



Alameda County
Health Care Services Agency



**ALAMEDA COUNTY
RECIPE4HEALTH**

Presentation to Board of Supervisors' Health Committee

December 12, 2022

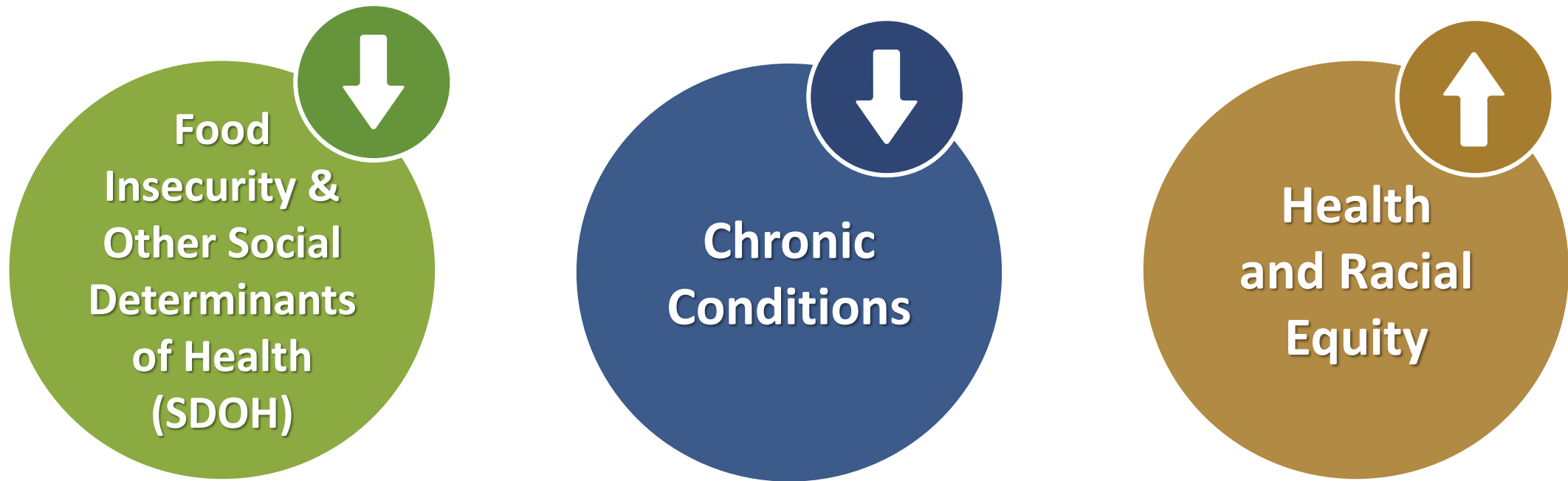
Presented by

Dr. Steven Chen

Chief Medical Officer, Recipe4Health



Recipe4Health is an integrative model of healthcare that uses “Food as Medicine” to address:



Policy/Systems Change:
Recipe4Health is a covered Medi-Cal service as of 9/1/22
through CalAIM Community Supports

Recipe4Health has three ingredients:

Food Farmacy:

- R4H Prescriptions
- Regeneratively Grown, Organic Produce
- Doorstep delivery
- Duration = 12-16 weeks



1

Behavioral Pharmacy:

- Group and Individual Health Coaching
- Movement, Nutrition, Stress, Social Connection



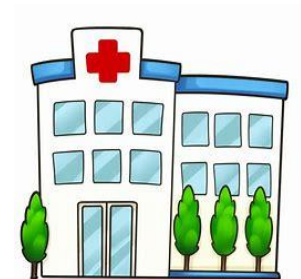
Patient and
Community
Health



2

Food as Medicine Training:

- Provider Nutrition Education
- Clinic/EHR Workflow Integration



Clinic and
Health Plan
Implementation

3

Recipe4Health Patients (4/20/2020 – 9/30/2022)

Low-Income

Food Insecure

Chronic Health Conditions

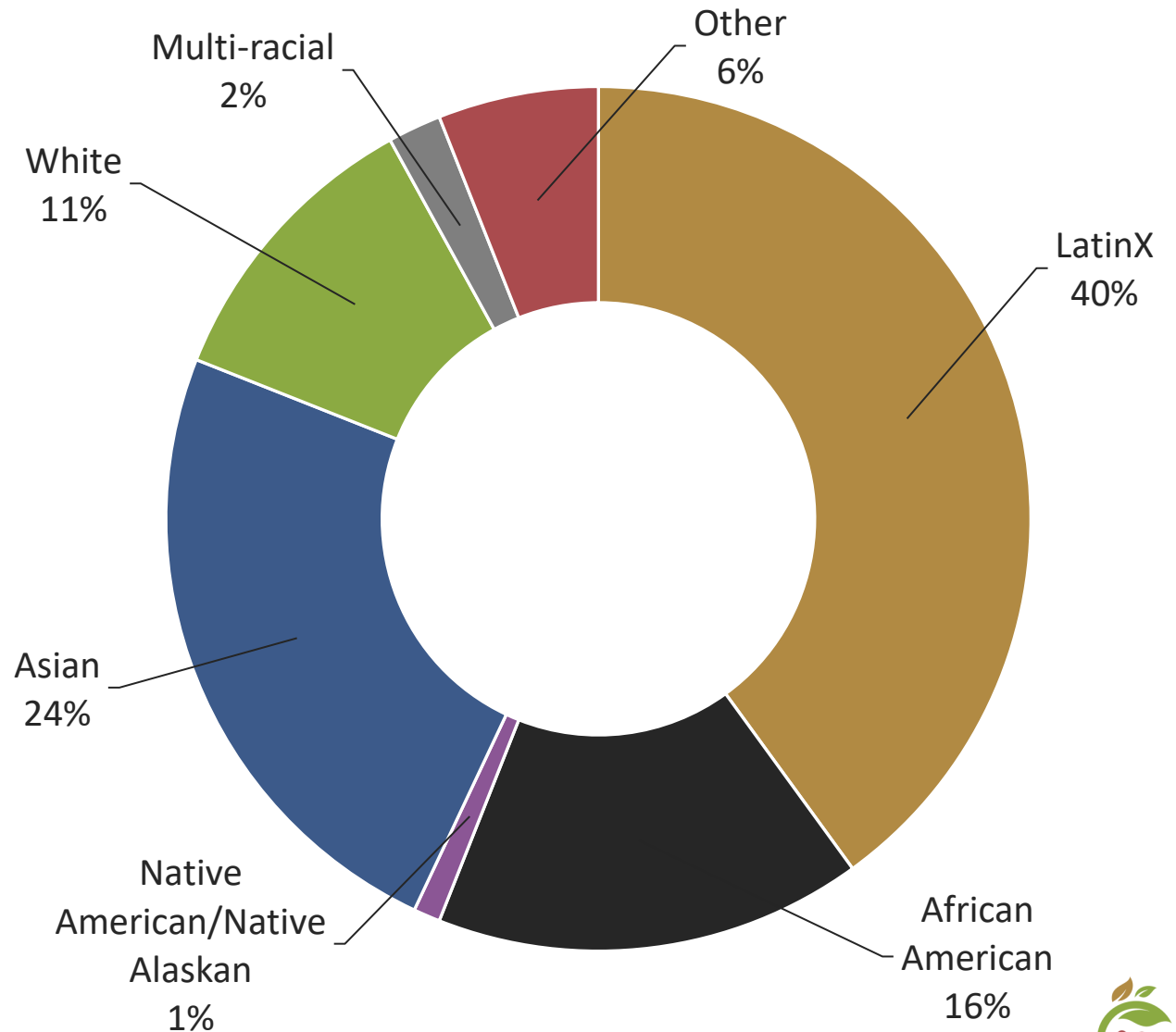
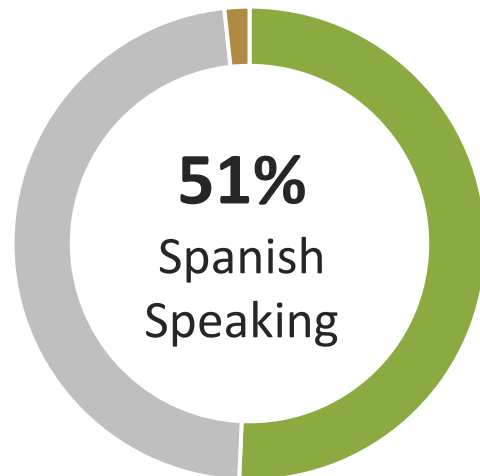
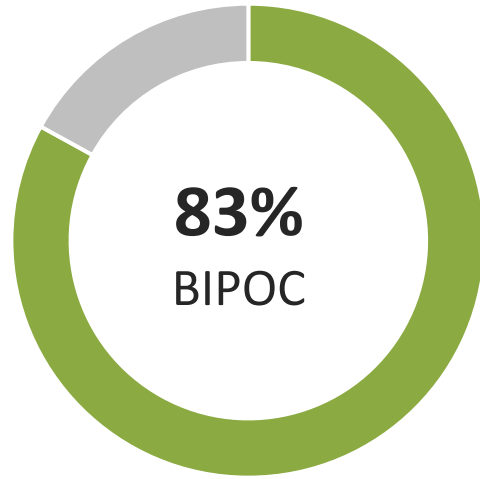
- Obesity
- Prediabetes
- Diabetes
- High Cholesterol
- Cardiovascular disease
- Depression
- Anxiety

49% have 3+ chronic conditions

31% have diabetes

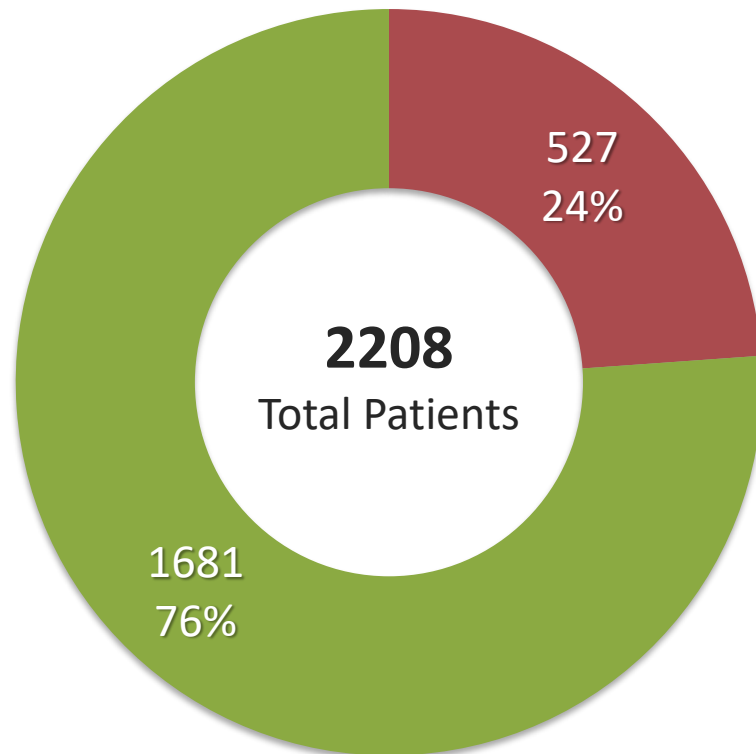
8% have diabetes + depression

Recipe4Health Patients (4/20/2020 – 9/30/2022)



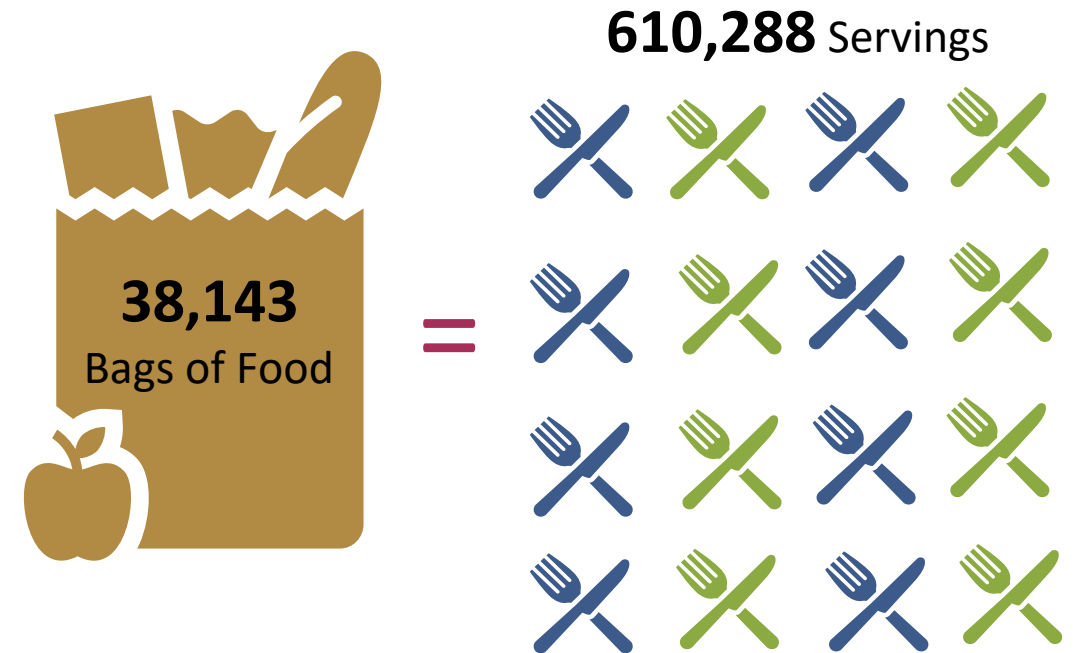
Recipe4Health Program Reach (4/20/2020 – 9/30/2022)

of Patients Enrolled in R4H



■ Health Coaching + Food Farmacy ■ Food Farmacy Only

Total Amount of Food



Target objectives & performance measures

EFFORT

2,000

Patients referred
produce prescriptions

2,000

Patients referred to
health coaching

40

Trainings for Health
Center staff

QUALITY

75%

Patients referred will be
enrolled in produce
prescriptions

50%

Patients referred will be
enrolled in health
coaching

60%

Clinicians will report
increased confidence in
using "food as medicine"

IMPACT

25%

Patients with reduced
food insecurity

0.3%

Reduction in blood
sugar (Hgba1c)

25%

Reduction in depression
and anxiety among
patients

15%

Reduction in unhealthy
LDL cholesterol among
enrolled patients (FF)

1.0 serving

Increase in patient daily
consumption of fruits &
vegetables

25%

Increase in patient
physical activity

Measure A One-Time Funding Recommendation



\$366,000

Funding would be used to provide Recipe4Health services:

- To individuals not currently covered by Alameda Alliance for Health who will be Medi-Cal eligible and covered starting January 1, 2024
- For the term of January 1 – December 31, 2023