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Frederick Health Partners with Local Farm on Healthy Foods Program
DeFeo Family Farm offers produce to Diabetes Prevention Program participants

Frederick, MD – November 7, 2024 Laura DeFeo, M.D., a lifestyle coach with the Diabetes Prevention Program (DPP) at Frederick Health, is also a farmer in Frederick County. In 2023, she found a way to combine her professional career and family farm by offering fresh produce to DPP program participants. To date, more than 200 participants have benefited from the partnership.

"We learned that participants in the program were interested in healthy recipes and healthy ingredients. I realized that our farm could help foster these healthy behaviors," said DeFeo.

Laura brings up to 30 bundles of fresh produce each week to various DPP classes. While the bundles vary by the growing season, she has shared everything from arugula to zucchini with participants. In total, 40 fruits and vegetables are made available. Reviews from program participants are overwhelmingly positive.

"Farm fresh is the way to go! The seasonal variety influenced my eating style in the healthiest way," said Debbie, a DPP participant.

Another participant, Stephanie, said, "It has been eye-opening for me to experience some of the very freshest new varieties of vegetables. Thank you for such a healthy, positive, and delicious experience."

DeFeo, who has a passion for gardening and healthy cooking, said that blending her professional and personal world has been a real gift. "We are grateful for this opportunity with Frederick Health to share our harvest and support the place and the people that have brought so much joy to us."

To learn more about Frederick Health's Diabetes Prevention Program or take a diabetes risk assessment survey, visit www.frederickhealth.org/diabetes.

About Frederick Health

Frederick Health offers a wide range of healthcare services to the residents of Frederick County. The system includes Frederick Health Hospital, Frederick Health Medical Group, Frederick Health Employer Solutions, Frederick Health Home Care, and Frederick Health Hospice. Frederick Health Medical Group offers over 20 medical and surgical specialties, supported by a team of 175 expert providers. The system operates several ambulatory care locations across Frederick County, including ten primary care practices, four urgent care centers, eight outpatient labs, the James M Stockman Cancer Institute, and Frederick Health Village. With 4,000 team members, Frederick Health provides a full spectrum of healthcare and wellness services to support its mission to positively impact the well-being of every individual in our community. Visit www.frederickhealth.org to learn more.