






## Food is Medicine Coalition Summary of FIMC Research 2021

FIMC is an association of nonprofits across the nation that provide a complete, evidence-based, medical food and nutrition intervention to critically and chronically ill people in their communities.

**24 Research Studies** are currently in progress demonstrating the impact of food and nutrition services on health and cost outcomes.

**79%**   
**MTM Focused**

**25%**   
**RCT Method**

**46%**   
**Data Collection**

Agency	Study Title	Intervention	Study Design	Sample Size	Expected Completion	Current Status
<b>The Poverello Center Inc</b>	Implementation of Evidence Informed Intervention at the Food Pantry (SPNS)		Prospective Cohort	>700	2021	Data Analysis
<b>Lifelong/Chicken Soup Brigade</b>	CHPW Welcome Home Program Pilot- year one	MTM	Pre/Post Evaluation	100-399	2021	Manuscript Writing
<b>Project Angel Food</b>	CHF Medi-Cal State Pilot	MNT/nutrition counseling	Pre/Post Evaluation	100-399	2021	Data Collection
<b>Project Angel Heart</b>	Meals MATTER	MTM	RCT	400-700	2021	Data Analysis
<b>Project Angel Heart</b>	Health Colorado	MTM	Qualitative	50-99	2021	Data Collection



<b>Project Angel Heart</b>	Avista Adventist	MTM	Qualitative	< 50	2021	Data Collection
<b>Ceres Community Project</b>	Kaiser Permanente NOURISH Pilot		RCT	>700	2021	
<b>Ceres Community Project</b>	Uncontrolled Hypertension Pilot	MTM	Pre/Post Evaluation	100-399	2021	
<b>Ceres Community Project</b>	Seniors with Depression / Chronic Condition Pilot	MTM	Pre/Post Evaluation	50-99	2021	
<b>Project Open Hand</b>	The Nutrition Supported-Diabetes Education Program	MTM	RCT	<50	2022	
<b>God's Love We Deliver</b>	New York Presbyterian CHF: How does MTM affect quality of life and fitness in congestive heart failure patients?	MTM	Pre/Post Evaluation	50-99	2022	Data Collection
<b>Lifelong/Chicken Soup Brigade</b>	CHPW Welcome Home Program Year Two			100-399	2022	Data Collection
<b>Project Angel Food</b>	Native American Diabetes Study	MNT/nutrition counseling	Pre/Post Evaluation	100-399	2022	Study Design
<b>Mama's Kitchen</b>	Medically Tailored Meals Post-Discharge from heart-failure hospitalization: The Mama's Kitchen-Scripps Pilot Study	MTM	RCT	100-399	2022	Study Design
<b>Moveable Feast</b>	Impact of Medically-tailored Meals on Health Care Outcomes and Costs Among Low-income Adults With Diabetes	MTM	RCT	100-399	2022	Data Collection
<b>MANNA</b>	A Medically Tailored Meal Delivery Program to Improve Chemotherapy Tolerance in Patients with Colorectal Cancer: A Pilot Study; What is the feasibility and acceptability of a medically-tailored meal program and a computerized dietary feedback methodology while undergoing systemic chemotherapy for early stage or advanced colorectal cancer?	MNT/nutrition counseling	Pre/Post Evaluation	< 50	2022	Data Collection



<b>MANNA</b>	Identifying and Testing Patient-important Outcomes to Assess Efficacy of Medically Tailored Meals for Oncology Patients; What nutrition-related outcomes are important to patients with cancer who receive nutrition services?	MNT/nutrition counseling	Qualitative	100-399	2022	Data Collection
<b>Ceres Community Project</b>	California Medicaid Congestive Heart Failure Pilot	MTM	Pre/Post Evaluation	>700	2022	
<b>Ceres Community Project</b>	Pregnancy Pilot	Other	Pre/Post Evaluation	50-99	2022	
<b>God's Love We Deliver</b>	Impact of MTM on utilization and cost among New York State Managed Long Term Care beneficiaries	MTM	Retrospective Cohort	400-700	2023	Data Analysis
<b>MANNA</b>	Evaluation of a Community-based Medically Tailored Food and Nutrition Program at Metropolitan Area Neighborhood Nutrition Alliance (MANNA); What are the changes in health outcomes of MANNA clients from initial enrollment to program completion?	MNT/nutrition counseling	Pre/Post Evaluation	>700	2023	Data Collection
<b>Tulsa Cares</b>	NOURISH-OK Study		Prospective Cohort	400-700	2025 or later	Data Collection
<b>Community Servings</b>	Food is Medicine: A Randomized Clinical Trial of MTM for Individuals with Type 2 Diabetes Mellitus and Food Insecurity	MTM	RCT	100-399	2025 or later	Data Collection
<b>Food For Thought</b>	Medi-Cal Statewide Pilot - MTMs for people with CHF	MTM				