Healthcare and Food Insecurity: Identifying Opportunities to Collaborate and Augment Impact

Rita Nguyen, MD
Assistant Clinical Professor
Division of Hospital Medicine, UCSF
Medical Director of Healthy Food Initiatives
Zuckerberg San Francisco General Hospital

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Therapeutic Food Pantry
Partnership with SF+Marin Food Bank

Transitional Meal Program
Partnership with Project Open Hand
Therapeutic Food Pantry

Clinically-based, comprehensive prescription food program

Access

Community Connections

Sustained Behavior Change, Improved Health Outcomes

Knowledge

Tools

Skills
Evidence from similar models

- **Freshplace**
  - Less likely to experience very low food insecurity
  - Increased self-sufficiency
  - Increased fruit and vegetable food intake

- **Boston Medical Center Preventive Food Pantry**
  - Physicians report patients losing 20-40 pounds, reducing cholesterol levels and controlling diabetes

- **Hennepin County Medical Center’s Therapeutic Food Pharmacy**
  - Increased fruit and vegetable intake among patients

- **Bite to Balance**
  - More than 2/3 of patients reduced or maintained their BMI and significantly improved cholesterol and blood sugar levels

- **VeggieRx**
  - Rates of adult obesity decreased
  - 41% of men achieved 3% or greater weight loss
The Maxine Hall Health Center
Therapeutic Food Pantry

Therapeutic Food Pantry
Prescription for Health

Date: 05/22/2016

My Therapeutic Care Plan Today:
[-] San Francisco Food Resources
[-] Healthy Foods
[-] Cooking Demo with Nutritionist
[-] Health Coach
[-] Pharmacy Consult

Refills: 1

DENETTA'S TOMATO & ZUCCHINI STIR-FRY
Makes 3 Servings

Ingredients:
- 4 zucchini, sliced
- 2 tomatoes, chopped
- 1 tbsp olive oil
- 1 medium chicken breast, chopped and cooked (optional)

Approximate nutrition facts:
125 calories, 6 g fat, 1 g saturated fat, 8 g carbohydrates, 3 g fiber, 10 g protein, 147 mg sodium

Directions:
1. Chop zucchini and tomatoes
2. Stir fry together with olive oil
Patients served

Total number of participants: 65
- DM patients: 55
- pre-DM patients: 10

Total number of visits: 169

*excludes patients who joined in the second to last or last TFP day
Health & Food Access

USDA 6-Form Food Security Survey: Baseline
(n=55)

Where will your family receive food this month?

☐ SNAP: 20%
☐ Receiving food from friends/family: 35%
☐ Other food pantries: 15%
Food Security

Food Security by Race/Ethnicity

n=55

Food Security by Age

n=55
Goals & Outcomes

Primary*

- Increase access to and consumption of healthy food
  - 75% report having more access to healthy food
  - 50% report eating more or a lot more healthy foods since participating in TFP

- Increase nutritional knowledge
  - 75% report having learned a new recipe or cooking technique

- Decrease food insecurity
  - Rate of food insecurity
    - Pre-TFP: 63%
    - Post-TFP: 70%

* Preliminary data
Goals & Outcomes

- **Secondary***
  - Improve health outcomes
    - 48% self-report improved blood sugar numbers
    - 38% self-report lower blood pressure
    - Awaiting A1C, BP, weight data

* Preliminary data
“When I go to the store, I immediately go towards the vegetable section and fruits section before I do any of the other shopping. I got that from here.”
“I’m definitely eating more fruits and vegetables because of this. They taught us how to blanch vegetables and I did that. Now I have no excuse not to eat fruits and vegetables.”
“Before, I would never try vegetables like bok choy and I used to not like zucchinis but now I love them. I could eat them raw. I’m out of my comfort zone with the veggies now.”
Foster Community

“I had no idea that they would include the recipes and make it so personal. They focus on the whole person.”

“I’m glad that it’s here because I feel more at home here than going to some other strange place.”
Looking Forward

Central Coordinator (0.5 FTE)

Clinic 1 Liaison
Clinic 2 Liaison
Clinic 3 Liaison
ZSFG Clinics Healthy Food Initiatives Coordinator

Clinical Nutritionists
Therapeutic Food Pantry
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AIM OF FOOD=MEDICINE PILOT

To understand the impact of 3-meal-a-day pilot program on food security and health for low income adults with HIV or diabetes

Weiser et al, manuscript in preparation
PRELIMINARY IMPACTS: QUALITATIVE

Improved food security
diet quality
energy

Less stress, better mood

Improved HIV control
diabetes control
medication adherence

Weiser et al, manuscript in preparation
ZSFG-POH Transitional Meal Pilot

Program Design
- Home delivered meals/groceries for 5 months to heart failure patients after discharge
- Monthly RD assessments

Outcomes
- Healthcare utilization
  - Readmission rates, ED use
- Heart failure symptom control, quality of life
- Dietary changes
Enrollment starting January 2017
Thank you!

Questions?  rita.nguyen@ucsf.edu