

Food is Medicine: Resources for Policy & Decision Makers

Food Policy and Actions

- **[Food is Medicine: Actions to Integrate Food and Nutrition into Healthcare](https://pubmed.ncbi.nlm.nih.gov/32601089/)** (pubmed.ncbi.nlm.nih.gov/32601089/). BMJ. 2020 Jun 29; 369:m2482. DOI: 10.1136/bmj.m2482. PMID: 32601089.

This article makes the case for integrating and funding “food is medicine” interventions such as medically tailored meals and prescriptions into health care systems.
- **[Food is Medicine Report](https://foodmedcenter.org/food-as-medicine-report/)** (foodmedcenter.org/food-as-medicine-report/). Center for Food and Medicine, online 6/15/2022.

This report bridges the gap between traditional medicine and the use of food as medicine in the prevention and treatment of disease.
- **Food is Medicine Research Guides, Center for Food is Medicine**
 - **Policies, Programs, and Practices** (foodmedcenter.org/policies-programs-and-practices-resource-guide/)
 - **[Organizations and Individuals Advancing Food As Medicine \(FAM\)](https://foodmedcenter.org/organizations-and-individuals-advancing-fam-resource-guide/)** (foodmedcenter.org/organizations-and-individuals-advancing-fam-resource-guide/)
- **[Food is Medicine Research Action Plan](https://www.aspeninstitute.org/programs/food-and-society-program/food-is-medicine-project/)** (www.aspeninstitute.org/programs/food-and-society-program/food-is-medicine-project/). Aspen Institute, 2022.

This report provides a roadmap to gather the information that will transform the way the health care system addresses patients’ food-related needs. It offers concrete steps for funders, implementers, researchers, policy makers, and advocates.
- **[Healthy Food Access Portal](https://www.healthyfoodaccess.org/about-portal/)** (www.healthyfoodaccess.org/about-portal/).

The portal includes research, best practices, resources, and policy information for community members, practitioners, advocates, entrepreneurs, and others who are committed to equitable access to healthy, quality, affordable food.

 - **[Minnesota Healthy Food Access Policies, Portal Profile & Research](https://www.healthyfoodaccess.org/minnesota/)** (www.healthyfoodaccess.org/minnesota/)
- **[Social Determinants of Health Food Insecurity in the United States \(PDF\)](https://www.healthcarevaluehub.org/advocate-resources/publications/social-determinants-health-food-insecurity-united-states)**
- **<https://www.healthcarevaluehub.org/advocate-resources/publications/social-determinants-health-food-insecurity-united-states>** Healthcare Value Hub, 2020.

This research brief explores the linkages between food insecurity, overall health and health care costs, and examines the pathways for policymakers and healthcare providers to increase access to nutritious food.

State and Federal Funding for Nutrition Programs

- **[States are Advancing Health Food Policies in 2020](http://www.nashp.org/states-are-advancing-healthy-food-policies-in-2020/)** (www.nashp.org/states-are-advancing-healthy-food-policies-in-2020/). National Academy for State Health Policy, online 4/14/22.

Explores how Medicaid managed care contractors are responding to state requirements to invest in healthy food access.

- **[The Social Determinants Accelerator Act of 2021](http://aligningforhealth.org/social-determinants-accelerator-act/)** (aligningforhealth.org/social-determinants-accelerator-act/).

Legislation will provide planning grants and technical assistance to state, local, and Tribal governments to devise innovative and evidence-based coordination of health and social services.

- **[More Medicare Advantage Plans Will Offer Non-Medical Benefits in 2022](http://avalere.com/insights/more-medicare-advantage-plans-will-offer-non-medical-benefits-in-2022)** (avalere.com/insights/more-medicare-advantage-plans-will-offer-non-medical-benefits-in-2022). Avalere, October 19, 2021. Accessed November 2021.

This analysis examined the relationship between premiums and the number of plan offerings for home delivered meals and nutrition education.

- **[Food is Medicine: Opportunities in Public and Private Health Care for Supporting Nutritional Counseling and Medically-Tailored, Home-Delivered Meals \(PDF\)](https://www.shfb.org/docs/advocacy/HAS2015/FoodIsMedicine_RobertGreenwald.pdf)** (https://www.shfb.org/docs/advocacy/HAS2015/FoodIsMedicine_RobertGreenwald.pdf) Harvard Law School Center for Health Law & Policy Innovation, 2014.

This publication gives recommendations for public and private insurance reimbursement for medically tailored food and nutrition programs.

- **[Building the Value Case: Medicaid's Role in Addressing Social Determinants of Health: Food Insecurity \(PDF\)](http://projectthealthequity.org/wp-content/uploads/Health-Equity-food-insecurities-v3Final.pdf)** (projectthealthequity.org/wp-content/uploads/Health-Equity-food-insecurities-v3Final.pdf). Health Equity Project, online 6/15/2022.

This issue brief suggests strategies for policymakers and stakeholders to improve access to healthy food among Medicaid beneficiaries and Medicaid-eligible populations.

- **[Financing Approaches to Social Prescribing Programs in England and the United States](http://onlinelibrary.wiley.com/doi/10.1111/1468-0009.12562)** (onlinelibrary.wiley.com/doi/10.1111/1468-0009.12562). Milbank Q. 2022Mar;.DOI:10.1111/1468-0009.12562. PMID: 35348249.

This paper describes how public-financing approaches have progressed for social prescribing to address social needs.

- **[How Do Safety Net Clinics Pay for Social Care Programs?](https://sirennetwork.ucsf.edu/tools-resources/resources/how-do-safety-net-clinics-pay-social-care-programs)** (sirennetwork.ucsf.edu/tools-resources/resources/how-do-safety-net-clinics-pay-social-care-programs). SIREN, San Francisco, CA, 2019, Social Determinants Accelerator Act of 2021.

This brief summarizes the innovative ways in which health centers and safety net clinics braid funding streams to implement and sustain SDOH-related programs. The most promising revenue sources are Medicaid programs, value-based and risk-adjusted payments.

Grant Funding Resources for Nutrition Programs

- **[GrantWatch](https://www.grantwatch.com/grantnews/eight-grants-to-improve-nutrition-and-food-security/)** (www.grantwatch.com/grantnews/eight-grants-to-improve-nutrition-and-food-security/)

This search engine and database posts federal, state, city, local, and foundation grants. Consider applying for a food and nutrition related grant with a local community food resource.

- **[Rural Health Information Hub](https://www.ruralhealthinfo.org/funding/topics/food-security-and-nutrition)** (<https://www.ruralhealthinfo.org/funding/topics/food-security-and-nutrition>)

Search the topic: “Food security and nutrition.” Contact the funder for current information.

Professional Education

- **[Video and Podcasts Online Collection: Nutrition Research and Evidence-based Policies](https://nutrition.tufts.edu/media/person/66?type%5B%5D=video&filters=hide-news&field_media_type_tid=292)** (nutrition.tufts.edu/media/person/66?type%5B%5D=video&filters=hide-news&field_media_type_tid=292).

Browse this collection of webinars and podcasts on food insecurity evidence-based policy approaches and innovations to reduce food insecurity. The presenter is Dr. Dariush Mozaffarian, MD, MPH, cardiologist, and Dean of the Friedman School of Nutrition Science and Policy at Tufts University.

- **[SIREN: Evidence and Resource Library, University of San Francisco California](https://sirennetwork.ucsf.edu/tools/evidence-library)** (sirennetwork.ucsf.edu/tools/evidence-library).

The Social Interventions Research and Evaluation (SIREN) online library includes peer-reviewed publications, webinars, and toolkits about medical and social care integration into health care settings.

- **[Webinar: Patient acceptability of social risk screening](https://sirennetwork.ucsf.edu/tools-resources/resources/patient-acceptability-social-risk-screening)** (sirennetwork.ucsf.edu/tools-resources/resources/patient-acceptability-social-risk-screening). 2019.

Shares the results of a multi-site study that examined the acceptability of the Accountable Health Communities (AHC) social risk screening tool among patients in diverse health care settings in nine states.

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