

Health Highlights by State

Alaska

South Peninsula Hospital: Wellness Wednesdays

To promote connection and activity for all ages, South Peninsula Hospital hosts free Wellness Wednesdays October through April. Events feature expert trainings or presentations — from CPR instruction to food as medicine tips — plus locally made hot soup and fresh bread, along with movement sessions led by local yoga instructors suitable for all ages and abilities.

Alabama

UAB: Healthy Happy Kids

The Healthy Happy Kids (HHK) program is an eight-week program that teaches nutrition and physical activity through after-school programs to address childhood obesity. Launched in two schools in 2008, HHK now reaches over 2,300 students across 24 Birmingham schools. More than 200 program directors have been trained to lead sessions, expanding the program's reach and impact.

Arizona

Valleywise Health: Family Resource Centers

Valleywise Health offers a wide range of educational programs — from parenting and literacy classes to computer and cooking workshops. These initiatives equip families with practical tools that support healthy living. As a result, participants have reported greater confidence in managing health and wellness in everyday life.

Arkansas

Baptist Health: Food Rx

Baptist Health's Food Rx program addresses food insecurity, offering a three-day supply of food, healthy recipes and resource referrals to patients, students, employees and underserved families. With pantries in Central Arkansas and River Valley, the program improves health by supporting nutrition during recovery and beyond.

California

MLK Community Healthcare: Know Your Basics

Know Your Basics brings free health screenings and education directly to the community — in malls, churches, schools and other gathering places. These events check blood pressure, blood sugar and BMI, recording results in a take-home booklet. When people learn their numbers, understand their risks and access helpful resources, they can live healthier lives.

Colorado

UC Health: Healthy Hearts and Minds

Healthy Hearts and Minds provides free cholesterol screenings and heart health education to Colorado elementary, middle and high school students. The program teaches young people about their cardiovascular risks as well as stroke awareness, CPR and healthy lifestyle habits. To date, more than 70,000 students have been screened and 100,000 educated.

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Connecticut

New Milford Hospital: Plow to Plate

Using food as a direct path to disease prevention, Plow to Plate is a fully integrated, healthful food service program for patients, staff and the community that prioritizes fresh produce from local farms. Its Dining Services eliminates processed and fried foods, and trains kitchen staff to cook from scratch with local produce when possible. Senior Suppers, a program offshoot, provides low-cost, nutritional dinners and a social atmosphere for seniors in the hospital's dining room.

Delaware

ChristianaCare: School-Based Health Centers

With parent permission, students can access free health screenings, physicals, mental health counseling, nutrition support and more in health centers in their school. Each center is operated by a partnership with ChristianaCare, school districts and the Delaware Division of Public Health and Department of Health and Social Services.

Florida

Baptist Health: Wellness on Wheels

The Wellness on Wheels bus brings mobile health screenings and education to Jacksonville communities. Focusing on prevention, the program offers outreach at local events to help reduce risk for major health issues like stroke and heart attack.

Georgia

Grady Memorial Hospital: Food as Medicine

Grady Memorial's Food as Medicine program allows providers to write healthy foods prescriptions, which are filled at an in-hospital "food pharmacy" stocked with fresh produce. Patients managing chronic conditions like diabetes now face fewer barriers to accessing nutritious food. The program has improved adherence to dietary regimens and overall health in vulnerable populations.

Hawaii

The Queen's Health System: Trauma Injury Prevention Programs

To prevent injuries and promote safety education across Hawaii, the Queen's Health System offers programs such as the Helmet Program, providing free helmets and properly fitting them for bikes; the Car Seat Program, offering free car seat installations and checks; and, A Matter of Balance, free fall prevention classes for older adults.

Idaho

Bingham Memorial Hospital: Free Sports Physicals

To support families during the busy summer and back-to-school season and encourage kids to stay active, Bingham Memorial Hospital offers free sports physicals for all school-aged student athletes across eastern Idaho.

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Iowa

Broadlawns Medical Center: Produce Prescription

Broadlawns' Polk County Produce Prescription Program connects low-income diabetic patients to free produce vouchers. Six months after starting the program, 90% of participants reported increased fruit and vegetable consumption, with clinical improvements such as lower A1C and cholesterol levels — demonstrating the measurable health benefits of food-based interventions.

Indiana

Indiana University Health: Barbershop Screenings

Indiana University Health offers free health screenings — blood pressure, diabetes, cholesterol, and more — at local barbershops, improving access to key health indicators and connecting people with care in north Indianapolis communities.

Illinois

UI Health: Wellness House

UI Health Cancer Center and Wellness House offer free classes for cancer patients and their families, addressing emotional, physical and spiritual needs. Programs include education, nutrition, stress management, exercise and family support. All services are free and designed for those impacted by cancer, including children and caregivers.

Kansas

Geary Community Hospital: Farmers Market

Geary Community Hospital created this farmers market in 2014 as a public service to bring fresh, local foods to the community and support small local producers.

Kentucky

Ephraim McDowell Health: Colon Cancer Screenings

Ephraim McDowell Health offers free take-home colon cancer screening kits for adults 45 and older who haven't been screened in the past year, aiming to detect cancer early when it's most treatable.

Louisiana

St. Tammany Health System: Transitions of Care Program

St. Tammany Health System's Transitions of Care program supports chronic congestive heart failure patients through in-home visits, education on dietary changes and lifestyle modification, and symptom monitoring with tools like a tracking magnet — reducing emergency admissions by helping patients prevent complications before they escalate.

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Maine

MaineHealth: Food is Medicine and Food Pantry

MaineHealth's Food is Medicine is a one-year program providing patients with chronic conditions — such as diabetes, obesity, high blood pressure and high cholesterol — 10 free healthy meals each week, cooking classes, nutrition education and community support to help patients better manage their health. Its Food Pantry provides free healthy food to community members as well.

Maryland

MedStar Good Samaritan Hospital: Food Rx

MedStar Good Samaritan Hospital's Food Rx program provides medically tailored food, produce deliveries, pantry access and nutrition education to patients with chronic illness or food insecurity — reducing complications and hospital readmissions. Since the program began, it has expanded to three other MedStar hospitals in Baltimore.

Massachusetts

Boston Medical Center: Food Insecurity and Nutrition Education

With over 5,000 pounds of produce grown annually on its rooftop farm, Boston Medical Center supports both its therapeutic food pantry and hospital cafeterias. The initiative strengthens food access for patients and staff, creating a self-sustaining model that enhances hospital nutrition and community support.

Michigan

Corewell: Nutrition Programs

To help Michiganders eat healthy and improve access to nutritious food, Corewell Health has a variety of programs. Two examples are Centered: Cooking for Better Health which combines cooking classes and nutrition education to help people manage hypertension, and the Fresh Food Initiative, connecting food insecure patients with community health workers and food pantries.

Minnesota

Allina Health: Health Powered Kids

Health Powered Kids provides schools, families and community groups fun, easy-to-use information about health and wellness. Developed for ages 3 to 14, the program focuses on nutrition, physical activity, hygiene and mental wellness.

Mississippi

University of Mississippi Medical Center: See, Test & Treat

UMMC holds an annual See, Test & Treat program providing free breast, cervical, oral and lung cancer screenings for uninsured and underinsured individuals in Jackson, aiming to reduce cancer deaths through early detection and health education. Participants receive same-day results, with onsite clinicians available to discuss findings and next steps.

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Missouri

Saint Luke's Health System: REACHN Program

The free REACHN Program promotes healthy lifestyles through nutrition, exercise, and stress reduction through cooking demos, health screenings and more to support lasting wellness. Participants receive recipes, shopping lists, and those who participate in person receive a bag of fresh produce as well.

Montana

St. Peter's Health: Nicotine Cessation Program

St. Peter's Health offers two free, evidence-based nicotine cessation programs in partnership with the Montana QuitLine and the American Lung Association. The QuitLine program offers nicotine users medication and/or nicotine replacement therapy combined with phone or text-based counseling — proven to be the most effective method for long-term quitting. Freedom From Smoking® is a seven-week, eight-class nicotine cessation program offered in-person and online using evidence-based methods.

Nebraska

Nebraska Medicine: Free Primary and Behavioral Health Services

Through its SHARING Clinic and Behavioral Health Connection, Nebraska Medicine offers free medical, physical therapy and mental health services to uninsured and underinsured patients. These services have significantly increased access and early detection of health conditions, resulting in improved long-term outcomes.

Nevada

University Medical Center: Healthy Living Institute

UMC's Healthy Living Institute promotes community wellness through health fairs, senior fitness classes and emergency preparedness courses. These programs are building a healthier, more informed population while increasing community resilience.

New Hampshire

Dartmouth Health: Aging Resource Center

The Aging Resource Center offers free programs and support to older adults and families in New Hampshire and Vermont, including advanced care planning, caregiver education, dementia resources, fall prevention classes, support groups, a lending library, and a welcoming space to connect, read, browse the internet and view exhibits by local senior artists.

New Jersey

Saint Peter's Healthcare System: Healthy Food

Saint Peter's Healthcare System screens patients to identify food insecurity and nutrition opportunities for managing chronic illness and connects them with farmers market vouchers, nutrition education and garden-grown produce, including hands-on cooking lessons. Additionally, a nutritionist teaches patients to identify excess sugar and sodium on food labels, empowering those with hypertension, diabetes and other chronic conditions lifelong skills for healthier living.

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New Mexico

Presbyterian: Diabetes ReCHARGE

Diabetes ReCHARGE is a free virtual education and support program for those newly diagnosed with diabetes to help with management. The program provides group and individual sessions on nutrition, blood sugar, meal planning, activity, medications and more.

New York

Montefiore Einstein: School Health Program

Montefiore School Health Program, the largest U.S. school-based health care network, serves 75 schools in the Bronx and southern Westchester. It provides primary, mental and oral health care regardless of ability to pay and promotes healthy eating and activity through its Healthy Kids Program.

North Carolina

Duke University Health System: Closing the Gap

Through clinics, university students, community health workers and phone outreach, Duke has helped 300–400 residents manage hypertension. Personalized support, education and free blood pressure cuffs led to significant blood pressure improvement — participants average a drop of over 15mmHg — and better self-care.

North Dakota

Sanford Health Bismarck: Wellness Pantry Program

Not having access to nutritious food can lead to the development of chronic illnesses and aggravate the severity of existing conditions such as type 2 diabetes, high blood pressure, heart disease and obesity. Through a partnership with the Great Plains Food Bank, eligible patients at the Bismarck clinics receive nutritious food at no cost.

Ohio

MetroHealth System (Cleveland): H.O.P.E.

MetroHealth's Institute for H.O.P.E.™ offers a food pantry, job training and affordable housing services. Its \$100 million investment in housing and access programs has dramatically improved both individual and neighborhood-level outcomes, demonstrating how coordinated care can elevate an entire community's well-being.

Oklahoma

INTEGRIS Health Community Clinic: Free Medical Services and Produce Distribution

Opened in 1993, INTEGRIS Health's free, volunteer-run clinic in Oklahoma City provides care for adults with chronic diseases; diabetes classes; physical, occupational and speech therapy; vision care; and pharmacy services. The clinic operates three Mondays a month and sees more than 100 patients each night, helping thousands of patients over the years.

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Oregon

Providence: Gateway Food Pantry

The Gateway Food Pantry supports patients facing food insecurity. Those who screen positive can visit after appointments to “shop” for healthy, culturally appropriate food. In 2024 alone, the pantry served nearly 4,100 patients and family members, distributing over 36,800 meals to help improve health and well-being.

Pennsylvania

Penn Medicine: Corner Cabinet

Corner Cabinet’s senior-focused food pantry offers shopping opportunities twice a week, alongside wellness activities like fitness classes. The initiative fosters independence and health for older adults while also building a supportive community network.

Rhode Island

Women & Infants Hospital: CenteringPregnancy & Hope’s Harvest

CenteringPregnancy offers group prenatal care with education and peer support. Hope’s Harvest enhances the program by providing fresh produce, addressing food insecurity and nutrition needs — creating a holistic, empowering model for healthier pregnancies and stronger maternal and infant outcomes.

South Carolina

UNC School of Medicine: Mobile Wellness Services

UNC’s “Miss Penny” mobile clinic travels to underserved areas of Wake County, delivering free health screenings, mental health support and education. The mobile approach improves health care access and builds trust within communities that traditionally face systemic barriers to accessing care.

South Dakota

Sanford Health: A Matter of Balance

A Matter of Balance is a free, eight-week, evidence-based program that helps older adults reduce fall risk, improve strength and balance, and increase activity through practical strategies and guided exercise sessions.

Tennessee

Methodist Le Bonheur Healthcare: Changing High-risk Asthma in Memphis through Partnership (CHAMP)

CHAMP targets asthma, the most-prevalent chronic disease of childhood. A team of physicians, nurses, respiratory therapists and community health educators teaches and supports families to better manage asthma and address the triggers that cause attacks.

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Texas

Memorial Hermann: StepHEALTHY

StepHEALTHY has promoted physical activity since 2016 through walking groups, Walk with a Doc, Dancing with a Doc, StepHEALTHY Connects, Walk to Clark Park, a children's soccer program and other community-based fitness initiatives.

Utah

St. Mark's Hospital: CarFit

CarFit promotes safe driving among older adults by focusing on safety, comfort and fit. Seniors schedule a free, in-person appointment and learn how well they fit in their personal vehicle and actions to improve driver safety.

Vermont

Northwestern Medical Center: Food Bags for Rural Residents

Patients in rural northern Vermont with health-related social needs receive healthy, shelf-stable food and referrals to obtain pre-made food and delivery, as well as local resources. This low-barrier program aims to expand across all departments to improve access and health outcomes.

Virginia

Augusta Health: Food FARMacy, food pantry and hospice food delivery

Since 2018, Augusta Health has supported healthy eating through three programs: Food FARMacy, offering fresh food and nutrition education; biweekly produce deliveries by hospice nurses; and a food pantry serving over 900 patients.

Washington

UW Medicine / Harborview Medical Center

The Harborview Medical Center Mobile Health Outreach Program is a free clinic that provides basic health care to medically underserved people in Seattle. The mobile clinic supports UW/Harbor View Medical Center's street medicine and community outreach services.

West Virginia

Hospitals across the state: FARMacy WV

Targeting West Virginians with prediabetes and Type 2 diabetes, FARMacy WV works with hospitals and clinics in 23 counties across the state giving participants a one-week supply of fresh produce via a written prescription from their provider for 15 weeks.

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Wisconsin

Froedert ThedaCare Health: Hospital-based Violence Interruption Program

Froedert Hospital's Level I Trauma Center leads Milwaukee's first hospital-based violence interruption program, supporting the city of Milwaukee Health Department's 414LIFE initiative. The program treats gun violence as a public health issue, aiming to break the cycle of violence through bedside intervention, education and follow-up care focusing on gunshot survivors age 15–35.

Wyoming

Campbell County Health: Safe Kids Campbell County

Accidental injury is the leading cause of death for U.S. children 14 and under. To help keep kids safe and healthy, Campbell County Health helps organize programs through Safe Kids Campbell County, including car seat checks, safety seat events, and bike rodeos, to educate families and prevent injuries.

Washington, D.C.

Children's National: Food Pharmacy Program

In 2023, Children's National launched a pilot program in partnership with the Capital Area Food Bank to provide children with prediabetes and diabetes who are experiencing food insecurity with access to nutritious groceries from an onsite "food pharmacy."