

MEDIA ADVISORY: For Immediate Release  
DATE: October 8, 2018  
CONTACT: Leah Weatherspoon  
lweatherspoon@openhand.org



Project Open Hand  
meals with love

## **Project Open Hand Elects Physician to Board of Directors**

SAN FRANCISCO, October 8, 2018 – Project Open Hand, a nonprofit organization providing nutritious meals to the sick and vulnerable in the Bay Area since 1985, has elected Preston Maring, MD, to the board of directors.

For over 42 years, Dr. Maring practiced obstetrics and gynecology at the Kaiser Permanente Medical Center in Oakland, California. In addition to his clinical practice, he served in various medical group administrative and program development roles, including a term as Physician in Chief, during the last half of his career. He retired in 2013.

In 2003, in partnership with the Pacific Coast Farmers Market association, Dr. Maring started the first hospital based all organic farmers market. Today, there are 55 markets at Kaiser Permanente facilities in eight states in addition to farmer markets now being offered as a standard amenity at hundreds of hospitals around the country.

“Dr. Maring has been a pioneer in recognizing the significant impact that what people ate was a major determinant in their health outcomes,” said Project Open Hand CEO, Mark Ryle. “His advocacy work aligns tremendously with our mission to provide medically tailored meals to sick clients to not only dramatically improve their health but to substantially reduce healthcare costs. We are delighted to have his support.”

Seeing disparities in heart failure readmission rates based on zip code, Dr. Maring initiated a contract with a national provider of home-delivered medically tailored meals to serve Kaiser Permanente members in need of nutritional support. He has served on the board of the Community Alliance with Family Farmers and was affiliated with the Program on Reproductive Health and the Environment at UCSF. He continues to work with PCFMA most recently on the launch of a church-based farmers market in East Oakland.

Dr. Maring received his M.D. from the University of Michigan Medical School in Ann Arbor, Michigan and graduated with a B.S. from Hope College, in Holland, Michigan.

Project Open Hand is a 501(c)(3) nonprofit organization whose mission is to improve health outcomes and quality of life by providing nutritious meals to the sick and vulnerable, caring for and educating our community.