

FW: 🍌 Hot Topics in FL Food is Medicine Newsletter - January 2024 🍌

Karis Engle <kengle@gladesinitiative.org>

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To: Updates <updates@gladesinitiative.org>

From: Maura Plante <maura@livinghungry.org>

Sent: Monday, January 15, 2024 2:44 PM

To: info@healthandnutritioncoalition.com

Subject: 🍌 Hot Topics in FL Food is Medicine Newsletter - January 2024 🍌

🍌 5 HOT TOPICS in Florida Food is Medicine, January 2024 🍌

Need-to-know news in your inbox every month from
the [Florida Health & Nutrition Coalition](#)

What's Working? What's Not? What's New? And Who's doing it?

1.) Where to Start?

Welcome to 2024! Florida Health & Nutrition Coalition celebrates our first birthday. View your impact in our [Impact Report 2023](#)

Movers & Shakers Jan 24th Webinar - NIH Scientists Teach us Culinary Medicine in the Kitchen!

“[Recipe for Success: Culinary Medicine and Teaching Kitchens](#)” presentation by Dr. Nicole Farmer is a Staff Scientist and Attending Physician at the National Institutes of Health Clinical Center. Dr. Andrea Krenek will present her PhD original research as a registered dietitian, chef, and research fellow at the National Institute of Diabetes and Digestive and Kidney Diseases. Intervention designs, in addition to results of a plant-based culinary medicine teaching kitchen among clinical patients at risk for cardiovascular disease, will be discussed on January 24th, 2:00 PM - 3:00 PM.

Free Webinar>> [Register here](#)



FLORIDA HEALTH & NUTRITION COALITION INVITES YOU TO:

MOVERS & SHAKERS WEBINAR SERIES

Recipe for Food is Medicine: Culinary Medicine and Teaching Kitchens.

GUEST SPEAKERS:

Dr. Nicole Farmer
Staff Scientist and Attending Physician
National Institutes of Health Clinical Center

Dr. Andrea Krenek
RDN, chef, and research fellow
National Institute of Diabetes and Digestive and Kidney Diseases, NIH

January 24, 2024
2:00pm - 3:00pm

[Register here](#)

Visit <https://healthandnutritioncoalition.com/webinar>

The poster features a QR code in the top right corner and a circular graphic on the right side containing a green leaf, a white cross, and an orange slice. The background is a collage of various fruits and vegetables.

2.) Research Worth Reading

Hot off the Press: Two Healthy Food Prescriptions, -0.8 points in A1C in 6 & 12 months

Tufts University/Living Hungry Healthy Food Prescription, published 1/6/2024, at 6 months.

[Tufts University evaluation white paper complete](#) on Healthy Food Prescription: results - 0.8 points HbA1C drop for diabetic clients with >8.0 starting A1C in 6-months. The study population included participants of two 24-week medically tailored grocery programs administered by Living Hungry, a charity organization dedicated to addressing food insecurity in Florida's high-risk communities. The programs provided a healthy grocery bundle every two weeks during the intervention period. At the end of the program, HbA1c significantly declined by -.60 percentage points (95% CI: -1.16, -0.04). The results of the sensitivity analysis included only participants with HbA1c>=8.0%, HbA1c declined by -.80 percentage points (95% CI: 1.50, -0.10). Research Team: Dr. Kurt Hager, UMass Chan Medical School, Maura Plante, Living Hungry, and Elsa Konieczynski, Tufts University, Friedman School of Nutrition Science and Policy.

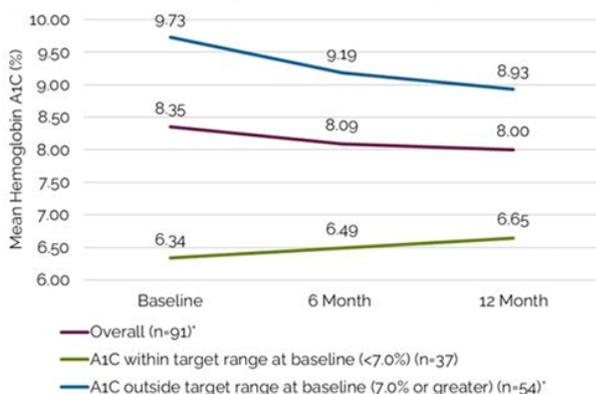
Read the [White Paper](#) or view the [Video Presentation](#)

Abbott's Healthy Food Rx Results, published 11/8/2023, at 12 months.

HbA1C's drop 0.8 points for diabetic enrollees in 12 Months - A study of Abbott's Healthy Food Rx, a food as medicine program that provides home-delivered medical prescriptions of healthy food to help address diabetes, showed clinically important benefits for people with diabetes. The real-world study, which was conducted by the Public Health Institute's Center for Wellness and Nutrition (PHI CWN) in an active community clinic over 12 months, found that Healthy Food Rx participants had lower A1C levels, improved diabetes self-management, and improved overall diet quality and food security.

Read the [White Paper](#)

Figure 1. Mean A1C For Healthy Food Rx Participants by Baseline A1C Group



Note: Only those who consented to share medical information are included in the analysis.
*Change from baseline to 12 months is statistically significant based on a paired t-test, $p < 0.05$.

3.) In the News

Big FiM News → Indian Health Service Launched Produce Prescriptions in 2023

Congratulations to Kelli Wilson Begay and team who launched [produce prescriptions at the Indian Health Service](#) this year through intergovernmental collaboration. IHS awarded a total of \$2.5 million in funding to help decrease food insecurity in Native communities. Of that funding, the following tribes and tribal organizations received \$500,000 each in 2023 to implement a produce prescription program in their communities:



4.) Policy Impact

Florida FiM Bills are LIVE in the Florida House & Senate (HB [253](#) & SB [488](#))

The bill defines Food is Medicine programs, a Florida FiM Center of Excellence, and requests AHCA to file Waiver 1115 for Medicaid to fund Food is Medicine 3-County Pilot in Florida. Chair Sen. [Colleen Burton](#) & Chair Rep. [Kaylee Tuck](#) set the agenda for our first steps in the [Health Policy Senate Committee](#) and the [Select Committee on Health Innovation](#). Click on links to call Sen. Burton & Rep. Tuck to say “Hello! Please add the FiM bill to your agenda! Food is Medicine is life-saving and save money on healthcare too.”

National Useful Food is Medicine Policy One Sheet → Grab this one!

[Issues at a Glance](#)- Food is Medicine Fact Sheet from Tufts FiM Institute, all in one place, from the cost of poor diets to economy and health to the FiM pyramid and research-backed programs like MTM and PPRx + Policy Solutions list. Print out and share this tool far & wide.

5.) Your Turn to Learn

Did you know Social Determinants of Health (SDOH) has a new name? Health Related Social Needs (HRSN)

Read how CMS published a new framework on 11/16/2023 to fund these HRSNs, including how to get Medicaid funding for Food is Medicine interventions, line item by line item. How Medicaid pays for Food is Medicine is detailed here:

[Florida Health & Nutrition Coalition’s CMS FiM Framework One-Sheet.](#)
[CHLPI Harvard Law School, Full Analysis.](#)

6.) FL FiM Champions & Winners Circle

Launched! Just starting up are 2 new Food is Medicine Programs in Florida (YAY!)

Congratulations on the 2024 launches of food is medicine programs with your clients, your sponsors, your farm fresh produce, and your FQHC & DOH clinic Physicians referring patients - all working together! → In Palm Beach County, a new Healthy Food Prescription (HFP) with Foundcare FQHC, UF/IFAS, Living Hungry, Extraordinary Charities, and Hospitality Helping Hands. → In Okeechobee County, a new Produce Prescription (PRx) with the Department of Health and [Ferrell’s Market](#) packing farm fresh produce boxes, shared by Rep. Tuck’s Legislative Aid, Brilyn Sell.



Tell us of your success >> We've added the new bonus "FIM Champions & Winners" segment for you.
If you know of any worthy winners or have FiM champion stories to share, please email plante.maura@gmail.com or Ddevries@ufl.edu.

We all want to know!
Pass it on.

Maura Plante & Danielle DeVries Navarro
Co-Chairs
[Florida Health & Nutrition Coalition](#)