

# Food is Medicine – Integrating Effective Nutrition Interventions into the Healthcare System: A Concept Whose Time Has Come

Tuesday, June 28, 2022

12:00-1:30 p.m.

[Register](#)

## Topic:

About 1 in 10 Minnesotan households struggle with food insecurity, with higher rates reported during the pandemic. Black, Latinx, Native Americans, and people living in rural and lower-income counties suffer the most significant disparities in access to quality nutrition. They are more likely to suffer diet-related chronic diseases, including heart disease, certain cancers, stroke, and diabetes.

Join us for this first webinar in a series for clinicians, public health, and MCO leaders, focused on food insecurity as a social determinant of health and contributor to chronic disease prevention and management. Learn how health care clinicians and systems are finding new clinical and community interventions to improve patient's access to quality nutrition and education.

## Presenter:

**Dr. Dariush Mozaffarian**, a cardiologist with a Doctorate in Public Health, is a recognized leader in nutrition education and research. He is the Dean at the Tufts Friedman School of Nutrition Science/Policy and teaches at Tufts School of Medicine. He has authored more than 450 scientific publications on dietary priorities for obesity, diabetes, and cardiovascular diseases.

## Who should participate/Audience:

Physicians, Nurse Practitioners, Physician Assistants, diabetic educators. Care Coordinators, nurses, public health, health educators, social workers, therapists, Community Health Workers, and anyone interacting with individuals with diabetes.

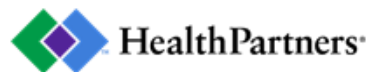
## Objectives:

1. Describe the research findings on the correlation and impact of poor-quality nutrition on chronic disease management and prevention, particularly diabetes and cardiovascular disease.
2. Appreciate how nutrition insecurity disproportionately harms Americans from racial/ethnic minority groups or have lower education or income, contributing to health disparities.
3. Provide an overview of the best practices to integrate food and nutrition interventions into healthcare systems.
4. Describe how government, public health, and payer policies can support access to reimbursable nutrition services.

**CEU** - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

Click here to [Register](#)

*This webinar is presented by a collaboration of Minnesota health plans and the Minnesota Department of Health working to improve diabetes healthcare in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, Medica, South Country Health Alliance, and UCare for their commitment to this issue.*



All webinar recordings will be posted on the Stratis Health website under [Health Plan Performance Improvement Projects](#).