

ADVANCING EVIDENCE AND SCALING PROGRESS

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

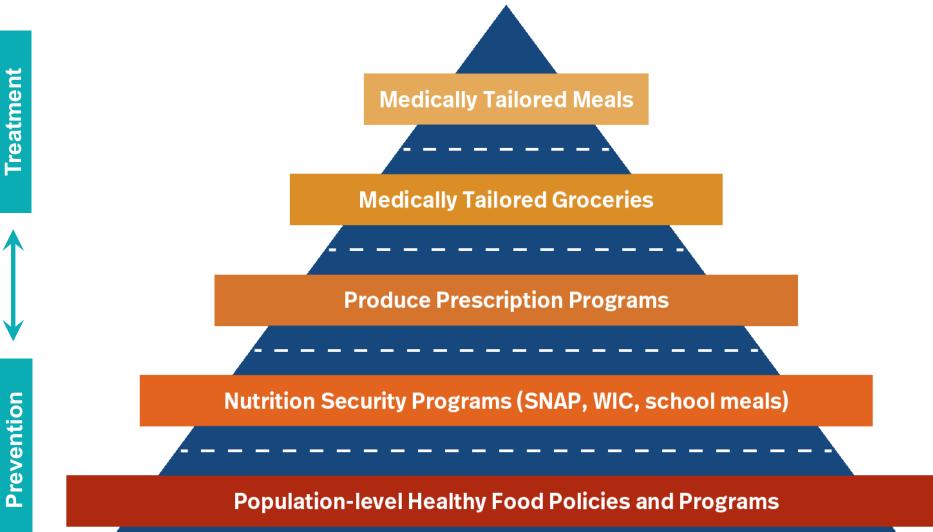
Boston, MA | April 24, 2024 12:00 - 4:30 PM ET





Nutrition and Culinary

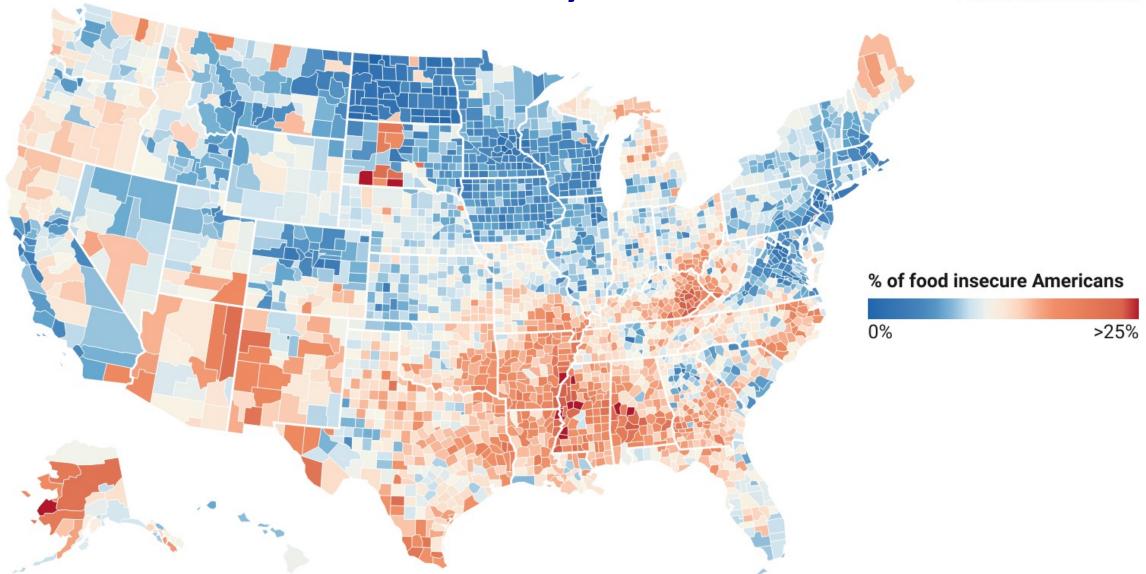
Education



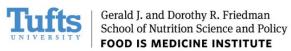
- Each week, poor nutrition:
 - Kills **10,000** Americans
 - Causes 1,500 new cancers
 - Causes 16,000 new cases of diabetes

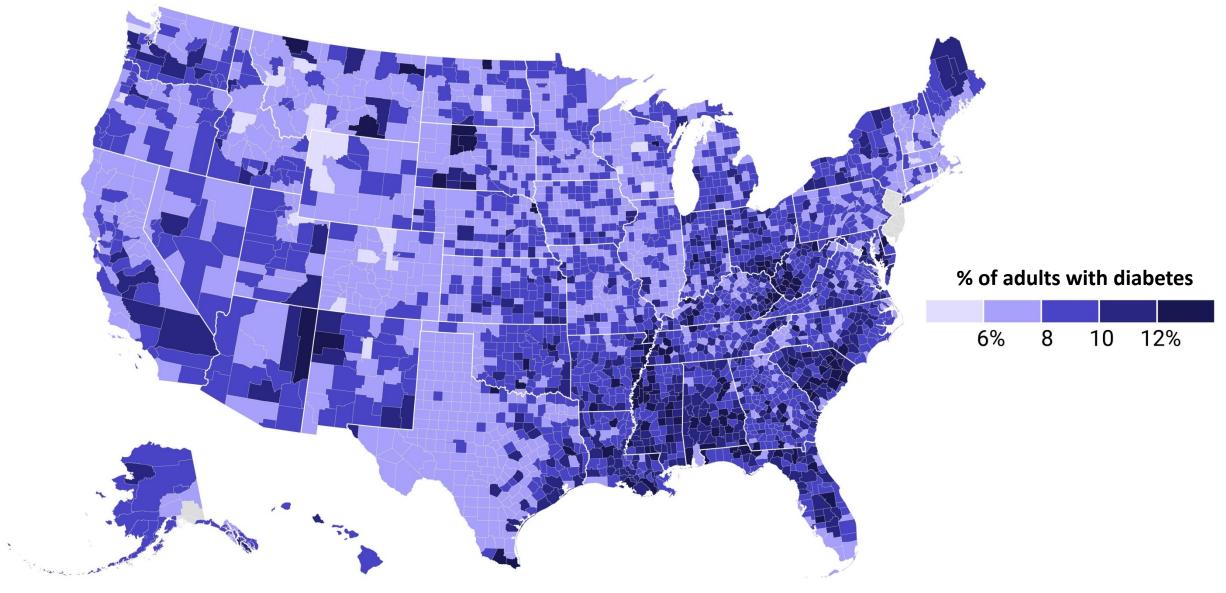
Each year, poor nutrition causes **\$1.1 trillion in economic losses** from excess healthcare spending and lost productivity

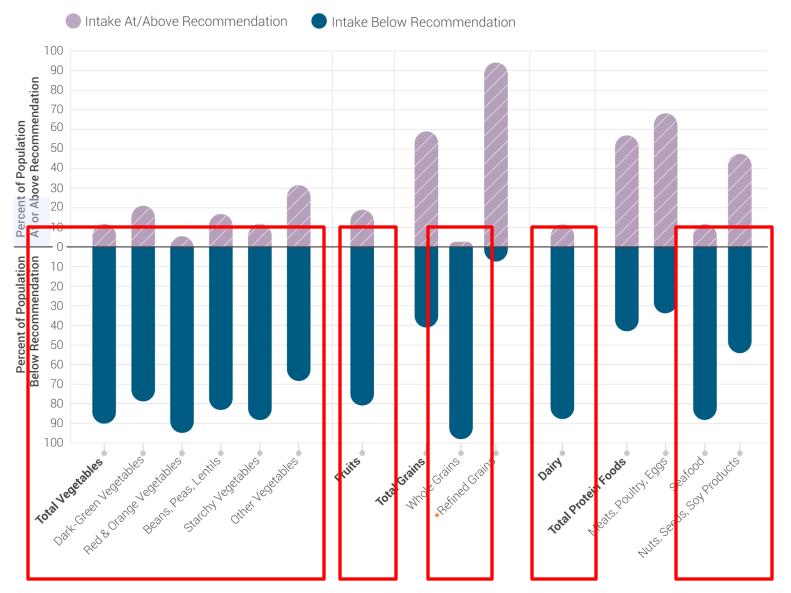
Food Insecurity in the U.S.

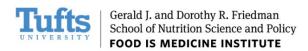


Diabetes in the U.S.









Benefit

Protective Foods

Fruits, Nuts, Fish

Vegetables, Plant Oils Whole Grains, Beans, Yogurt

Cheese

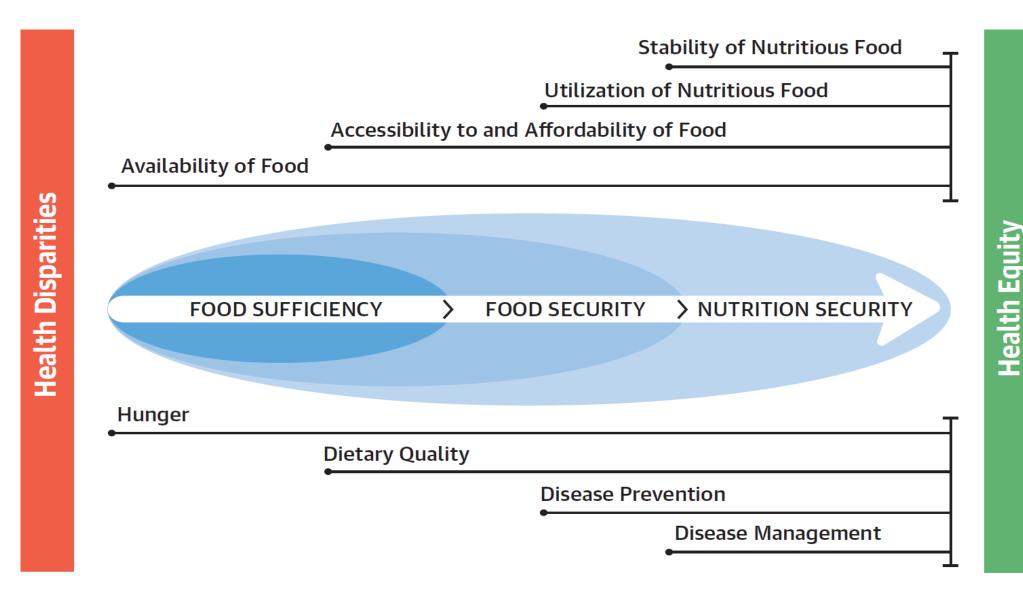
Poultry, Milk

Eggs, Butter

Unprocessed Red Meats

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

Harm



Patient Identification and Eligibility



Physician evaluation



Social needs assessment

Food-Based Nutritional Treatments and Supports



Medically tailored meals



Medically tailored groceries



Produce Rx



Nutrition and culinary education

Health, Utilization, and Other Outcomes

Food-related Risks Food security Nutrition security Dietary quality

Risk Markers Glucose control Blood pressure Body weight

Patient-Centered
Outcomes
Disease self-management
Self-perceived physical

and mental health

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

Partnerships with community-based organizations

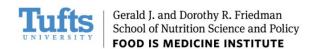
Integration into EHR and clinical care pathways

Medical nutrition education across training & practice

Links to federal and local nutrition programs

Medicaid, Medicare, private payer coverage

Rigorous metrics and research evaluation



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. costeffectiveness
- Interlinkages with other medical therapies (e.g., GLP-1)
- Coverage/reimbursement



Nourished^{RX}







Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy

FOOD IS MEDICINE INSTITUTE































Program (GusNIP)



BIDEN-HARRIS

NATIONAL STRATEGY ON HUNGER,

HEALTH

ADMINISTRATION

NUTRITION, AND

















Kroqer



