Health Care ❤ Food™

Accelerating the Integration of **Food Is Medicine in Health Care**

2024 Research Awards

Adaptive personalized dietitian coaching, messaging and produce prescription to improve healthy dietary behaviors-THRIVE

Led by Oluwabunmi Ogungbe, Ph.D., M.P.H., R.N., assistant professor, and by Yvonne Commodore-Mensah, Ph.D., M.H.S., R.N., FAHA, associate professor, Johns Hopkins School of Nursing and Bloomberg School of Public Health, Baltimore, Maryland.

This study will test the feasibility of combining produce prescription, adaptive messaging, dietitian coaching, and linkages to social resources to sustainably improve dietary behaviors amongst Black adults with hypertension living in high food priority areas.

Advancing health equity by integrating social-clinical models during pregnancy

Led by Lisa Bailey-Davis, D.Ed., R.D., associate professor in the Department of Population Health Sciences and associate director of the Center for Obesity and Metabolic Research at the College of Health Sciences, Geisinger Clinic, Danville, Pennsylvania.

This study will examine how a Clinic-WIC model compares to usual care, evaluating if individuals are screened and referred to WIC during their prenatal appointments, there would be a corresponding increase in WIC enrollment and improved food security.

Bringing healthy meals and nutrition education to underserved communities: a randomized pilot implementation trial

Led by Amanda J. Shallcross, N.D., M.P.H. director of the Center for Research and Training in the Department of Wellness and Preventive Medicine at the Cleveland Clinic, Cleveland, Ohio.

This study will employ a human-centered, three-arm randomized implementation trial that will examine the impact of medically tailored meals only vs. medically tailored meals plus shared medical appointments vs. a wait-list controlled group.

Choice architecture and making incentives more salient

Led by Kevin G. Volpp, M.D., Ph.D., FAHA, chair of the Association's Food Is Medicine: Presidential Advisory writing group, director of the Center for Health Incentives and Behavioral Economics and Mark V. Pauly President's Distinguished Professor at the University of Pennsylvania, and research lead of the Association's Food Is Medicine Initiative.

This study will test two behavioral science interventions including benefit salience, which increases visibility into the benefits that can be used, and framing, which will alter the layout of food choices available to highlight healthy foods, and the corresponding influence on fruit and vegetable purchases in patients at high risk for Atherosclerotic CVD.

Development of a user-centered approach for screening, referral, and enrollment in Food as Medicine for rural and urban adults

Led by Alison Gustafson, Ph.D., M.P.H., R.D.N., L.D., professor, department of dietetics and human nutrition at the University of Kentucky, Lexington.

This study will compare an automated screening process with standard face to face patient screening, and subsequent screening rates, food insecurity identification and FIM enrollment rates, along with the impact of enrollment into a tailored FIM package on user engagement, short-term health outcomes and cost-efficiencies.

Enhancing, culturally adapting, and expanding medically tailored meals programs to promote cardiovascular health equity

Led by Nour Makarem, Ph.D., assistant professor of epidemiology, Mailman School of Public Health, Columbia University Irving Medical Center, New York.

This randomized controlled trial will evaluate whether enhancing God's Love We Deliver MTM program with CHW-led CVH education and culturally relevant recipes and cooking demonstrations would enhance program effectiveness in improving short-term healthy eating behaviors and clinical outcomes, as well as examine the impact of a gradual reduction in medically tailored meal coverage.

Health Care ✚ **Food**™

Enhancing Food as Medicine interventions for food insecure postpartum women in Central Texas

Led by Alexandra van den Berg, M.P.H., Ph.D., professor and associate director at the Michael & Susan Dell Center for Healthy Living, and by Nalini Ranjit, Ph.D., associate professor, School of Public Health, University of Texas (UTHealth Houston) and in collaboration with Ascension Seton Medical Center, The Cook's Nook and Austin Farmshare.

This study will examine if there is a significant difference between in-person programming (including educational materials, social support and community referral) versus virtual programming in a meals and produce home delivery program on health outcomes among food insecure postpartum women.

Food is Medicine for Patients with Heart Failure

Led by Cheryl Anderson, Ph.D., M.P.H., M.S., professor and dean of the Herbert Wertheim School of Public Health and Human Longevity Science, University of California San Diego and Christopher Gardner, Ph.D., Rehnborg Farquhar professor of medicine, Stanford University Prevention Research Center, California.

The overall goal of this study is to pilot test the feasibility and use of medically tailored meals for patients with heart failure, and to assess whether prescription of medically tailored meals will improve their diet quality.

Food Is Medicine: Makin' healthy groceries

Led by Adrian Hernandez, M.D., M.H.S., vice dean and executive director at Duke University Clinical Research Institute, Durham, North Carolina.

This study seeks to examine how the delivery of a grocery voucher, whether a credit card utilizable at a local supermarket store or an online stipend for a grocery delivery platform, impacts patient enrollment, engagement, retention and changes in food purchasing patterns, food consumption patterns, food insecurity and access to healthy food options in the stated population. Capitalizing on the current trends in technology around the food is medicine movement, this study focuses on comparing a high technology and low technology intervention, to establish a better understanding of how we can utilize these players appropriately.

.

Food Rx in high-risk pregnant mothers

Led by Shreela Sharma, Ph.D., R.D.N., director of the Center for Health Equity and professor and vice chair in the department of epidemiology, University of Texas (UTHealth Houston) School of Public Health, and by Nalini Ranjit, Ph.D., associate professor of health promotion and behavioral sciences, University of Texas (UTHealth Houston) School of Public Health.

This study aims to examine the preliminary impact of a comprehensive home delivery-based food prescription program paired with nutrition education on food and nutrition security, diet quality, pregnancy and birth outcomes. Nutrition and diet interventions during pregnancy can have a profound impact on later outcomes, illustrating the potential for increased research in this population.

Impact of a community health worker strategy on produce prescription program uptake among people with diabetes

Led by Rafael Pérez-Escamilla, Ph.D., professor of Public Health, and director of the Office of Public Health Practice, the Global Health Concentration, and the Maternal Child Health Promotion track at the School of Public Health, Yale University, New Haven, Connecticut.

The overall objective of this study is to co-design and evaluate a theory-informed, user-centered community health worker (CHW) implementation strategy to improve uptake of a PRx, among Hispanic Medicaid-eligible patients with T2D in Connecticut.

Implementation of innovative food prescription programs in older adults

Led by Jill N. Tirabassi, M.D., M.P.H., clinical assistant professor, Jacobs School of Medicine & Biomedical Sciences, and by Lucia A. Leone, Ph.D., associate professor in the department of community health and health behavior, School of Public Health and Health Professions, University at Buffalo, New York.

This study will examine two novel food prescription interventions against a standard of care mobile market for increasing utilization of food prescription programs among older adults, in collaboration with three primary care clinics and a grocery delivery service in Buffalo, New York.

Linking Programmatic and Contextual Factors with Improved Food is Medicine (FIM) Engagement Across the U.S

Led by Christopher Long, PhD, Principal Nutrition Scientist at Center for Nutrition & Health Impact.

This study will augment GusNIP PPR's national project-level and participant-level core metrics data from over 100 GusNIP projects across the U.S. with new quantitative and qualitative data on intervention characteristics and implementation strategies. This new data will be used to identify project characteristics, strategies, and contexts associated with high levels of participant engagement.


Medically tailored groceries and food resource coaching for patients of a safety-net clinic

Led by Kelseanna Hollis-Hansen, Ph.D., assistant professor at the Peter O'Donnell Jr. School of Public Health, University of Texas Southwestern Medical Center, Tammy Leonard, Ph.D., professor at the Peter O'Donnell Jr. School of Public Health, University of Texas Southwestern Medical Center, and Jaclyn Albin, M.D., CCMS, DipABLM, associate professor in the departments of Internal Medicine and Pediatrics at UT Southwestern Medical Center.

This study will execute a randomized controlled trial to identify the impact of employing a food resource coach along with a medically tailored grocery intervention, including feasibility and early-stage effectiveness.

Health Care ✚ Food
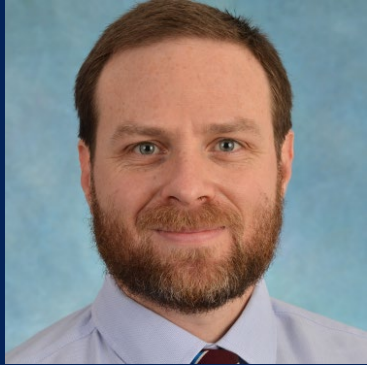
Medically tailored meal pilot study

Led by Seth Berkowitz, M.D., M.P.H., associate professor of general medicine and clinical epidemiology at the University of North Carolina, Chapel Hill.

This study will consider two intervention strategies: The first will compare the impact of delivering meals to one individual with delivering meals to a whole household. The second strategy will examine the impact of having an in-person driver who is part of the meal delivery organization drop off meals, versus using a commercial shipping company for meal deliveries.

NutriConnect: enhancing health and food security through sustainable solutions and partnerships

Led by Jing Li, M.D., Dr.Ph., M.S., associate professor, Washington University School of Medicine, St. Louis, Missouri.

The NutriConnect study seeks to compare the effectiveness of two produce prescription approaches on fruit and vegetable intake and food security: credit to Rewards account (NutriConnect Credit) vs. produce box delivery (NutriConnect Delivery), while exploring implementation outcomes.

Produce Prescription Dosing Study

Led by Hilary Seligman, M.D., M.A.S., professor of medicine and of epidemiology and biostatistics at the University of California San Francisco, and Seth Berkowitz, M.D., M.P.H., associate professor of general medicine and clinical epidemiology at the University of North Carolina, Chapel Hill.

This study will test three different voucher amounts and the association on key intermediate outcomes of benefit redemption, food insecurity and consumption of fruits and vegetables.
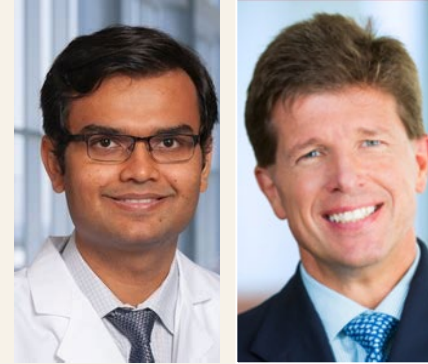
PRODUCE-HF: Examining the impact of a produce delivery program on health outcomes and engagement among patients with heart failure

Led by Ambarish Pandey, M.D., associate professor of internal medicine at the University of Texas Southwestern Medical Center, and by Eric Peterson, M.D., M.P.H., professor, vice provost and senior associate dean for clinical research at University of Texas Southwestern Medical Center.

This study will focus on the impact of providing produce boxes (and/or medically tailored meals) and education on patient diet, medication adherence, patient follow up and heart failure (HF) readmissions among patients recently hospitalized for acute decompensated HF. This study will examine the potential for how produce prescriptions could be used to leverage compliance with health care recommendations, as well as how produce prescriptions could impact a population that typically has a high utilization of health care services.

Quantitative Bias Analysis and Value of Information Analysis to Inform Priorities for AHA Food is Medicine Initiative

Led by David Kim, Ph.D, M.S., BEng, assistant professor, University of Chicago Department of Medicine, Chicago, Illinois.

This study will use two analytical frameworks – quantitative bias analysis (QBA) and value of information (VOI) analysis – to assess the potential value of future research by considering the precision of current evidence. The proposal aims to apply these frameworks to prioritize research within the American Heart Association's "Health Care by Food" initiative.
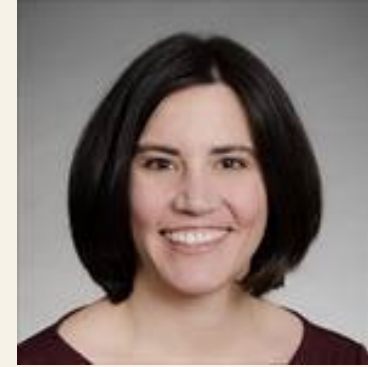
SUPeR-FOOD: enhanced SUPport for initiation and paRticipation in a Food is Medicine program

Led by Alexis Beatty, M.D., M.A.S., associate professor of epidemiology and biostatistics, School of Medicine, University of California, San Francisco in partnership with Project Open Hand.

This study will conduct a 2x2 factorial design pilot randomized trial in cardiac rehab participants to compare the efficacy of navigation and text messaging interventions for increasing participation in a food is medicine program.

SUSTAIN: promoting sustained behavior change and nutrition security in Medicaid-enrolled individuals with Stage 2 CKMS

Led by Joshua J. Joseph, M.D., associate professor, endocrinology, diabetes and metabolism, Colleen K. Spees, Ph.D., M.Ed, R.D.N., L.D., FAHA, associate professor, School of Health and Rehabilitation Sciences, and Daniel M. Walker, Ph.D., M.P.H., Vice Chair for Research and associate professor, department of family and community medicine, College of Medicine, The Ohio State University, Columbus, Ohio.

This study will examine the impact of a FIM intervention that includes access to culturally appropriate and home delivered foods, tailored behavioral counseling and care coordination to address non-medical health-related social needs.

Testing the impact of technology-based engagement strategies to improve adoption of medically tailored retail produce Rx

Led by Shreela Sharma, Ph.D., R.D.N., director of the Center for Health Equity and professor and vice chair in the department of epidemiology, University of Texas (UTHealth Houston) School of Public Health , and by Ronit Ridberg, Ph.D., M.S., research assistant professor at the Food is Medicine Institute, Friedman School of Nutrition Science and Policy, Tufts University, Boston, Massachusetts.

This study will examine how technology can be used to increase redemption of produce prescriptions and corresponding health outcomes in high-risk pregnant women.

Health Care ❤ Food™

Accelerating the Integration of **Food Is Medicine in Health Care**