



MONDAYS WITH D^R MARK & D^R MICHAEL

Monday, April 7, 2025 | 1:00 – 2:00PM

TOPIC #42
Advancing “Food is Medicine”



Guest speaker:



Ronit Ridberg, PhD, MS

Research Assistant Professor, The Food is Medicine Institute
Friedman School of Nutrition Science & Policy

Advancing Food is Medicine in Health Care

Northeast Business Group on Health

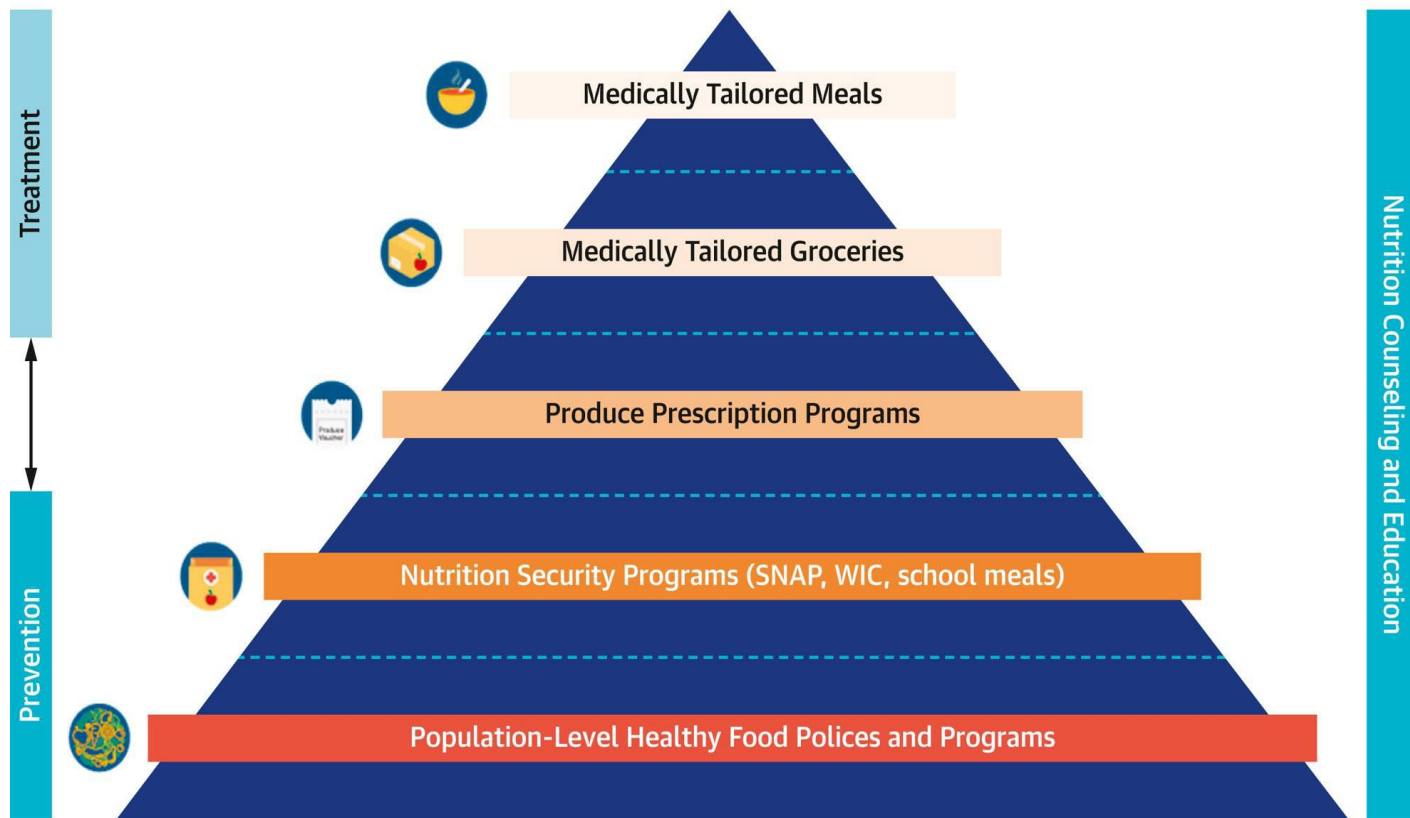
April 7, 2025

Ronit Ridberg, PhD MS

Food is Medicine Institute, Tufts University



A range of programs, services, and policies that respond to the critical link between nutrition and health.



Food is Medicine interventions

Medically Tailored Meals

Fully-prepared meals designed by an RDN; approx. 10-21 meals/wk; short or long duration (e.g. 3-6 months)



Medically Tailored Groceries

Unprepared or lightly processed foods; food boxes or meal kits; pre-selected and approved by RDN; available home delivery or pick-up;



Produce Prescription Programs

Generalizable vouchers/debit cards/direct provision; in-person or online; fresh, frozen, canned with no salts/sugars added; recipes



Food is Medicine Research

60+ peer-reviewed publications in the past decade, with an increasing use of Food is Medicine programs within health care

- Improve food security and dietary intake
- Associated with improved clinical health outcomes, including weight, blood pressure, and hemoglobin A1c (HbA1c)
- Some documented decreases in health care utilization (i.e. fewer hospitalizations and emergency department visits) and reductions in health care cost



Food is Medicine: National Momentum

- **HHS Food is Medicine Toolkit**
- State **Medicaid 1115 and 1915(b) waivers**, and **managed care** “in lieu of” or QI services
- **Medicare Advantage** VBID, SSBCI
- **Private healthcare**, e.g. Kaiser Permanente, Geisinger Health, BC/BS NC, Elevance, Highmark Health, CVS Health, many others
- **Veterans Affairs and Indian Health Services** Produce Rx pilots
- Proposed **Medicare pilot** on medically tailored meals
- **USDA GusNIP Produce Rx**
- **CDC programs** such as SPAN, HOP, and REACH
- **EHR screening** for food insecurity House **FIM Working Group**, Senate & House **MAHA caucuses**
- **FIM and nutrition training for physicians** in AAP, ACLM, ACGME commitments
- National Institutes of Health proposed **FIM Centers of Excellence**
- Rockefeller Foundation/American Heart Association **\$250 million FIM research initiative**
- Nationwide non-profits **Food is Medicine Coalition** and **National Produce Prescription Collaborative**
- Private sector **implementers and innovators:**
 - **Retailers & pharmacies**, e.g. Instacart Health, HyVee, Kroger, Walmart, others
 - **Start-ups**, e.g. FarmboxRx, Foodsmart, Good Measures, Mom’s Meals, NourishedRx, Performance Kitchen, Season Health, VitaBowl
 - **Health information**, e.g. Google AI, Google Health YouTube Health
- **Secretary Kennedy and Trump administration interest** in food, nutrition, and health

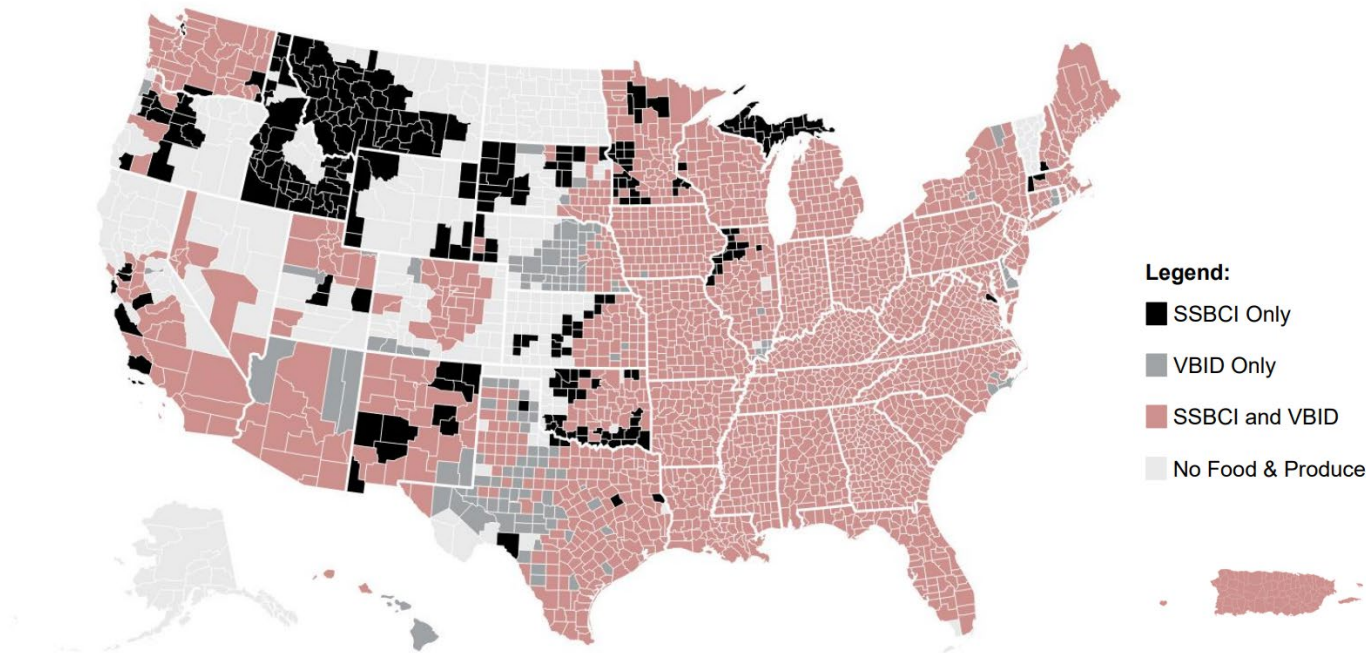


Legend

- Pending 1115 FIM Waiver
- Approved FIM 1115 Waiver
- FIM (Or Nutrition-Related) ILOS
- Approved ILOS and 1115 Waiver
- Approved ILOS and 1115 Waiver

Food is Medicine – Medicare Advantage

COUNTIES WHERE FOOD AND PRODUCE BENEFITS ARE AVAILABLE IN 2024, BY AUTHORITY



Food is Medicine Network of Excellence

The network's mission is to develop, convene, and share best practices in Food is Medicine to improve well-being, equity, and efficiency in health care.



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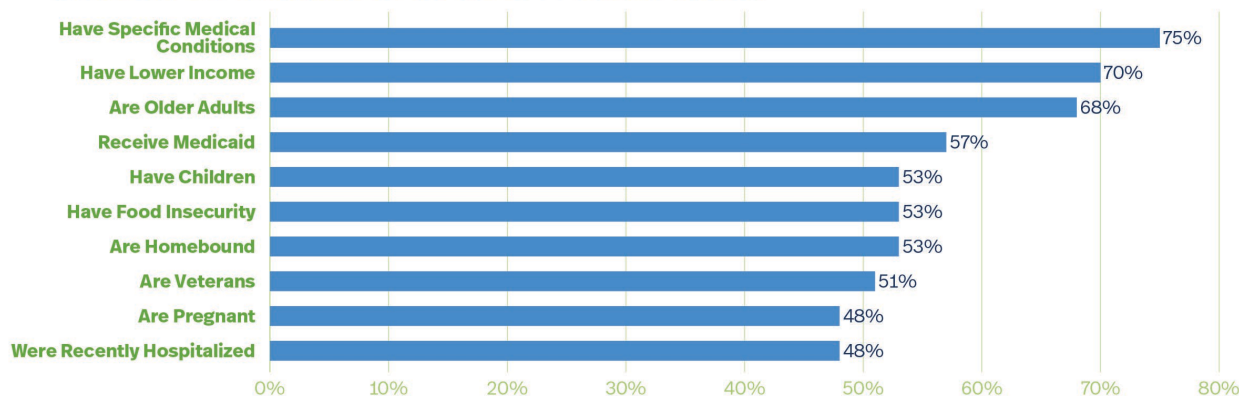


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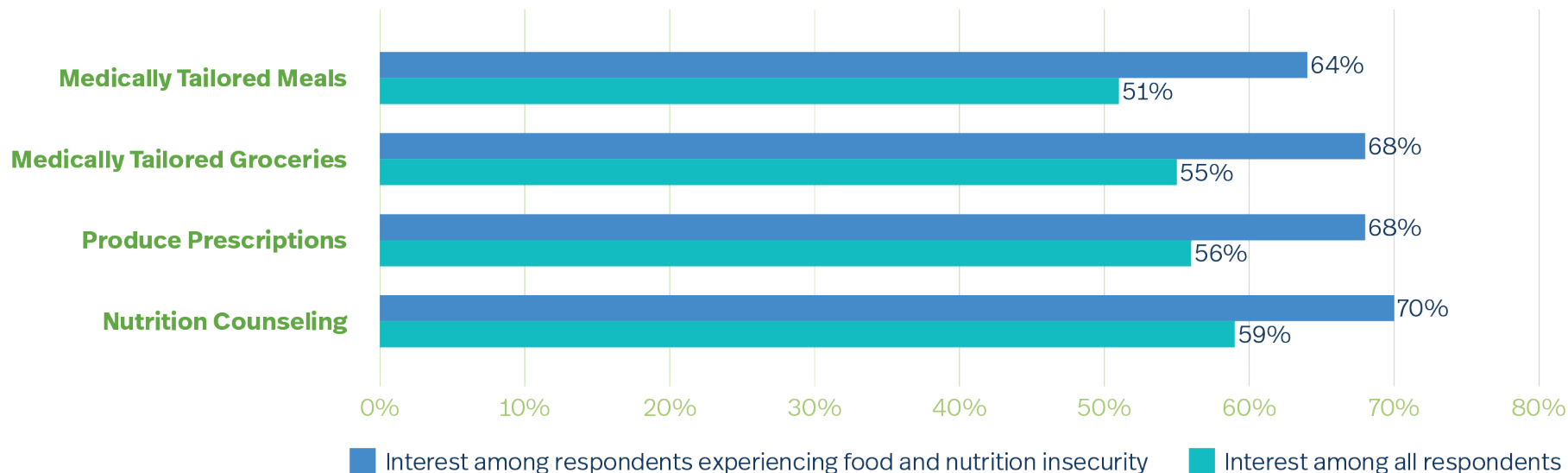
Food is Medicine in the US: a national survey of public perceptions of care, practices and policies



Respondents agreed that FIM in health care should be available to individuals who:



Key finding: public interest in FIM services is high



66% agreed that Medicare and Medicaid should help pay for FIM; **54%** private insurance

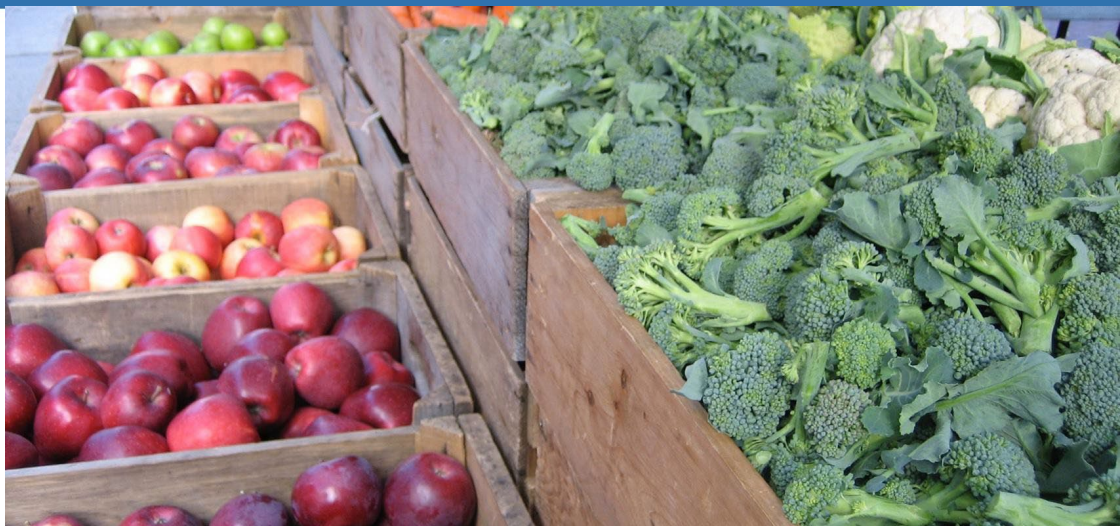


Food for thought: opportunities in FIM

- Optimal foods, dose (\$), duration
- Target populations
- Role of nutrition and culinary education
- Family sharing
- On site, retail, or delivery
- Integration with SDOH screening, SNAP, WIC
- Nonprofit vs. private sector
- Incorporation into EMR and clinical care pathways
- Clinician education
- Cost-savings vs. cost-effectiveness
- Interlinkages with other medical therapies (e.g., GLP-1)
- Coverage/reimbursement



Thank you!



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Questions

Upcoming NEBGH events:

- **May 5** – Mondays with Dr. Mark & Dr. Michael
- **May 8** - First 100 Days of the Trump Administration: Implications for Employers.
- **June 5** – 14th Annual Health & Wellness Benefits Conference
- **September 18** – 2025 Pharmacy Benefits Conference

