**DC Food As Medicine Coalition**

**Target Audience**

Healthcare system – providers and payors in Washington, DC. The DC Food As Medicine (DC FAM) Coalition plans to develop a communication strategy to increase awareness among healthcare providers and payors around the Food as Medicine approach and the different programs available in Washington, DC. We seek to illustrate how the different interventions work, how they provide value to patients, payors, and population health, and how all of them together can create a pathway for a continuum of care.

**Food as Medicine Definition**

Adapted from CHLPI Massachusetts State Plan

Food as Medicine describes the provision of nutritious food tailored to the medical needs of an individual who lives with or is at risk for one or more health conditions likely to be affected by diet, such as diabetes, stroke, heart disease, certain cancers, and HIV. Food as Medicine has a secondary benefit of increasing access to nutrient dense foods, especially for those who may be experiencing food insecurity. Food as Medicine interventions may include, for example:

- Medically tailored meals
- Medically tailored grocery bags or food packages
- Medically tailored groceries available in a hospital or clinical setting
- Prescriptions or referrals for CSAs or produce

Emerging research overwhelmingly suggests that connecting people with complex health conditions to Food as Medicine interventions is an effective and low-cost way to improve health outcomes, decrease utilization of expensive health services, and enhance quality of life for these individuals who are often socially, as well as medically, vulnerable.

**DC FAM Goals**

1. Educate the healthcare community about the Food as Medicine approach and interventions.
2. Illustrate how Food as Medicine programs work together and the pathway for a continuum of care and collective impact of these interventions.

**VISION STATEMENT** The DC FAM Coalition seeks to ensure that District of Columbia residents with chronic health conditions have access to appropriate nutrition and nutritional support services in order to support their health.
## Project Activities

<table>
<thead>
<tr>
<th>Organization &amp; Program</th>
<th>Description</th>
<th>Target population</th>
<th>Benefit</th>
<th>Enrollment</th>
<th>Delivery Mechanism</th>
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<tbody>
<tr>
<td><strong>dcgreens</strong> Produce Rx</td>
<td>Health care providers can prescribe fruits and vegetables to patients with hypertension, diabetes, and prediabetes</td>
<td>Adults (18+) with diagnosis of hypertension, diabetes, and/or prediabetes</td>
<td>Participants receive $80 per month that can be used to purchase fruits and vegetables at Giant in Ward 8.</td>
<td>At participating clinics: Whitman Walker Max Robinson Center, Community of Hope Conway, Unity Healthcare at Anacostia, Minnesota Ave, Stanton Rd, and Southwest</td>
<td>Funds are digitally loaded onto Giant loyalty card</td>
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<td><strong>Food Pharmacy</strong></td>
<td>Referral for patients who screen positive for food insecurity to an onsite pantry to receive healthy groceries.</td>
<td>Food insecure patients</td>
<td>Patients receive a full menu of healthy groceries when they attend their medical appointments; depending on medical condition complimentary food delivery is available</td>
<td>Participating Clinic: (planning phase - CareMore &amp; Children’s National Diabetes Clinic)</td>
<td>Onsite food pharmacy</td>
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<td><strong>Mobile Food Pharmacy</strong></td>
<td>Patients who screen positive for food insecurity and have a qualifying health condition will receive medically tailored groceries, nutrition education and nutrition counseling</td>
<td>Low income pregnant women with qualifying diet-related health condition including but not limited to: Stroke, Hypertension, Diabetes (Type 1&amp;2), Heart Disease</td>
<td>Patients receive bi-weekly deliveries of diet specific groceries - over $100 in value</td>
<td>Participating clinic(s): Mary’s Center, George Washington University Hospital</td>
<td>Home delivery</td>
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<td><strong>Medically Tailored Meals and Groceries</strong></td>
<td>Patients with serious illnesses (HIV/AIDS, Cancer, Diabetes, etc) can receive meals and groceries tailored to their clinical needs through 11 different meal plans.</td>
<td>Individuals living with serious and life challenging illnesses (HIV/AIDS, cancer, T2D, and other conditions such as Parkinson’s and Alzheimer’s) and demonstrate limitations of activities of daily living (i.e. they cannot shop or prepare meals for themselves).</td>
<td>Eighteen medically tailored meals a week or the grocery equivalent.</td>
<td>Clients must be referred by a clinician and eligibility is verified by Client Services staff.</td>
<td>Home delivery by Food &amp; Friends staff or volunteers. Meal clients delivered once weekly, grocery clients bi-weekly. Pickups are also available.</td>
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### Food as Medicine Pyramid

**Emergency Food & Anti-Hunger Social Service Programs** (SNAP, WIC, school food programs, etc.)

**Produce Prescription/Vouchers**

**Medically Tailored Groceries/Food**

**Medically Tailored Meals**

**Clinic & Program Recipient Nutrition Education**

**Prevention**

**Treatment**

[Updated Oct 2020](https://www.chlpi.org/)

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**DC FAM Coalition Communication Strategy**  
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