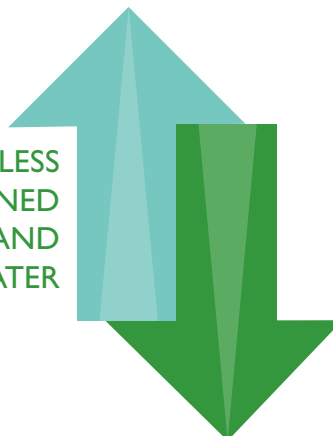
26% FEWER PERSONS WITH DIABETES HAD READINGS OF 125+ WHILE FASTING, A DROP OF 13% FOR PERSONS WITH DIABETES READINGS OF 125+ WHEN TAKEN AT RANDOM, AND A DECLINE OF 3% FOR PERSONS WITH AIC READINGS OF 6.4+ (I.E., DEFINED AS "DIABETES")