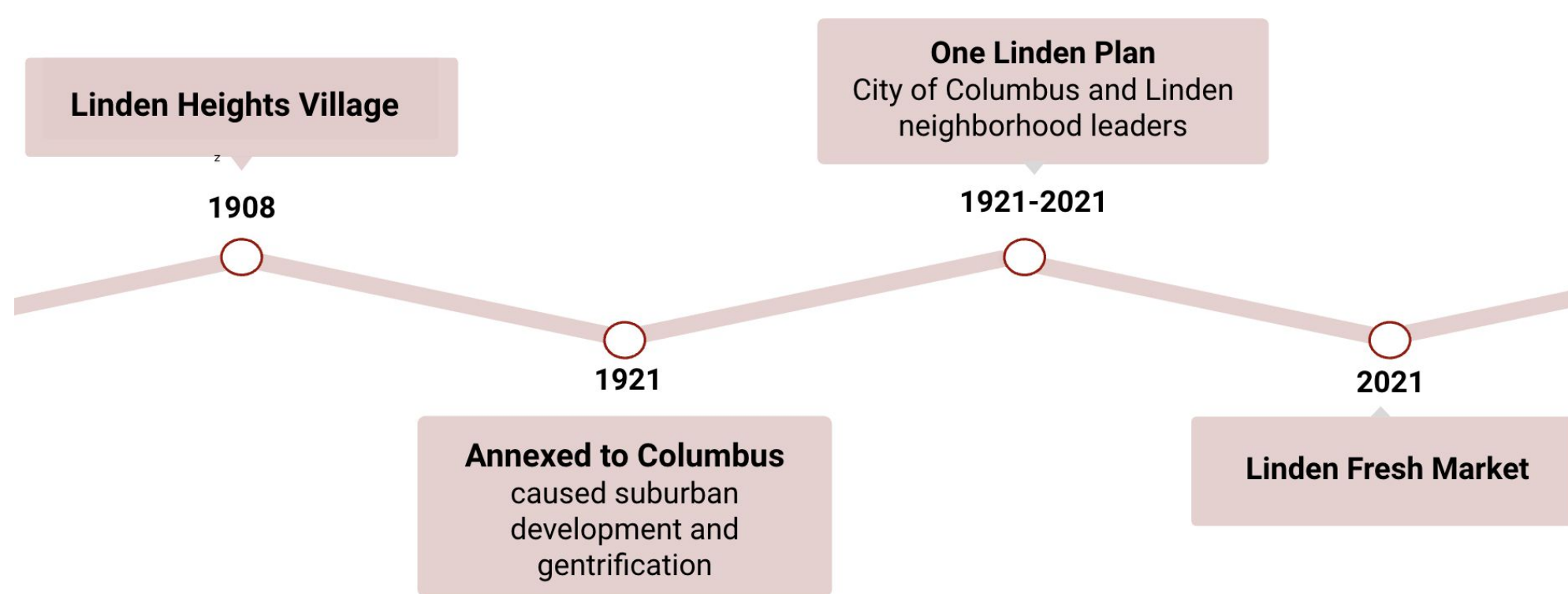


# Health Starts at Home: Summer Wellness Program at the Linden Fresh Market

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## INTRODUCTION/PROJECT OVERVIEW

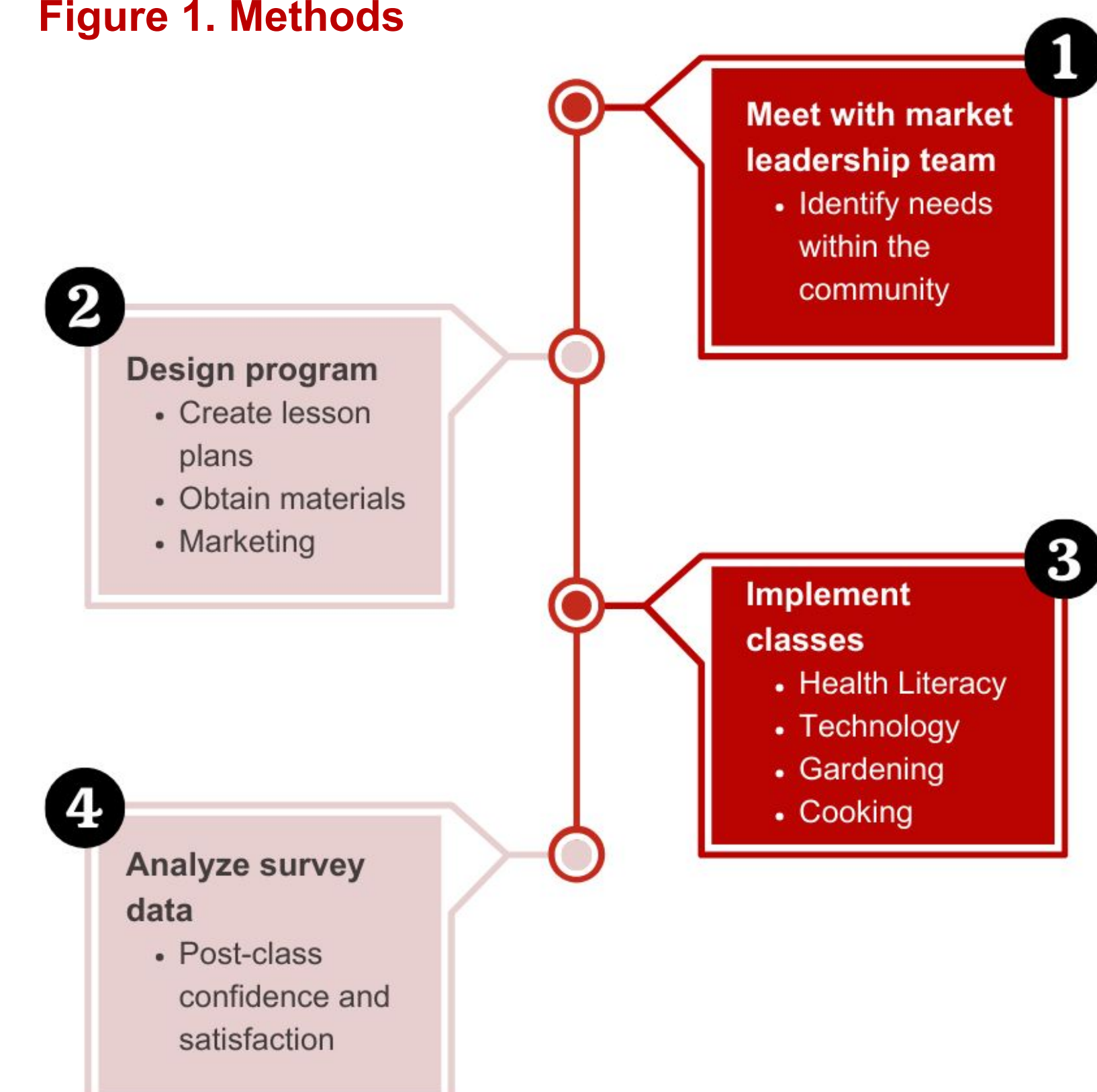
The Linden Fresh Market provides free produce to residents whose income is less than 200% of the poverty line.



## Annual Demographics Report from The Linden Fresh Market (10/1/2022-2/20/2023)

- **Education:** 36.3% obtained a high school diploma or GED, 17.8% did not receive a college degree, and 14.3% did not receive a high school diploma
- **Employment:** 30.9% were unemployed, 13.1% retired, 13.5% employed part-time, 13.5% disabled or in poor health, 11.6% in school, and 10.4% employed full-time
- **Insurance:** 19.2% on Medicare, 49.2% on Medicaid, 1.8% had private health insurance, and 11.2% had no health insurance
- **Race:** 62.2% identified as Black/African American, 23.9% as White, 4.1% as Asian/Pacific Islander, and 3.1% as multi-racial

Figure 1. Methods



## ENGAGEMENT WITH COMMUNITY PARTNERS

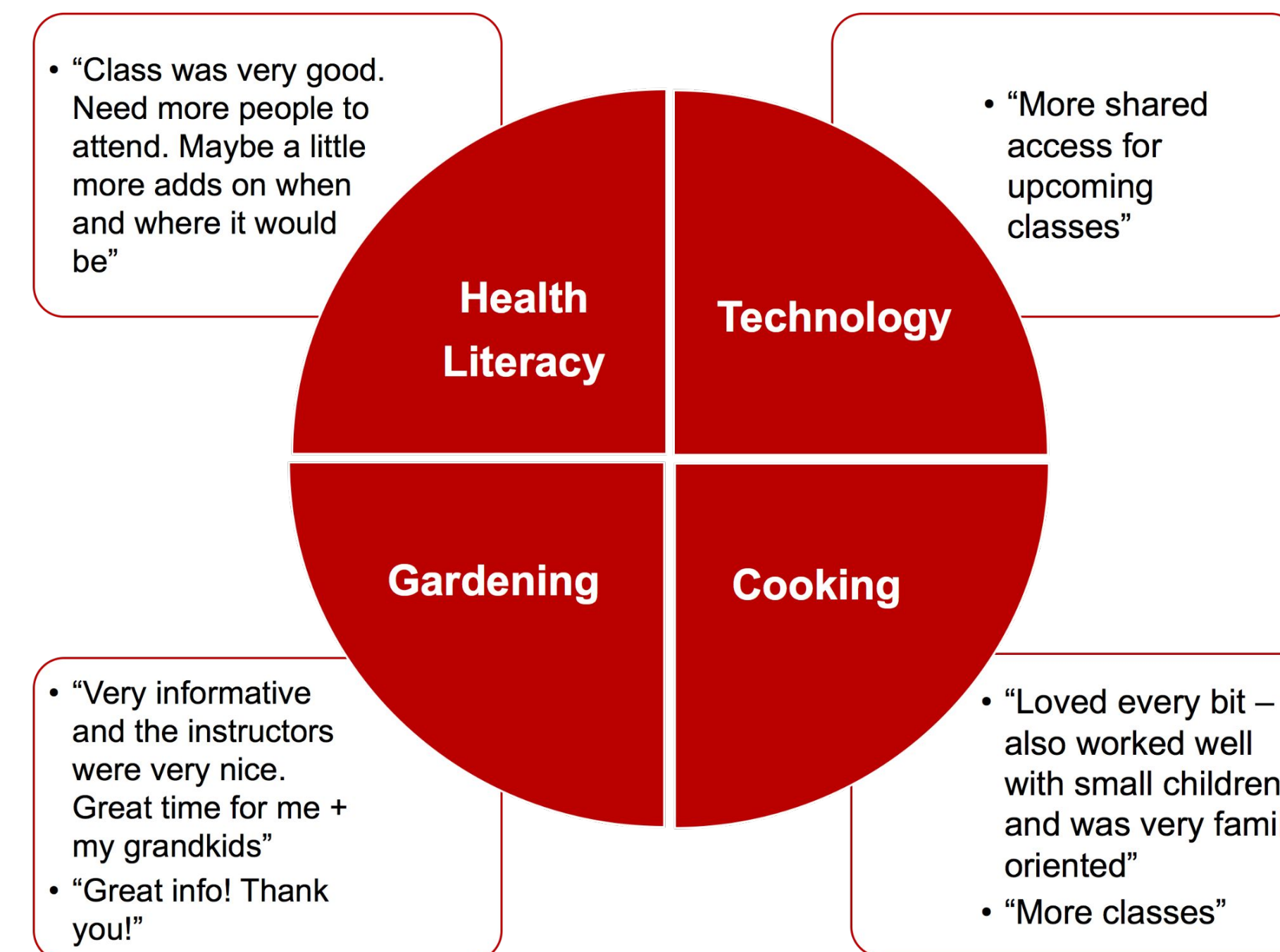
The collaboration addressed major concerns in the Linden community, including the prevalence of chronic diseases, low income, lack of access to cooking appliances, and low health, nutrition, and technology literacy.

- **Health literacy class**
  - Scavenger hunt to read nutrition labels on food packaging and relate diet to chronic health conditions
- **Technology class**
  - Telehealth, navigate MyChart, send messages, access test results, and use grocery/fitness apps to understand personal health information and maintain everyday wellness
- **Gardening class**
  - Grow indoor herbs/vegetables to improve mental health, physical health, and self-sufficiency
- **Cooking class**
  - Demonstrate family-friendly ways to use food from the market to make a low-cost, tasty, and healthy meal with accessible kitchen tools

Figure 2. "No Bake? No problem!" Class Photos



Figure 3. Post-Class Participant Survey Feedback



## BENEFITS TO FIELD & PARTNERS

### Medical Education in the Community

- Health literacy - finding, understanding, and using healthcare information to make health decisions
- Technology in medicine - navigating health information from electronic sources to understand and solve health problems

### Accessibility

- How to utilize produce from the market with limited space and/or resources
- Cost-effective ways to grow food and herbs

### Community Health Outreach

- Awareness of social determinants of health
- Healthcare starts at home - going beyond the walls of the hospital
- Bringing community members together

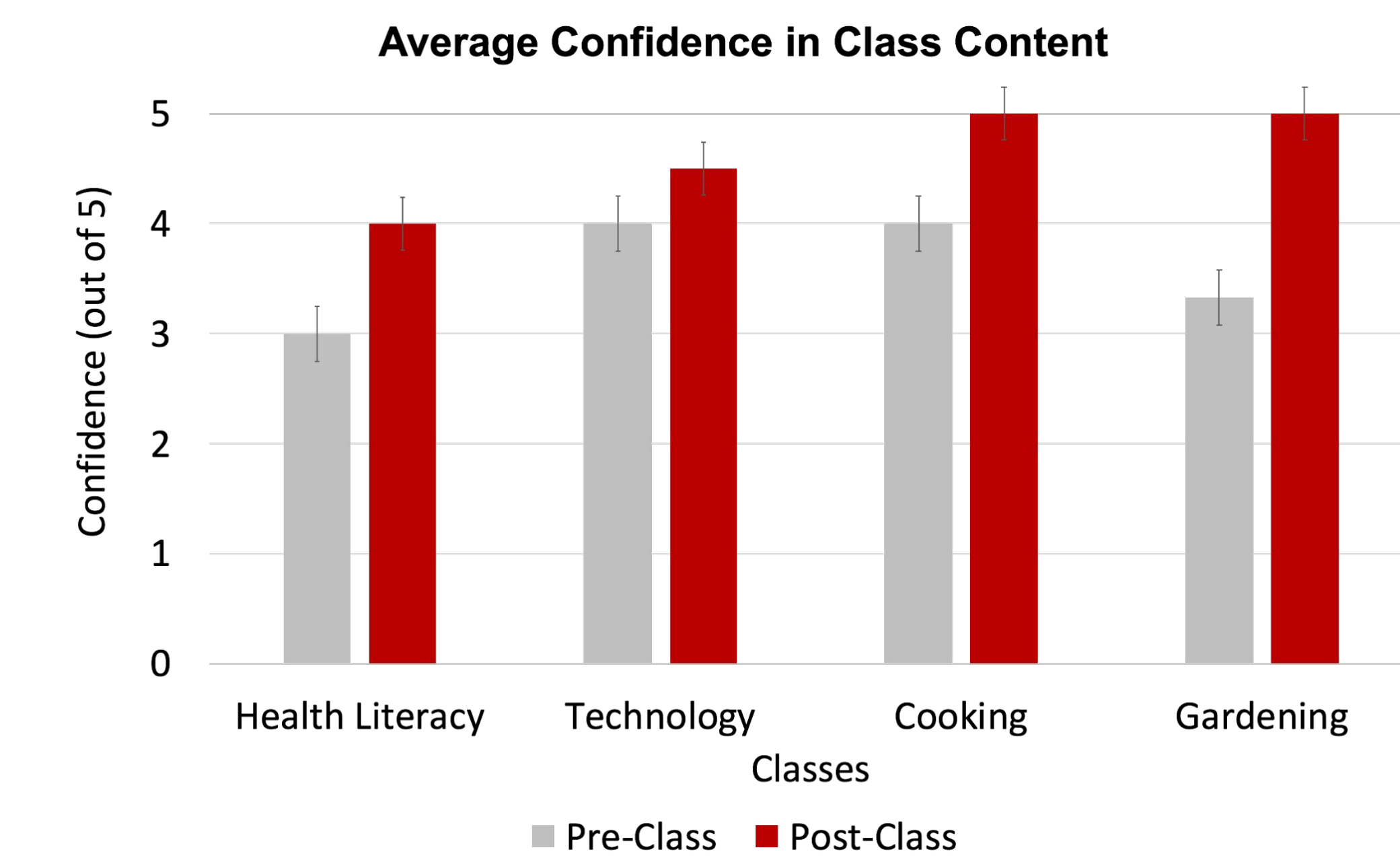
### Partnership

- Increase visibility of the market
- Promote market's vision of motivating the community to pursue healthy lifestyles



## RESULTS/CONCLUSIONS

Figure 4. Average Confidence in Class Content



- Class satisfaction was 5/5 from all participants across all classes
- Average confidence levels increased across all classes, with the greatest increase demonstrated by the Gardening class
- Minimal attendance, with the most popular class having eight participants

### Future Directions

- Implement the program annually
- Expand the program to offer classes more often and with varied topics
  - E.g. interview skills class or resume building workshop given the low employment rates in the community
- Improve marketing/promotion

## BIBLIOGRAPHY

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## ACKNOWLEDGEMENTS

We would like to thank the Linden Fresh Market leadership team and The Ohio State College of Medicine's Community Health Education team.