Update on Food as Medicine Collaborative

SF Food Security Task Force | January 2, 2019

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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

Food Health Systems we are targeting:

Change we aim to make:

1) Tackle food insecurity
2) Promote nutritional behavior change

Systems we are targeting:

Health

Food
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Goals:
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How Food Pharmacies aim to accomplish this change:

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- Health
- Food

**Change we aim to make:**

- Health
- Food

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- Health
- Food

**Change we aim to make:**

- Health
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**Goals:**

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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

**How do you define food as medicine?**
- Food is nourishment
- Food is preventative
- Medical tailored foods/meals tailored to diagnosis
- Engagement with medical team (doctor, RD)
  - Experience
- Defined in state code
- Food to make you healthier
- Local people
- Linkages between food insecurity and health
- Food is a medicine
- Food is a health

**Scope of Work**
- Screen for food security
- Screen and refer to resources
- Screen and navigate to resources
- Mobile food truck visiting clinic
- Food pantry, colocated with clinic
- Food pharmacy, medially-tailored, delivered meals
- Advocating for sustainable funding
- Source of health systems, local government, insurance companies

**Degree of Prevention**
- Primary prevention
- Secondary prevention
- Treatment
Food as Medicine
Collaborative Visioning

Screen & navigate to resources

Health

Food

Food pharmacies

Sustainable (new) funding sources

Screen  Refer  Bring food to healthcare  Bring healthcare to food  Change systems to align around food and health
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
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*
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 ($n^*=22$)

Have you used any new food programs that were recommended to you by the Food Pharmacy?

- **75%** of all patients ($n=51$)
- **68%** of food insecure patients ($n=22$)

- **25%** of all patients have used new food programs
- **32%** of food insecure patients have used new food programs

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%
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!
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 (i.e., 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

- 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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