

Food is Medicine: Resources for Researchers

Evidence for Addressing Food Insecurity

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> 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.

- **Access to Foods that Support Healthy Eating Patterns**

www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/access-to-foods-that-support-healthy-eating-patterns).

Healthy People 2020.

This is a summary of the evidence and literature that support healthy eating patterns as a social determinant of health.

- **Food Insecurity Is Associated with Cardiovascular and All-Cause Mortality Among Adults in the United States** (www.ahajournals.org/doi/full/10.1161/JAHA.119.014629). Journal of the American Heart Association. 2020; 9(19):e014629. doi:10.1161/JAHA.119.014629.

- **Food Insecurity and Chronic Disease** (www.ncbi.nlm.nih.gov/pmc/articles/PMC3649100/). Adv Nutr. 2013 Mar 1;4(2):203-12. PMID: PMC3649100.

Food insecurity has a direct relationship with cardiometabolic risk factors, excess weight, hypertension, and dyslipidemias.

- **Food Insecurity and Psychological Distress: A Review of the Recent Literature**

www.ncbi.nlm.nih.gov/pmc/articles/PMC7282962/). Curr Nutr Rep. 2020 Jun; 9(2):107-118. doi: 10.1007/s13668-020-00309-1. PMID: PMC7282962.

The studies established a significant and positive association between food insecurity and psychological distress in adults, adolescents and young adults, and individuals with chronic disease.

- **Food Insecurity, Chronic Disease, & Health Among Working-Age Adults (PDF)**

www.ers.usda.gov/webdocs/publications/84467/err-235.pdf?v=42942). USDA, 2017.

This report documents the correlation between food security status and chronic health conditions among working-age adults living at or below 200 percent of the Federal poverty line.

- **Centers for Disease Control Research on SDOH**
(www.cdc.gov/socialdeterminants/research.html?Sort=Article%20Date%3A%3Adesc)
- **Rural Hunger and Access to Healthy Food** (www.ruralhealthinfo.org/topics/food-and-hunger). Rural Health Information Hub website.

Health Care Utilization and Costs

- **State-Level and County-Level Estimates of Health Care Costs Associated with Food Insecurity** (www.cdc.gov/pcd/issues/2019/18_0549.htm). Prev Chronic Dis 2019; 16:180549. DOI: <http://dx.doi.org/10.5888/pcd16.180549>

Provides maps depicting the overall and per capita health care costs associated with food insecurity for all US counties.
- **Food Insecurity, Health Care Utilization, and Health Care Expenditures** (www.ncbi.nlm.nih.gov/pmc/articles/PMC7518817/). Health Research & Educational Trust, Health services research vol. 55 (Suppl 2) (2020): 883-893. PMID: PMC7518817 DOI: 10.1111/1475-6773.13283.

This research explores the relationships among food insecurity, health care utilization, and health care expenditures, using national data on 13,465 adults. Results indicate that chronic conditions are strongly associated with food insecurity and higher health care spending.
- **Meal Delivery Programs Reduce the Use of Costly Health Care in Dually Eligible Medicare and Medicaid Beneficiaries** (www.healthaffairs.org/doi/10.1377/hlthaff.2017.0999).

Food is Medicine Research Needs

- **Food is Medicine Research Action Plan** (www.aspeninstitute.org/programs/food-and-society-program/food-is-medicine-project/). Aspen Institute, 2022.

This report provides a roadmap to identify and gather the information that will transform the way the health care system addresses patients' food-related needs. It establishes concrete steps for funders, implementers, researchers, policy makers, and advocates.

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