

Introduction to Food as Medicine Collaborative and Medically Supportive Food and Nutrition in San Francisco

November 18, 2024



**Food as Medicine
Collaborative**



Agenda

01 Food as Medicine
Collaborative Intro

02 Food Pharmacy

03 Medically Supportive Food and
Nutrition in San Francisco





1

Food as Medicine Collaborative



Food as Medicine Collaborative

Mission: Bridge healthcare and food systems to advance nutrition security and health equity

Strategies:

1. Support food programming within healthcare
2. Promote culture and systems change
3. Advocate for policy change



Food Pharmacy Set-Up at the 2nd cohort at
Castro Mission Health Center

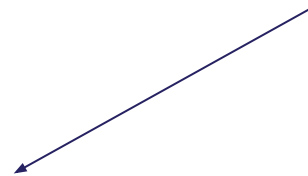
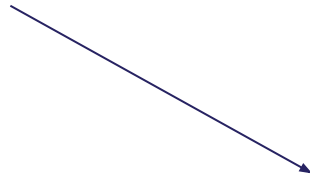




UCSF Health



Fullwell



Food for Health Collective San Francisco



2 Food Pharmacy

Food Pharmacy

Clinic-based food intervention designed to support patients in managing chronic conditions, improving their overall health and wellbeing, and building trusting relationships with their healthcare providers



Access



Knowledge



Skills



Tools



**Community
Connections**

Patients Experience Sustained Behavior Change & Improved Health Outcomes

As of 2024, 12 Food Pharmacies

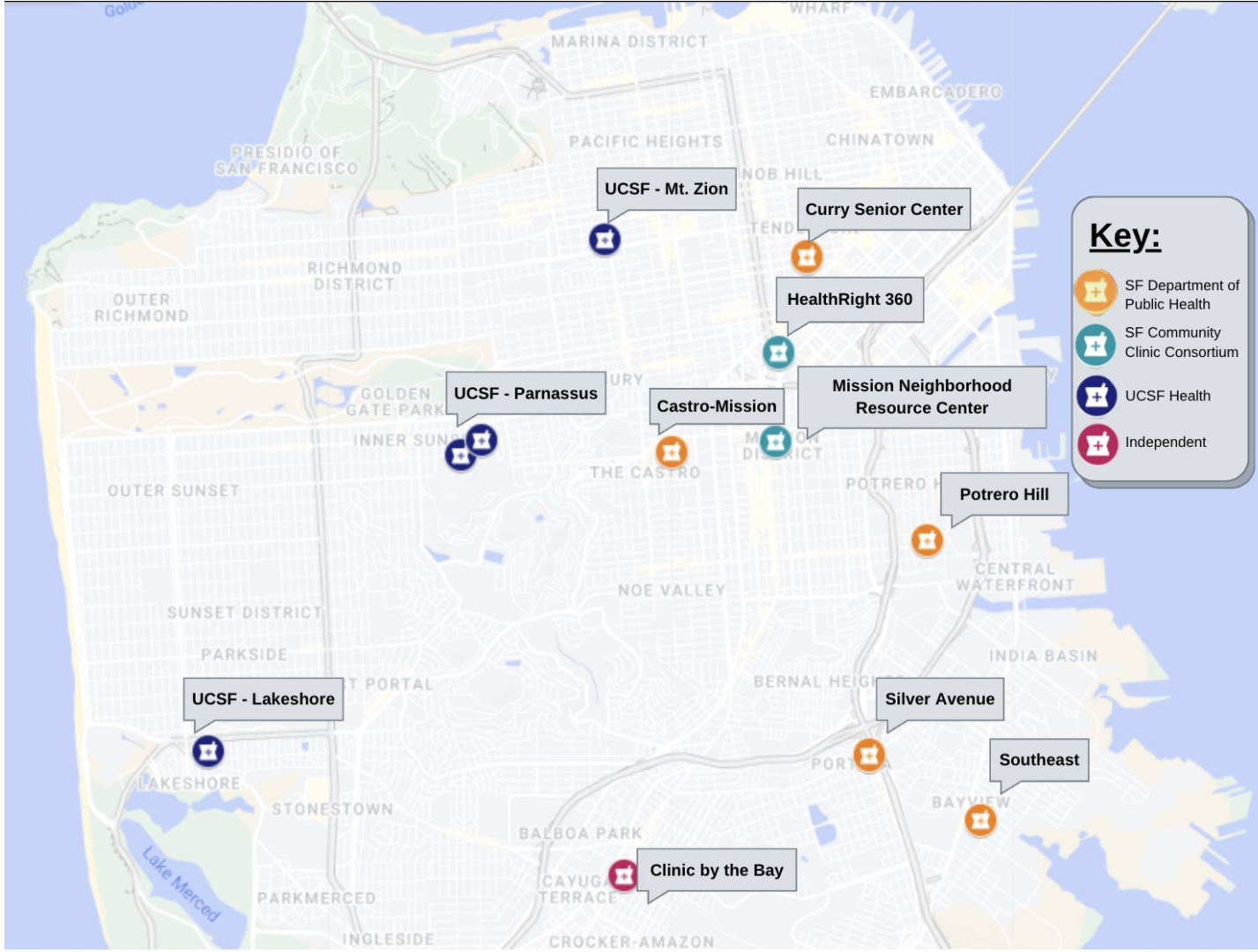


SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

UCSF Health



Clinic by the Bay
Free Healthcare for the Working Uninsured





Community Partners at Food Pharmacies





SFHN Primary Care True North Vision





Clinical interventions

Medication algorithm

Nurse/Pharmacist Chronic Care Visits

Home blood pressure cuffs

Patient educational material

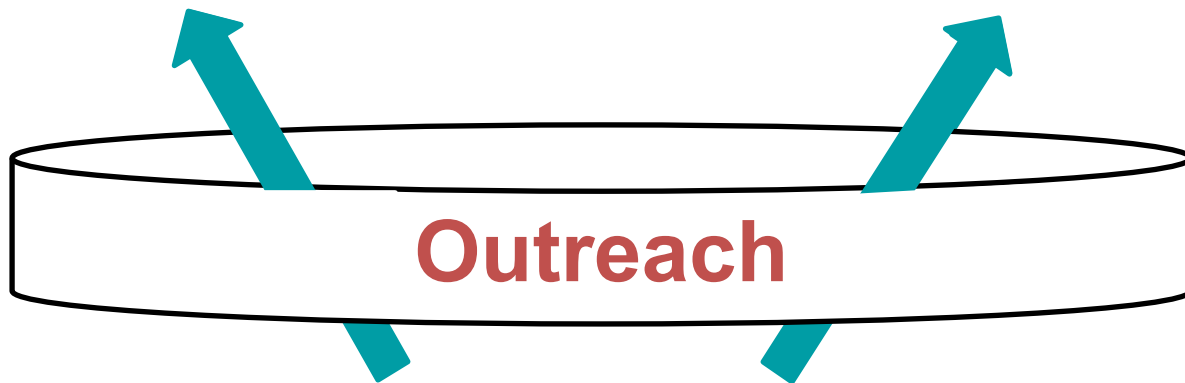


Social Determinants of Health

Policy: Medicaid funding for food security

Systems: Healthcare culture change to tackle
food security

Environment: Food Pharmacies



**Messaging Equity as a
Priority**



Piloting Food Pharmacy

History

- Pilots – 2015 and 2016
- 2019: 9 clinics
- Partnerships with nonprofit sector

Set-Up Pre-COVID

Food Distribution

BP Checks with Clinician

Cooking Demo with RD

Resources table

Staffed By

- DPH staff, interns, NHC, and volunteers



Hypertension Blood Pressure Control SFHN Primary Care





COVID-19 Response

- Supported **16 clinics** to reopen or launch Food Pharmacies across SF **serving over 700 patients/week**
 - Focus: Black/African American patients with hypertension and Latinx pregnant and postpartum patients
- Connected patients to additional food resources via Collaborative partners
- Leveraged partnerships to provide **\$3.2 million** of high-quality, culturally-relevant groceries





Different Models Emerged

- Cohort & Ongoing Patient Populations
- Community Days with Providers

Set-Up

- Food Distribution
 - Pre-bagged, hybrid, & farmer's market set-up
- Processes for referrals and appointments
- BP Checks with Clinician
- Cooking Demo's with RD

Staffed By

- HWs, NHC Members, Clinic Staff
- Interns & Patient volunteers



- FOOD THAT YOU DESERVE -



Esteban & Yansy





Luis & Manuel



Juanita

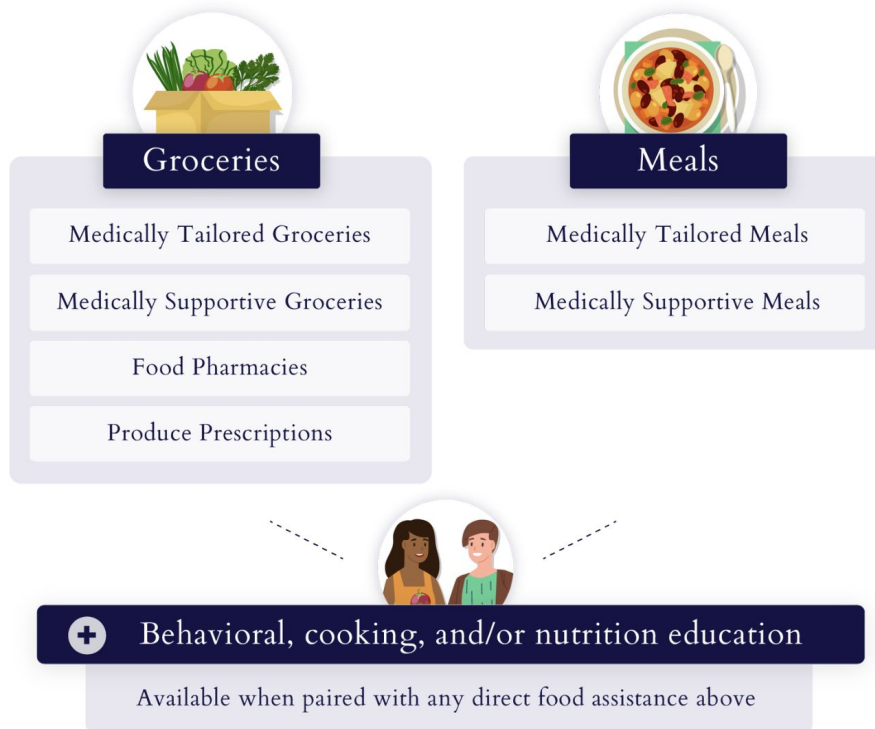


3 Medically Supportive Food and Nutrition



MSF&N Interventions

Spectrum of Interventions



Policy Change

- CA Department of Healthcare Services (DHCS) is renewing its Medicaid waiver – **CalAIM**
- Medically tailored meals (MTM) and home delivered meals upon discharge initially included in the proposal as an In Lieu of Services benefit
- Convened statewide coalition
 - **Ask to DHCS: expand services to cover medically-supportive food and nutrition**



*Tom Waddell's Food Pharmacy,
2019*

Position Paper Over 100 Sign-Ons!



CalAIM
Expanding Medically-Supportive Food and Nutrition Services



Thank you!

