



Change Makers Make a Difference

This week, we feature Dr. Nathan Beachy

Each week we will be featuring MetroHealth's Change Makers, those folks who make a positive difference in the health and wellbeing of our patients in big and small ways. This week, we feature Dr. Nathan Beachy. Find out how he made the cut.



Last month we introduced #mh100days, MetroHealth's way to acknowledge and celebrate *Change Day* an international movement to improve the care and wellbeing of people who use health care services.

Dr. Nathan Beachy is our featured change maker this week. Dr. Beachy was instrumental in working with church members to establish a community garden in the Lee Harvard neighborhood, a neighborhood he knows well after serving its residents as a primary care physician at the Lee-Harvard Health Center for 20 years.

Dr. Beachy decided to do something about the lack of nutritious choices for his patients by helping to create a community garden. "I think I should practice what I preach to my patients, namely that we need to eat fresh fruits and vegetables rather than fast food," says Beachy.

After witnessing the negative effects his patients were experiencing due to a poor diet, the community garden is now a source of healthy foods. He not only helped establish the garden, but on many summer days, you will find him working in the garden. It's easy to see why Dr. Beachy is a change maker.