WHAT IF WE COULD PRESCRIBE FOOD AS MEDICINE?

Meet Jesse...

Meet Lorena...

Meet Makeda...

Meet Anthony...
WHY A FOOD PHARMACY?

Hunger is not just a moral issue; it’s a health issue.

The AAP encourages all pediatricians to increase their awareness of the social determinants of health, including food insecurity. Children without access to nutritious foods are more likely to develop obesity, diabetes, and be hospitalized.

The obesity and diabetes epidemics threaten the future of our children, and food insecurity exacerbates this. By bringing together healthcare, food access, culinary confidence, and community connections to support behavior change, a Food Pharmacy enables and improves the active pursuit of health through food. By changing the eating behaviors of families, we can alter the entire life course of a child.

How might we transform primary healthcare with food pharmacies?

IDENTIFYING PATIENT NEEDS

**NEED**

“I know my kids need to eat better but I have trouble making ends meet.”

**OPPORTUNITY**

Food Access
Get healthy food to people by making it part of their care plan.

How might the Food Pharmacy create an opportunity for families to access food that will support their health?

**NEED**

“I don’t know what healthy things my kids will eat. I can’t afford to try things that will go to waste.”

**OPPORTUNITY**

Cooking Confidence
Help families learn how to make meals that are practical, nutritious, and culturally relevant.

How might we establish a family-friendly place that enables behavior change through hands-on nutrition education?

**NEED**

“I wish there was an easy way to find programs that are out there for my family.”

**OPPORTUNITY**

Build Community
Empower people to make lasting changes through connections, resources and ongoing programs.

How might we be a catalyst for community-based change beyond the Food Pharmacy?
As advocates for children’s health, we know the toll food insecurity has on our communities and kids. Knowing all the vested stakeholders in our county who care about food insecurity and health, ALL IN Alameda County brought together healthcare systems, food systems, the public health department, and the private sector to create the Food as Medicine Initiative.

This initiative aims to create novel, collaborative models to tackle food insecurity and promote food as medicine through lasting systems change.

Getting food to families is an important intervention in its own right, but beyond the impact on those particular families, our Food Pharmacy represents a multi-sector collaboration that aims to reframe how policymakers and taxpayers fund health interventions. Instead of focusing efforts on disease treatment, we are creating novel models that support prevention and behavior change.

**CREATING SYSTEMS CHANGE THROUGH COLLABORATIVE WORK**

**DESIGNING A FOOD PHARMACY**

**Nutrition Services Program** is collaborating with the Food as Medicine project by providing cooking classes for participants. Food prescriptions are only as good as knowing how to prepare it in a healthy and tasty way to nourish our bodies!

**Alameda County Food Bank** has been providing meals to non-profits for over 30 years. Within the Food as Medicine project, diabetic-specific non-perishable foods will be provided to program participants and their families.

**IDEO** is a global design firm that brings meaningful impact to people’s lives through design. We make ideas tangible through product, brand, and environment. As a collaborator of the Food as Medicine project, we use design to bring the vision to life.

We are the principal investigators on the Food as Medicine research study which will evaluate the impact of fresh fruits, vegetables and whole grains on a population of pre-diabetic children. We also hope to join with other Children’s Hospitals to move forward the idea of Food Pharmacies as an integral part of well child care.

**Dig Deep Farms** is collaborating with the Food is Medicine project by providing bags of locally-grown, all-natural produce delivered to patient’s prescribed by Children’s Hospital medical personnel. The urban agriculture social enterprise was created as a way of developing local jobs for local people who have experienced prior barriers to employment.