

Nuvance Health

Food As Medicine Program

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Nuvance Health

Nuvance Health Food As Medicine (FAM) program

The FAM Program is a partnership between Nuvance Health and two community-based organizations, Dutchess Outreach and the Culinary Institute of America.



It is designed to impact nutrition-sensitive chronic diseases by providing food-insecure individuals with consistent access to healthy, nutritious foods and registered dietetic professionals.

Why this project

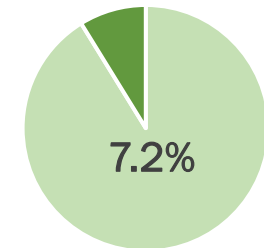
In Dutchess County, approximately 26,000 people face food insecurity. About 11,000 of these people are seniors and 4,600 are children.

In Poughkeepsie, one in four, or roughly 26% of the household experiences food insecurity. This is significantly higher than the state average.

Poughkeepsie Primary Care:

- At Poughkeepsie Primary Care, 39% of patients under value-based contracts live in a census block where over 15% of the population is below the poverty line, highest among all Nuvance West primary care sites.
- 75% of patients live in a census block with unemployment rates above the New York State average of 5.3%.

Food insecurity rate in Dutchess County, 2021



SNAP eligibility among food insecure people in Dutchess County, 2021



39% above SNAP threshold of 200% poverty
61% below SNAP threshold of 200% poverty

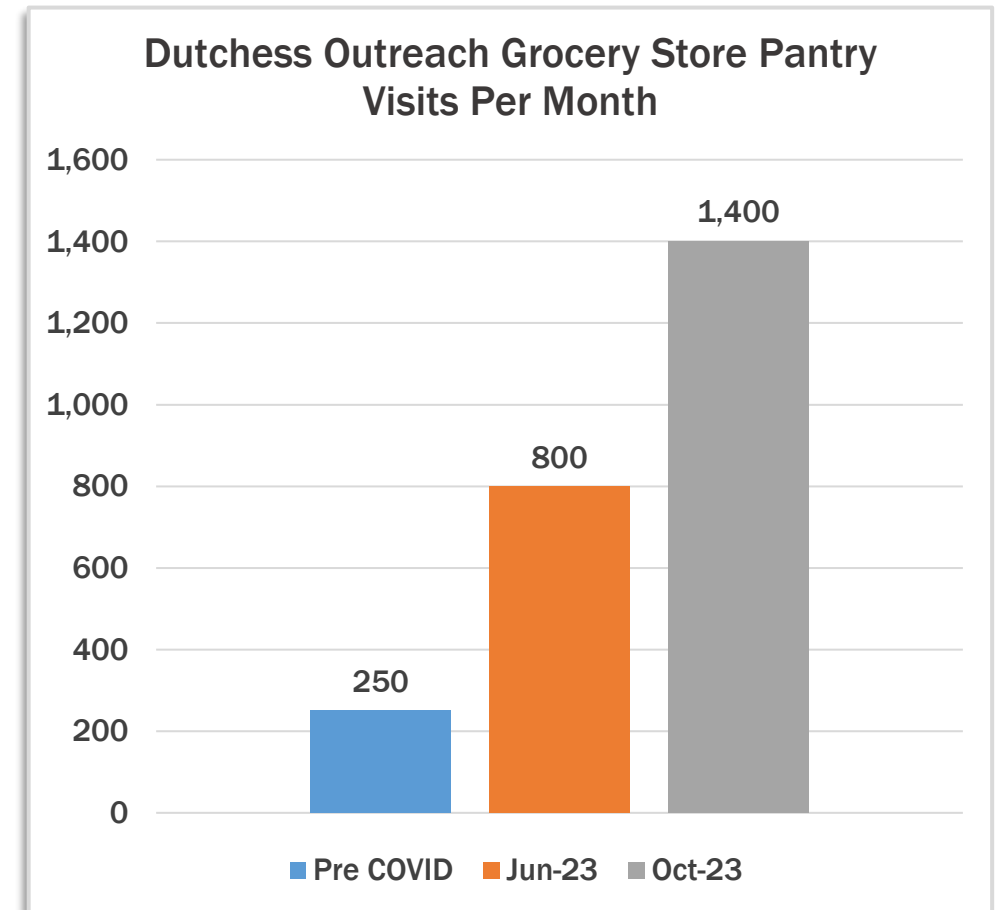
Source: <https://map.feedingamerica.org/county/2021/overall/new-york/county/dutchess>

How we chose our community partners

Dutchess Outreach has served as a long-standing advocate and provider of hunger relief resources for underserved communities.

The Culinary Institute of America has a history of community outreach and engagement, educating people on nutritious ways to prepare food.

Both community partners align with the vision of the FAM Program: *to impact chronic disease by providing equitable access to and education on healthy foods and nutrition in ways that show respect for and empower the community.*



Success stories

Mrs. G's welcome to healthy and affordable eating:

Mrs. G was one of our earliest participants in the program. She told us how unbelievable it was to have access to healthy foods for her and her family, and to work with a nutritionist, all for free.

While she was being enrolled in the program, she began to cry. Mrs. G shared that she was eating only one meal a day to make sure the rest of her family was fed. She was so thankful for the FAM program.



Challenges

Expected challenges:

- Funding and sustainability
- Screening and referral process
- Consistency of CIA student participation
- Monthly participant surveys
- Language services
- Community engagement

Unexpected challenges:

- Funding
- Billing
- 1115 Waiver

What's next?

Refining the referral process:

- Adding additional nutrition-sensitive diagnoses.
- Expanding beyond ambulatory settings to include hospitalized patients.
- Integrating the FAM Program with other Nuvance initiatives around SDOH screening and hypertension equity.

Sustainability planning:

- Grants, philanthropy, operational budget.
- Program growth.

Expanding community partnerships:

- American Heart Association.
- YMCA.

Assessing program impact:

- Self-reported participant data.
- Metrics (blood pressure control, ED utilization and hospitalizations, participant experience).



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EXCELLENCE AND INCLUSION

Questions?

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