

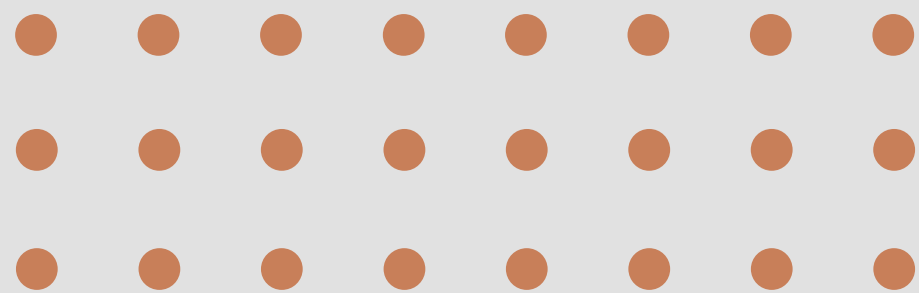
# FOOD AS MEDICINE

Strengthening The  
Continuum Of  
Care Through  
Addressing SDOH's



Presented by  
Dana Mitchel, RD, LD – Lowcountry Food Bank  
Debbie Petitpain, MBA, RD  
Olivia Myers, RD, LD

Kerri Stewart, RD, LD – Spartanburg Regional Healthcare System



# SESSION NORMS

We are  
planting  
seeds

We wish  
we had  
more time  
with you

The  
conversation  
doesn't end  
at 11:30

Please  
submit  
questions  
as we go

SCAN

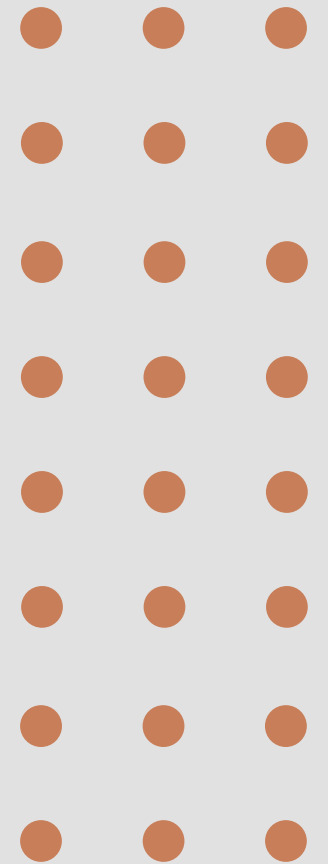


# Social Determinants of Health



# WHITE HOUSE CONFERENCE ON HUNGER, NUTRITION, AND HEALTH

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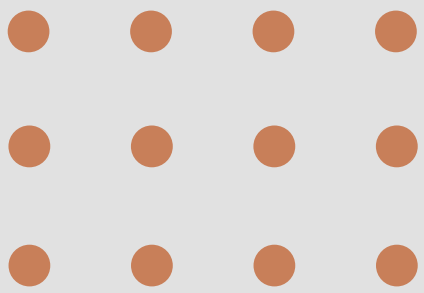
**Pillar 01** Improve food access and affordability

**Pillar 04** Support physical activity for all

**Pillar 02** Integrate nutrition and health

**Pillar 05** Enhance nutrition and food security research

**Pillar 03** Empower all consumers to make and have access to healthy food



<https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health/implementing-national-strategy>

<https://www.eatrightpro.org/news-center/member-updates/white-house-conference-on-hunger-nutrition-and-health-one-year-later>

<https://frac.org/white-house-conference>

# AND'S DEFINITION OF TERMS

Food as preventative medicine to  
**encourage health and well-being**



Food as medicine to  
**improve nutrition security**



**Food as Medicine**  
is a philosophy where  
food and nutrition  
aids individuals through  
interventions that  
support health  
and wellness.

Food as medicine in **disease  
management and treatment**



Food as medicine to  
**promote food safety**



**Food as Medicine** is a reaffirmation that food and nutrition play a role in sustaining health, preventing disease, and as a therapy for those with conditions or in situations responsive to changes in their diet.

# APPROACHES TO ACHIEVE NUTRITION SECURITY

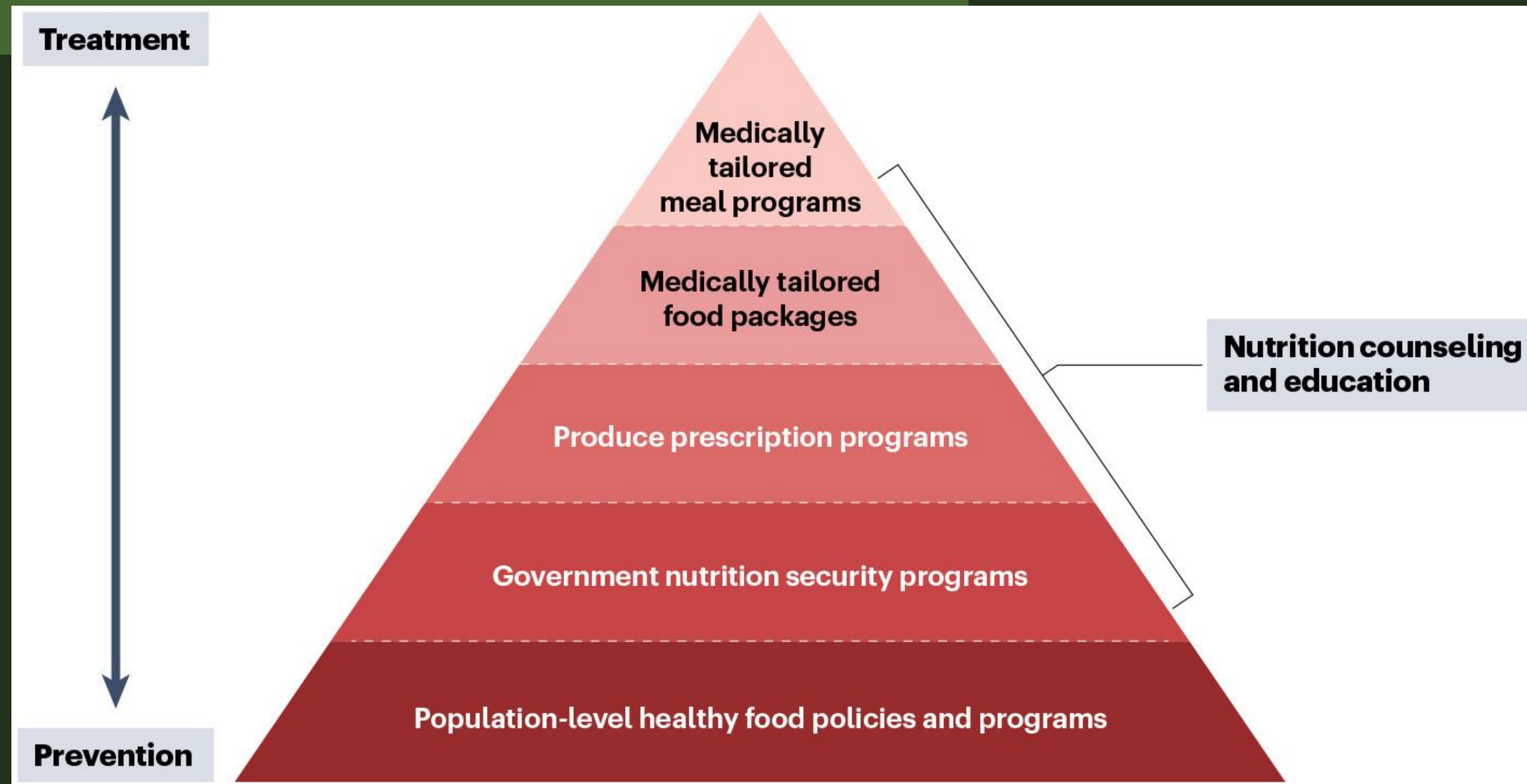
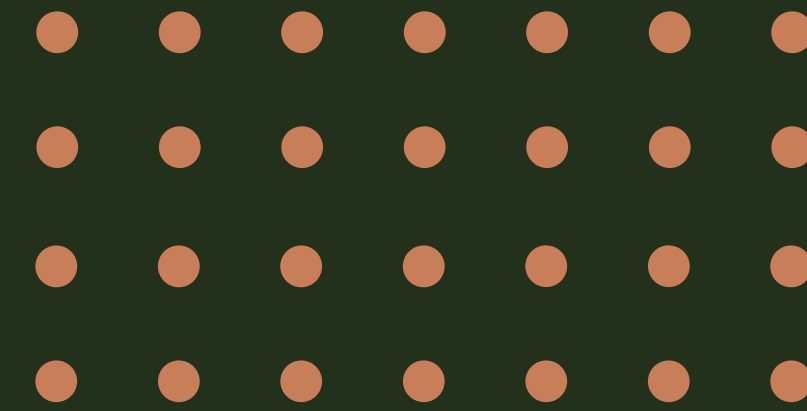


Figure adapted and updated from Mozaffarian D, Blanck HM, Garfield KM, Wassung A, Petersen R. A Food is Medicine approach to achieve nutrition security and improve health. *Nat Med.* 2022;28(11):2238-2240. doi:10.1038/s41591-022-02027-3

# FOOD INSECURITY SCREENING

1. Use a validated screening tool
  - PRAPARE
  - Hunger vital signs
2. Incorporate into workflow
3. Ensure resource referral



# FOOD IS MEDICINE SC

- to improve coordination among organizations working to advance healthy food access within healthcare settings across the state, with an emphasis on rural and under-resourced communities.
- The committee also works to identify and facilitate the adoption of state-level “food is medicine” policy and systems changes.



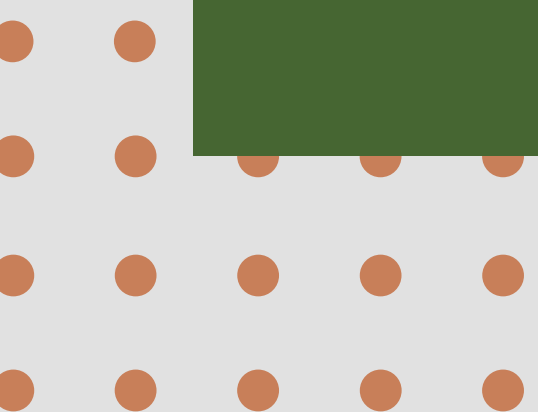
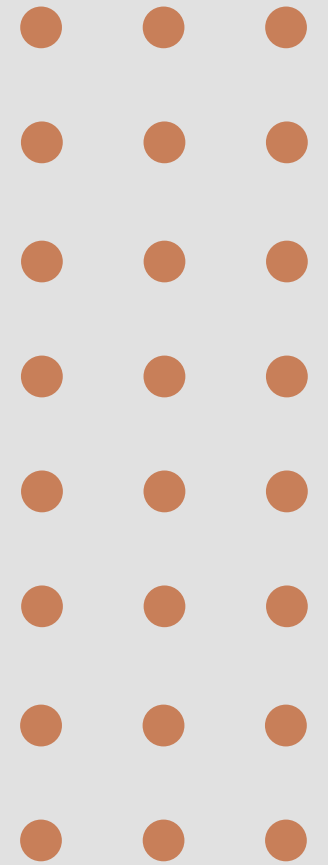


# CONTINUUM OF CARE

Academy  
priorities

Clinical-  
Community  
Connection

Interdisciplinary  
team  
approaches



# DEBBIE PETITPAIN

Compass One Healthcare

1. What are the Academy's priorities in food is medicine?
2. How can we engage as members?

# OLIVIA MYERS

## Lowcountry Street Grocery & Grocery Rx

1. Why is it important to screen for food insecurity
2. What happens after screening?
3. How can we as dietitians get reimbursed for FIM initiatives?

# KERRI STEWART

## Spartanburg Regional Healthcare System

1. How can interdisciplinary teams work together to make FIM initiatives most effective?
2. How can reimbursement work for these programs?
3. In my role, how can I start with FIM?



# Shared Medical Appointments

- In-person or virtual
- Up to 12 patients in 2 hours
- Patients receive consistent messaging
- Series-based or continuous
- Patients learn from one another & various providers plus adequate time = TRUST & CARE



# WHERE DO I START?

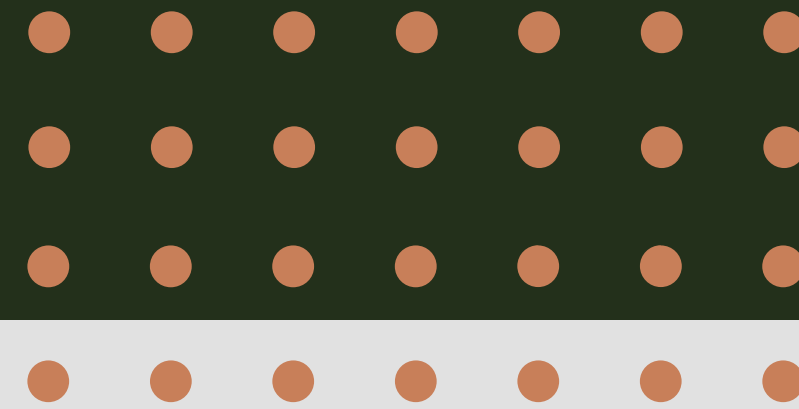
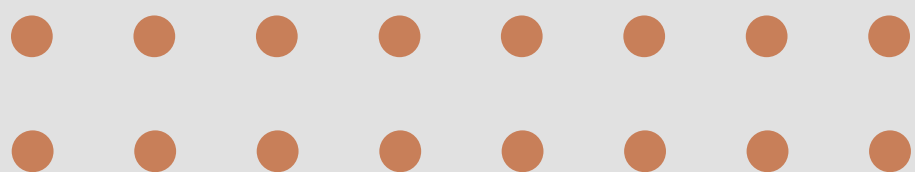
**Learn** ● FIMSC, Conferences & Pre/Post Workshops, ACLM, Teaching Kitchen Collaborative, Health Meets Food (Culinary Medicine Conference June 6-9)

**Engage internally** ● Annual Operating Plan, Wellness Committee, Find Your Tribe

**Connect externally** ● Community Health Improvement Plan (subcommittees), Federal & State Regulation (ideally tied to reimbursement), FIMSC, Food is Medicine Coalition

**Screen for Food Insecurity** ● Screening complete in the medical record? Care Plan Meetings, Explore the provided resources for FI, Research what other communities are doing

**Code!** ● Coding for SDoH and Food Insecurity



# SESSION DEFINITIONS

## ***SDOH***

Social determinants of health – the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

## ***Nutrition Security***

All people have consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being. – USDA

## ***Food Insecurity***

In 2022, 12.8 percent of U.S. households were food insecure at least some time during the year, meaning they had difficulty providing enough food for all their members because of a lack of resources.

## ***Food is Medicine***

Is a philosophy where food and nutrition aids individuals through interventions that support health and wellness.





# RESOURCES

## NATIONAL APPROACHES

USDA Health and  
Human Services  
[Collective Action](#)

AND [Food as  
Medicine](#)

## SCREENING

PRAPARE  
[Implementation  
Toolkit](#)

FRAC [Screen and  
Intervene in health  
care](#)

## CODING

AHA [Value  
Initiative Coding  
for SDOH](#)

Hunger Vital [Sign  
Food insecurity  
Coding](#)

## INTERVENTIONS

ASPEN [Malnutrition  
transition of care and  
discharge planning](#)

ACLM [Shared Medical  
Visits](#)





# QUESTIONS

Submit your questions.  
If we don't get to yours, feel free to find us  
at lunch or email us.

SCAN

