2nd Annual Food is Medicine National Summit

Advancing Evidence and Scaling Progress

Conversations around advances, best practices, challenges, and next steps in food is medicine

Boston, MA | April 24, 2024
12:00 - 4:30 PM ET
Each week, poor nutrition:

- Kills 10,000 Americans
- Causes 1,500 new cancers
- Causes 16,000 new cases of diabetes

Each year, poor nutrition causes $1.1 trillion in economic losses from excess healthcare spending and lost productivity

U.S. Burden of Disease Collaborators, JAMA 2018; Zhang et al., JNCI Cancer Spectr 2019; The Rockefeller Foundation, True Cost of Food 2021; O’Hearn et al., Nature Med 2023;
Food Insecurity in the U.S.

% of food insecure Americans

0%  >25%

USDA (map by Jeremy Ney)
Diabetes in the U.S.

% of adults with diabetes

U.S. Centers for Disease Control and Prevention
Dietary Guidelines for Americans, 2020-2025
Benefit

Fruits, Nuts, Fish
Vegetables, Plant Oils
Whole Grains, Beans, Yogurt

Cheese
Poultry, Milk
Eggs, Butter

Unprocessed Red Meats

Processed Grains, Starches, Sugars
Processed Meats, High Sodium Foods
Industrial Trans Fat

Harm

Protective Foods

Mozaffarian D, Circulation 2016; Miller et al., JAMA Netw Open 2022
Rigorous metrics and research evaluation

Medicaid, Medicare, private payer coverage

Links to federal and local nutrition programs

Medical nutrition education across training & practice

Integration into EHR and clinical care pathways

Partnerships with community-based organizations

Healthcare Utilization
Hospitalizations, ED visits, nursing home use
Total medical costs

Patient-Centered Outcomes
Disease self-management
Self-perceived physical and mental health

Risk Markers
Glucose control
Blood pressure
Body weight

Food-related Risks
Food security
Nutrition security
Dietary quality

Medically tailored meals

Physician evaluation

Social needs assessment

Food-Based Nutritional Treatments and Supports

Medically tailored groceries

Produce Rx

Nutrition and culinary education

Medicare, Medicaid, private payer coverage

Rigorous metrics and research evaluation

Mozaffarian et al., JACC 2024
Questions, Opportunities, Challenges

• Optimal foods, dose ($), duration
• Target populations
• Role of nutrition and culinary education
• Family sharing
• On site, retail, or delivery
• Integration with SDOH screening, SNAP, WIC
• Nonprofit vs. private sector
• Incorporation into EMR and clinical care pathways
• Clinician education
• Cost-savings vs. cost-effectiveness
• Interlinkages with other medical therapies (e.g., GLP-1)
• Coverage/reimbursement