

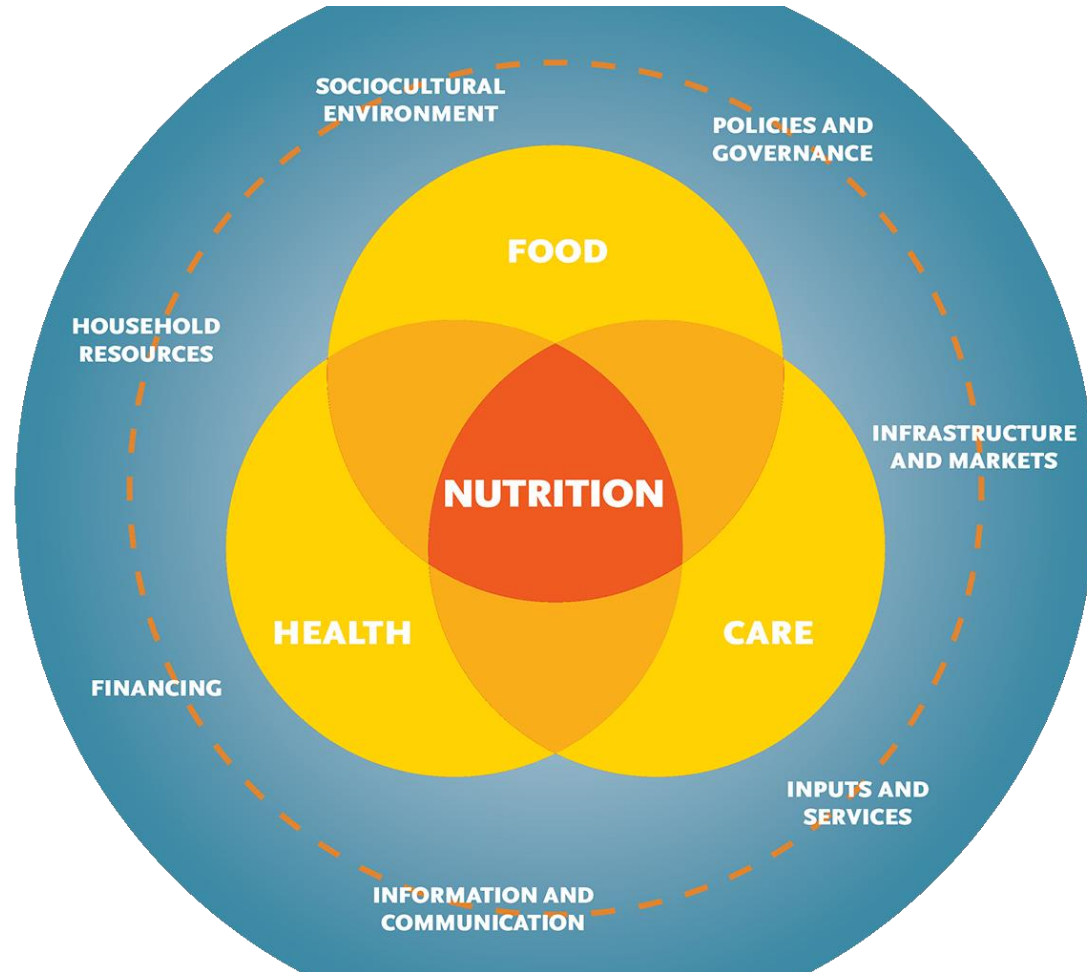
The Food is Medicine Continuum: Health and Community Food Systems Integration

FOOD IS MEDICINE SUMMIT

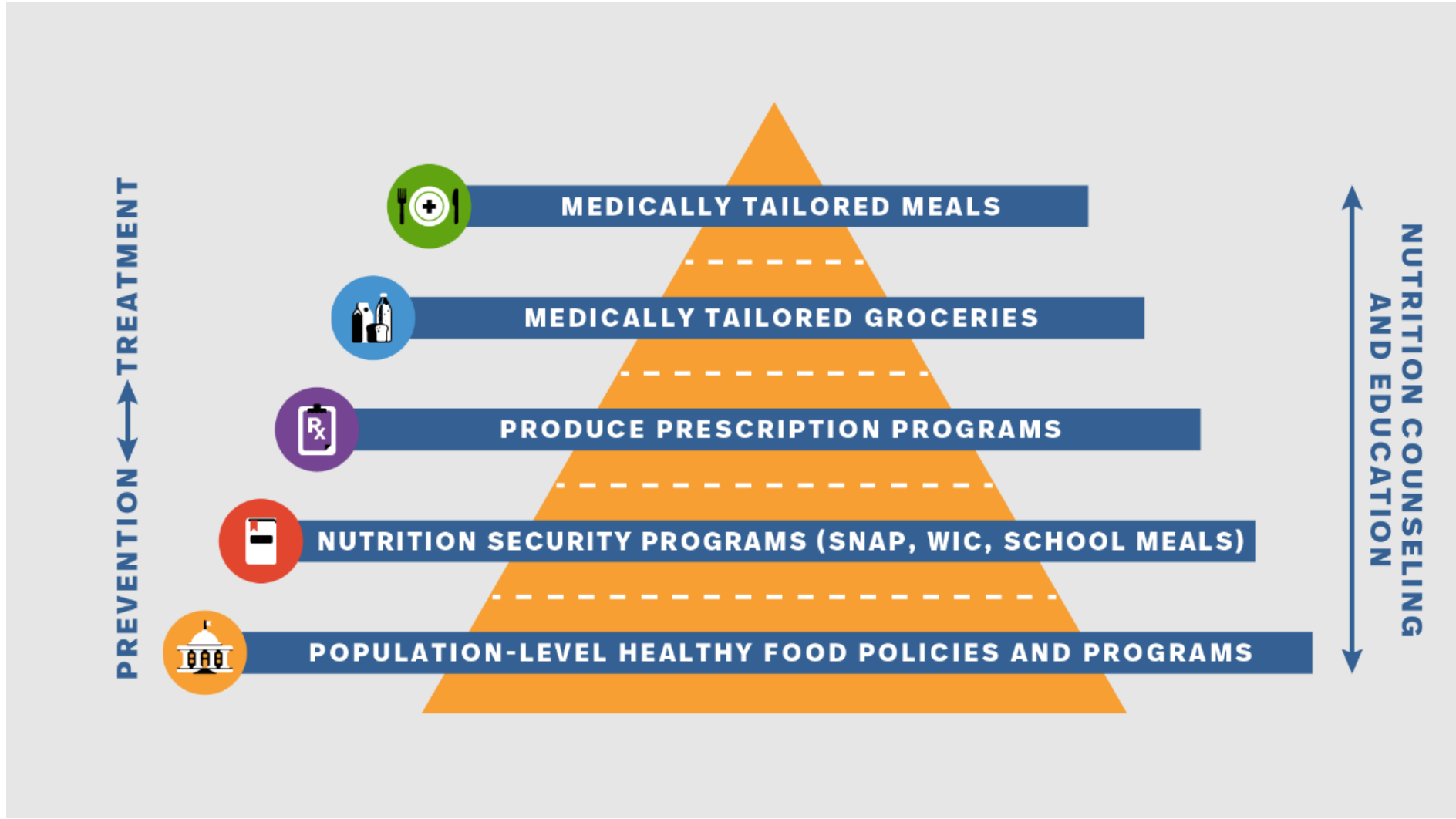
MARCH 21, 2024

9:45-11:00

Systems thinking



- Systems:
 - components are interconnected and interdependent; beyond single cause-and-effect
 - complex interactions between behavior change, diet, environment, economics, health systems and food systems
- Deep dive into a particular factor (e.g. consumption of fresh produce)
- Zoom out to consider web of relationships, patterns over time, variables, feedback loops, unintended consequences
- There is no single solution
- Collaborate across boundaries
- Interventions that address root causes



VIRGINIA

FRESH  MATCH

FAIR ACCESS TO FRESH

FOOD

ELIZABETH BORST

DIRECTOR OF ADVOCACY

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WHO WE ARE



- Statewide network of 136 farmers markets, mobile markets, and community food stores that DOUBLE SNAP/EBT benefits
 - Fruits, vegetables, food plants and seeds
- Spend SNAP/EBT, get a discount: 50% off, or double your dollars
- Fiscally sponsored program of [Local Environmental Agriculture Project \(LEAP\)](#)





WE SUPPORT



Nutrition Security

More than
\$2 million of
incentives redeemed




Local Farmers

1,032 farmers
supported by
VFM dollars



Local Economies

\$3.2 million of
economic impact
across Virginia





Food is Medicine

- Incentives laid the foundation for food as medicine
- Holistic, community-driven approach to health through affordable access to fruits and vegetables
- Centers on customer agency and choice

Scaling up:

- Expand outlets & support for VFM partners
- Expand healthcare partnerships
- Strengthen proof of concept through regional pilots
- Build equity into program design



contact info

ELIZABETH BORST, DIRECTOR OF ADVOCACY

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Southwest Virginia Produce Prescription

Rachel Burks, MPH, CHES®

Community Health Education Manager



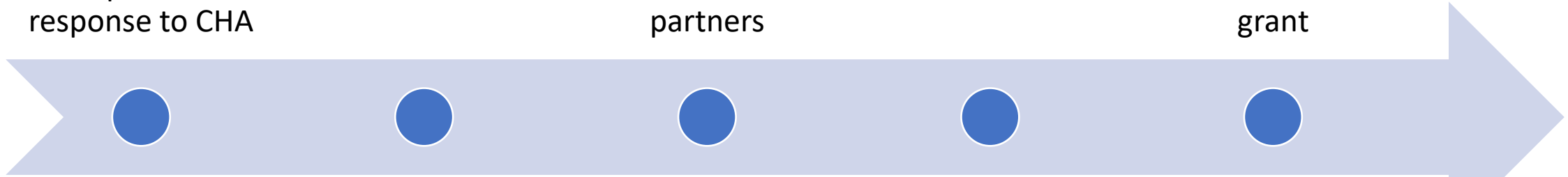
CARILION CLINIC
COMMUNITY HEALTH AND OUTREACH

Program History

2015 Developed and piloted in response to CHA

2016 Expanded locations and partners

2024 Applied for GusNIP PPR grant



Program design adjusted

Continued improvements and pilots through 2023



Program Design

1. Provider Referrals
2. Enrollment
3. Nutrition/Health Education
4. Prescription Redemption
5. Ongoing Support and Connections
6. Program Conclusion

Fruit & Veggie Prescription Program



Do you have a health condition that could be improved with diet? Do high prices keep you from purchasing fruits & veggies?

You may qualify! Ask your provider about enrolling in a free 12 week prescription for fruits & veggies that includes tips to help you eat healthy on a budget.

Choose how you'd like to receive your FREE produce prescription.

Participants can select to receive produce boxes or a booklet of vouchers to redeem at participating farmers markets and retail stores during this 12 week program. Weekly prescription amount varies by household size.

Select nutrition education that works for you.

Participants can choose from the following options:

1. Nutrition education resources and information
2. Biweekly appointments with Community Health Worker (phone or in-person)
3. Bi-weekly in-person nutrition and cooking classes

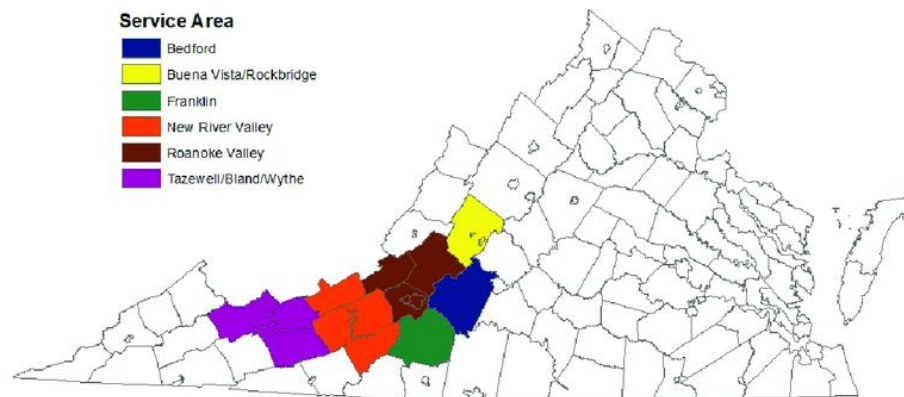
Participate in pre and post program meeting.

These appointments includes a survey and a brief health assessment. Participants will be connected with additional community resources to continue supporting their health and access to healthy foods.



Key Considerations

- Key stakeholder buy in
- Continuous improvement
- Layered support for participants
- Integrate existing systems
- Flexibility
- Funding





UVA Health DIALYSIS FOOD PHARMACY PROGRAM

Lesley McPhatter MS, RDN, CSR

*Assistant Clinical Nutrition
Manager-Renal Nutrition*

UVA Health/Morrison Healthcare

llm4n@uvahealth.org



Food Pharmacy Program Overview



- Provides a convenient on-site food pantry for dialysis patients.
- Foods suitable for a renal diet are ordered from the Blue Ridge Area Food Bank by the unit dietitian.
- Patients experiencing food insecurity receive a free bag of kidney-friendly foods when they visit the dialysis unit.
- Food bags are distributed once/month but can be requested every week if needed
- Nutrition education, recipes, and referral to other community resources are offered in addition to the food provided.

Barriers to Accessing Healthy Food in the Dialysis Population



Food Insecurity



Living in a food desert



Transportation



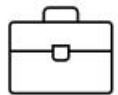
Time



Cost of Food



Lack of Social Support



Disability



Food Pharmacy



What this program includes:

- A free bag of healthy, kidney-friendly foods
- Renal nutrition education
- Simple, low-cost recipe ideas that use the foods provided
- Referral to other community food resources



What's in a bag?

Shelf-stable

- Fruits
- Vegetables
- Protein
- Grains
- Condiments
- Spices
- Others

Fresh Produce
When available



Our history

- The UVA dialysis Food Pharmacy was started March 2020 in collaboration with the Blue Ridge Area Food Bank
- ~215 bags provided each month in 4 dialysis units.
- Over 300 dialysis patients served (>30% of total patients)
- March 2023 - two additional units began providing food.

What we need!

Funding for this program is more vital than ever. We expect an increase in participation as food prices increase and SNAP benefits decrease starting March 2023.

Current cost ~\$8/bag with proteins included.

Our goals include:

- Expanding to all UVA dialysis units.
- Increase variety of foods offered.
- Offer more fresh produce and protein.



Patient Impact

At UVA Orange unit 61% of the participating food pharmacy patients surveyed:

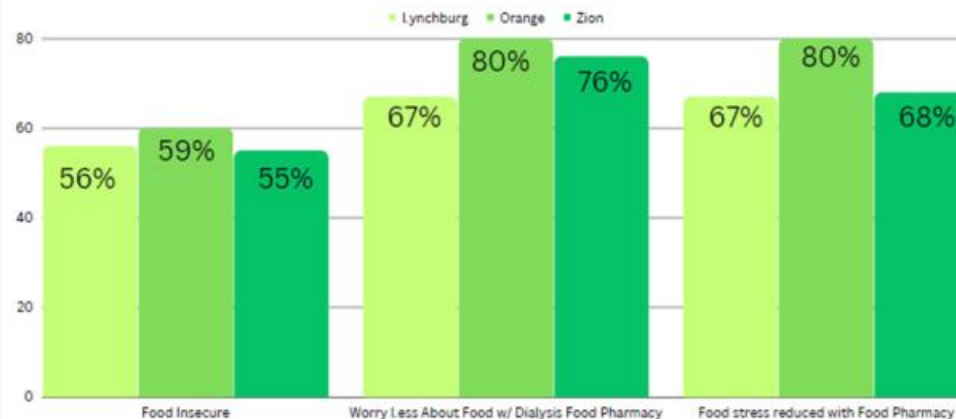
- ✓ 60% indicated they have food insecurity.
- ✓ 80% indicated they worry less about food because they know they can pick food up at Dialysis.
- ✓ 80% indicated that food from dialysis has reduced stress about having enough food to feed themselves and/or family.



For more information contact Lesley at 434.485.1608 or llm4n@uvahealth.org



Food Pharmacy Impact



55% of all UVA Dialysis patients surveyed indicated they are food insecure.



"I am very thankful that you have food here. It really helps."

"The food helps me make it from month to month when my money runs out- The service is greatly appreciated"

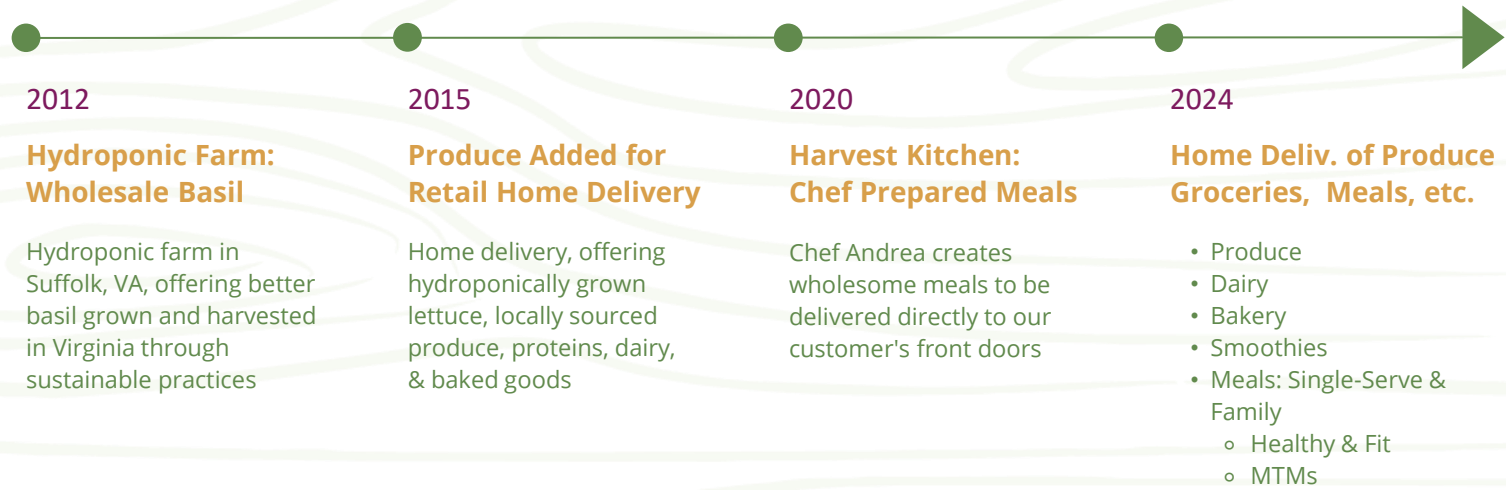
"The program has really helped me. Because some things I can't afford. The money runs out. With the program, I know that there's food coming."

All patients at UVA Lynchburg, Orange, and Zion Dialysis Centers were offered a survey on food security and the food pharmacy.

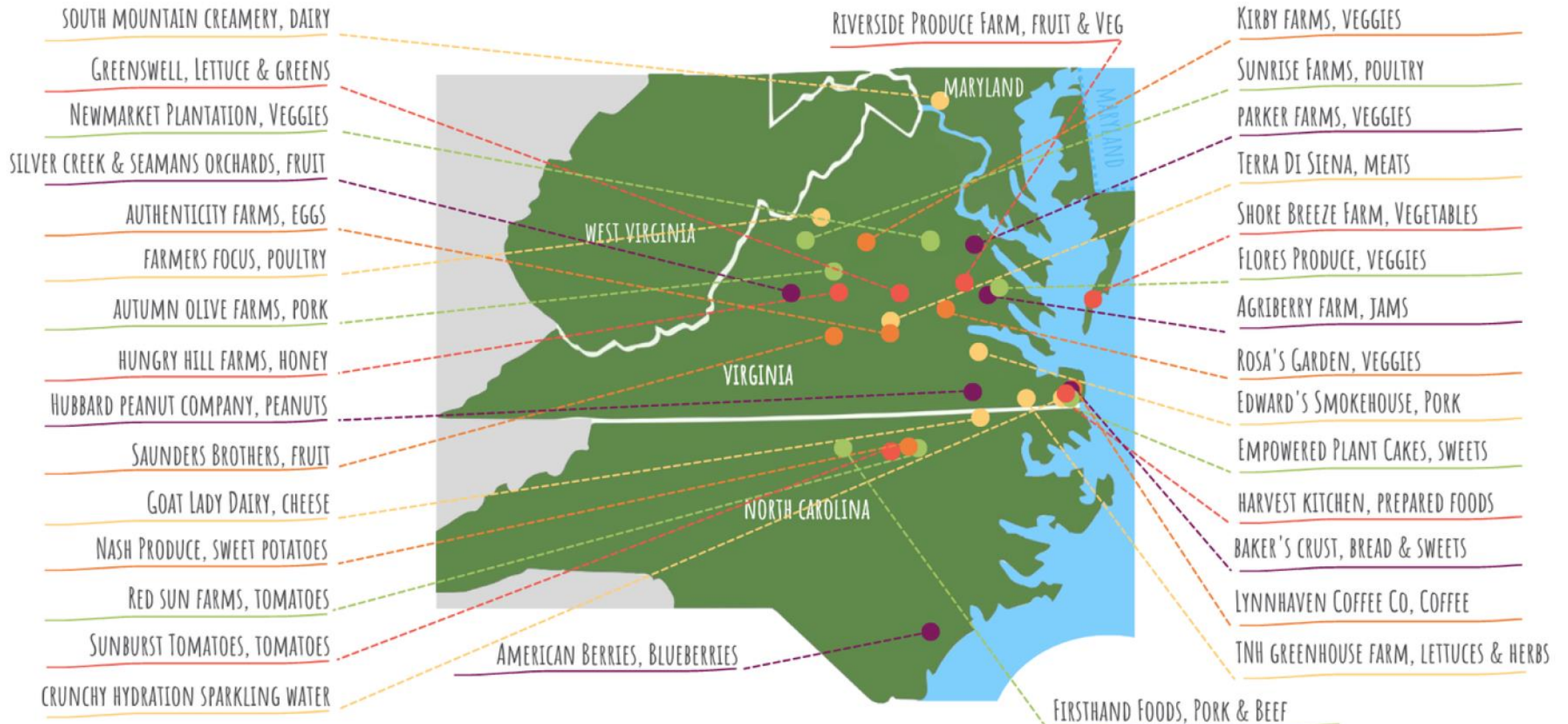


Who We Are

The Neighborhood Harvest delivers chef-prepared meals, creamery-direct dairy and cheeses, pasture-reared proteins & vibrant produce straight to your door. Sustainability, honesty, and feeding our neighborhoods are the roots that have kept our story alive since 2012. And we keep on growing.



Local & Regional Farm Partners



NEIGHBORS HELPING NEIGHBORS.



- Senior Services of Southeastern Virginia
- Access College Foundation
- Greater Works Community Outreach

- School Lunch Program
- Jewish Family Services

MEET OUR CHEF & NUTRITIONIST



We're proud to introduce you to our Executive Chef, Andrea DiCarlo. He brings a wealth of knowledge and skill to our meals thanks to decades of experience as a multi-generational restaurateur. Known for his success with La Bella Italia, Andrea's passion for hospitality, the culinary arts, sauce work, and his Italian heritage has enriched the soul of the Harvest Kitchen.

Sandra Porter Leon, MS, RDN, has become a vital, energizing member of our team. She loves how The Neighborhood Harvest philosophy embodies many of her own personal values: honoring local farmers, eating whole, nutrient-dense foods, donating fresh produce to underserved families, and focusing on cleaner ingredients for better health!



MEDICALLY TAILORED



Our medically tailored meals (MTMs) follow the nutrition standards outlined by the Food is Medicine Coalition, specifically for the DASH and TLC Heart Healthy Diet. Chef-prepared and registered dietitian-approved, our meals are made fresh in our Harvest Kitchen. Our meals contain:

- Healthy fats, low in saturated fat
- Lean meats and high-protein plant sources
- Fiber-rich fruits, vegetables, and whole grains
- No-added sugar
- Reduced sodium (less than 600mg per meal)

From Heart-Healthy to Diabetic-Friendly, Vegetarian to Sodium-Reduced, Dairy-free to Low-Calorie, our MTMs offer a wide range of nutrient-dense meals to support various health conditions.

