Update on Food as Medicine Collaborative

SF Food Security Task Force | January 2, 2019

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Assistant Health Officer

Chronic Disease Physician Specialist

Systems we are targeting:

Health

Food

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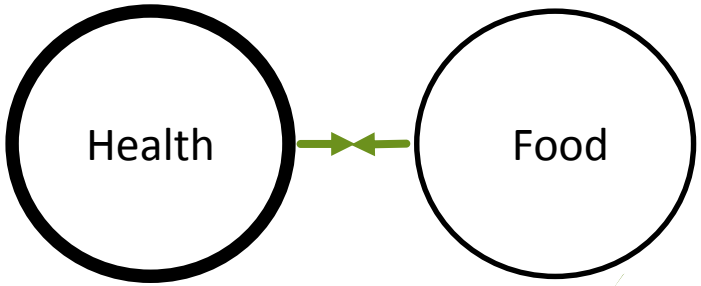

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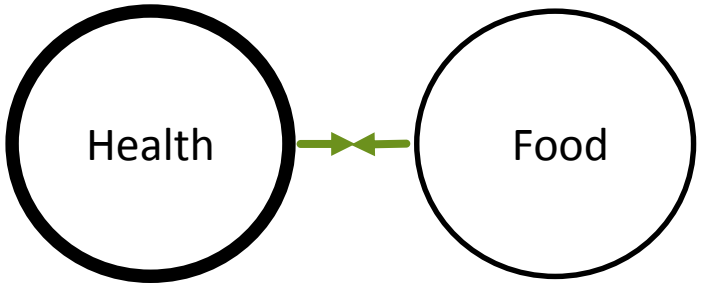
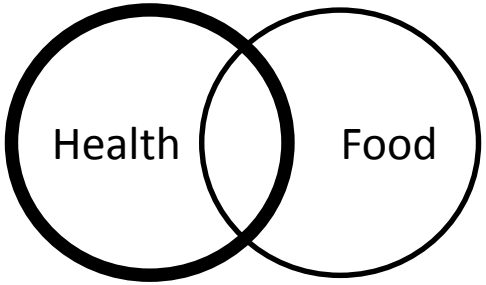


Change we aim to make:



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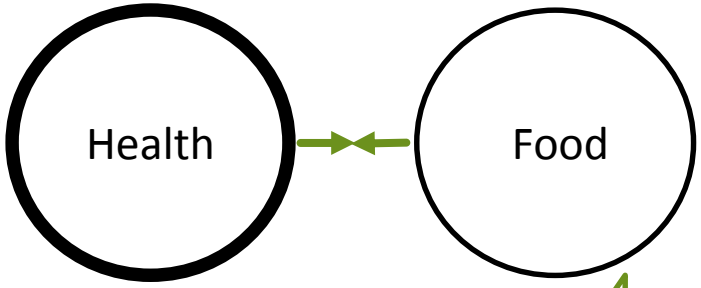

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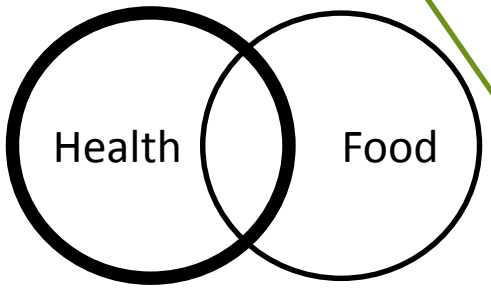

How Food Pharmacies aim to accomplish this change:

ACCESS: Co-location of food services in healthcare

EDUCATION: Leverage interactive, empowering nutrition education inspired by nonprofit and public sector

SKILLS: Promote healthy food prep via cooking demos inspired by nonprofit and public sector

TOOLS: Further enable and support healthy eating with cooking kits

REFERRALS: Effectively connect patients to food resources

Goals:

1) Tackle food insecurity
2) Promote nutritional behavior change

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1) Tackle food insecurity

2) Promote nutritional behavior change

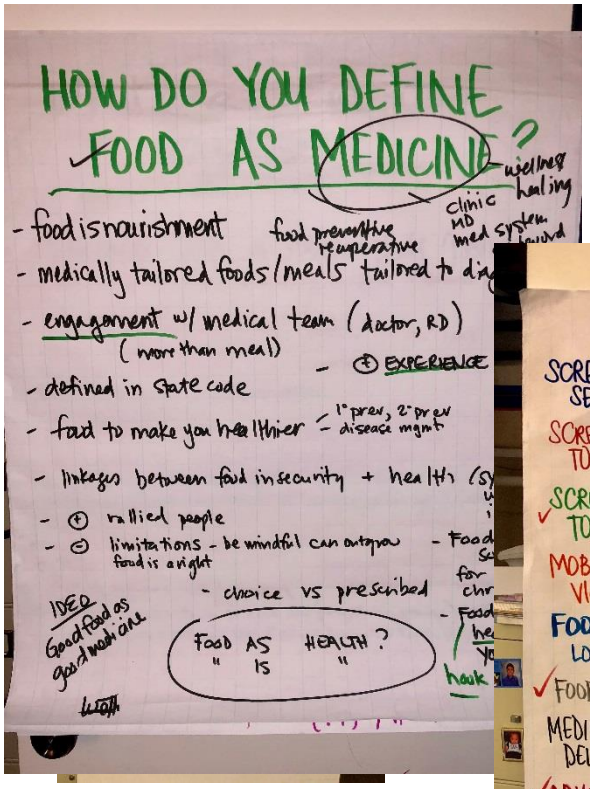
- How food pharmacies accomplish these goals
  - an initial compelling opportunity for healthcare to engage and inspire patients around healthy eating
  - a tangible intervention that tackles food insecurity as a major barrier to health for patients
  - a comprehensive model to support sustained nutritional behavior change
  - an opportunity to engage and connect patients to additional food resources and programming

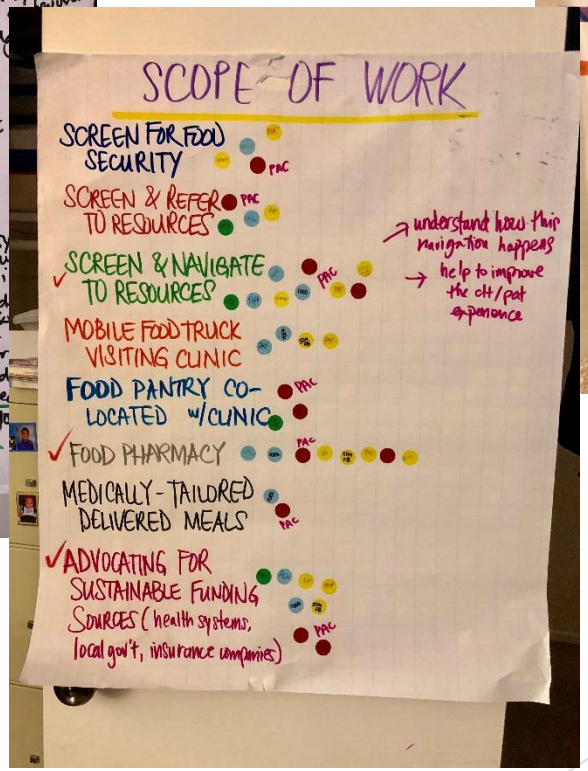
Collaborative Partners

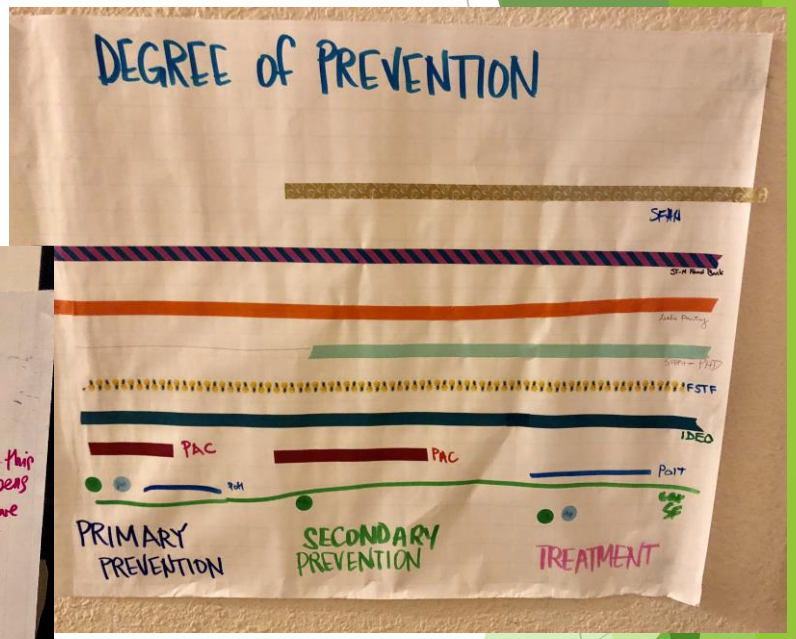
- SF Department of Public Health, Population Health
- SF Health Network Primary Care
- San Francisco Marin Food Bank
- Leah's Pantry
- UCSF
- Eat SF
- Project Open Hand
- Target
- IDEO

Hellman Foundation Collaborative Change Initiative Grantee!

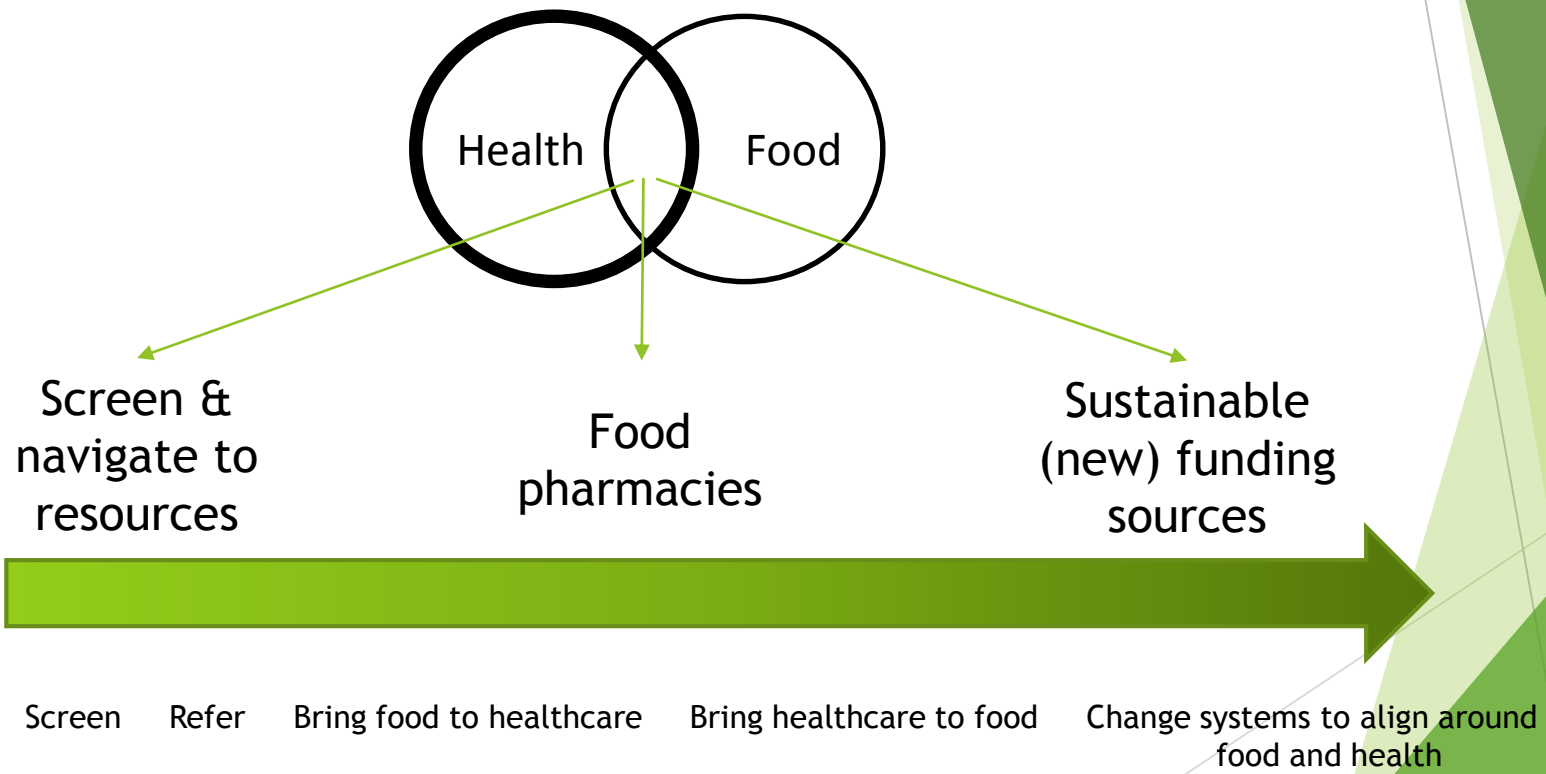
Food as Medicine Collaborative Visioning







Food as Medicine Collaborative Visioning



2018 Updates

- Food pharmacy programming at 6 clinics in SF, serving ~60 patients/week
- Hired backbone staffing

- Designed equity training
- Collaborative growth in the works
  - San Francisco Wholesale Produce Market
  - Meals on Wheels
  - SF Food Security Task Force
  - Farming Hope
  - San Francisco Community Clinic Consortium
  - UCSF Medical Center at Mt. Zion
  - Kaiser San Francisco

2018 Updates

- Regional Collaboration
  - Venice Family Clinic
  - HealthNet
  - Healthy Food, Healthy Families in Alameda County

Venice Family Clinic

Providing quality primary health care to people in need

Health Net®

ALL IN ALAMEDA COUNTY
the new war on poverty

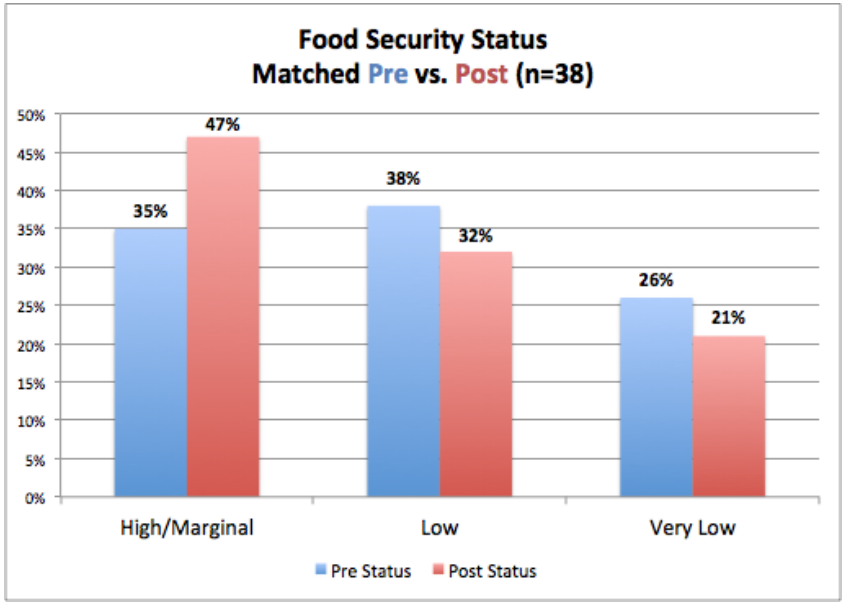
Hellman Foundation Growth Grant Outcomes

- Food Pharmacies will have the following impact:
  - 75% of participants will report increased access to healthy food

*n=those who “refilled” their food prescription 6 or more times (ie attended 6 or more sessions) and responded to the post-survey question

Food Security at Food Pharmacies

- Food Pharmacies will have the following impact:
  - 75% of participants will report increased access to healthy food → **96%** of respondents (n*=55)



*n=those who "refilled" their food prescription 6 or more times and responded to the post-survey question
n=those who "refilled" their food prescription 6 or more times and had matched pre-and post-surveys

Hellman Foundation Growth Grant Outcomes

- Food Pharmacies will have the following impact:
  - 75% of participants will report increased access to healthy food → **96%** of respondents (n*=55)
  - 75% will indicate they have adopted healthier eating practices

*n=those who "refilled" their food prescription 6 or more times (ie attended 6 or more sessions) and responded to the post-survey question

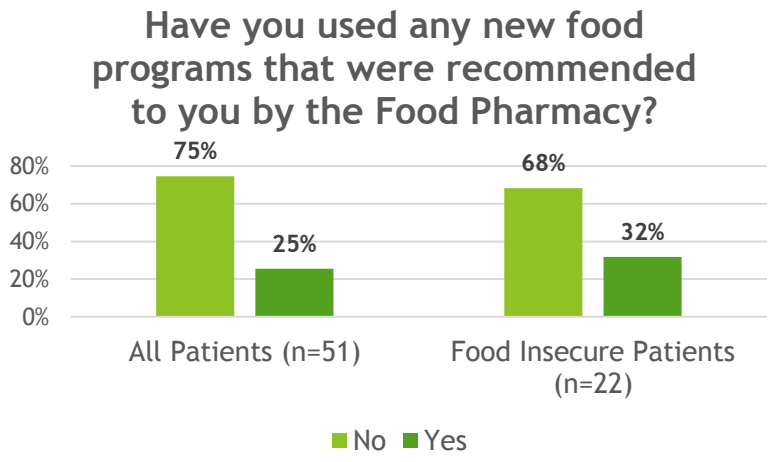
Hellman Foundation Growth Grant Outcomes

- Food Pharmacies will have the following impact:
  - 75% of participants will report increased access to healthy food → **96%** of respondents (n*=55)
  - 75% will indicate they have adopted healthier eating practices → **92%** of respondents (n*=48)
  - 40% of food insecure participants will indicate they have connected to other food resources beyond the Food Pharmacy

*n=those who "refilled" their food prescription 6 or more times (ie attended 6 or more sessions) and responded to the post-survey question

Referral to Additional Food Resources

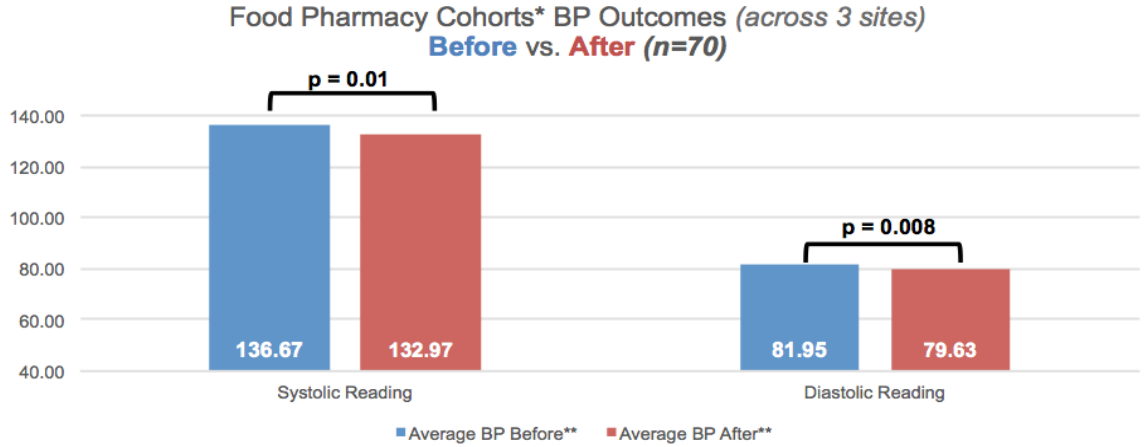
- 40% of food insecure participants will indicate they have connected to other food resources beyond the Food Pharmacy → **32%** of food insecure respondents (n*=22)



- Context: Referrals station staffed only ~1/3 of the time. Working on consistent staffing in 2019
  - When staffed, success rate of referral as high as 50%

Hellman Foundation Growth Grant Outcomes

- 50% of hypertensive patients will report improved blood pressure control → 31% of respondents (n*=48)
- Although 31% of participants reported improvements in their blood pressure, objective clinical data from their health record showed that 65% of patients who attended three or more sessions (n=71) had a decline in their blood pressure!



*Patients who attended 3 or more sessions
**Averaged first 3 BP readings from outpatient visits within the 6 months prior to their first session and within 6 months after their last session

Additional Outcomes

94% ➡ learned something new about healthy eating for blood pressure

77% ➡ tried a new cooking technique or recipe

86% ➡ felt receiving food was part of their medical care

*n=55, those who “refilled” their food prescription 6 or more times (ie attended 6 or more sessions) and responded to the post-survey question

Additional Outcomes: Community

- 98% of respondents (n=47) felt that participating in food pharmacy made them feel part of a community

Looking Ahead - 2019

Screen & navigate to resources

Food Pharmacies

Sustainable (new) funding sources

- Screen & navigate
  - More robust, consistent referrals system from clinics to food resources
- Food Pharmacies
  - Additional sites
- Sustainable new funding sources
  - Development of policy roadmap to explore new, sustainable funding sources
- Collaborative growth
  - Growing partnerships with private sector, policy makers
  - Communications plan with collateral
  - Optimizing data collection

Questions? Comments? Ideas?

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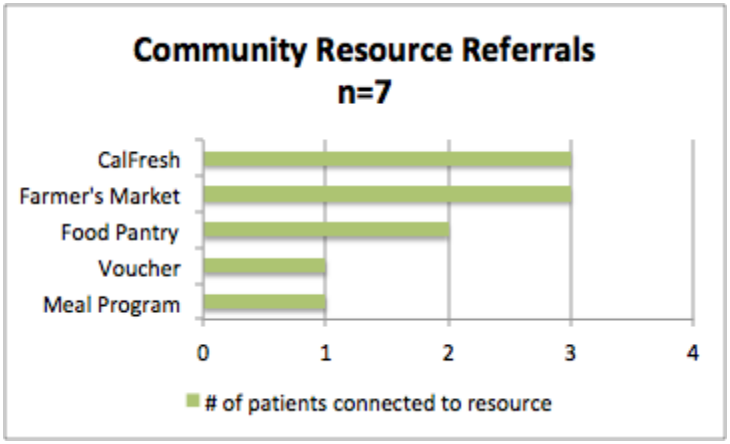
Community Resource Referrals
n=7
CalFresh
Farmer's Market
Food Pantry
Voucher
Meal Program
0
1
2
3
4
# of patients connected to resource