The Covid-19 pandemic exposed disparities, especially among Black and Brown communities within California, and highlights the need to use food to treat and prevent chronic disease and decrease the negative effects of health inequities.

Black + Latinx people
have greater than 2.5 TIMES THE RISK OF INFECTION

Black + Latinx people
have a greater than 4.5 TIMES THE RISK OF HOSPITALIZATION

Black + Latinx people with chronic illnesses
ARE MORE LIKELY TO GET COVID-19

FOOD INSECURITY HAS DOUBLED
and affects more than 30% of Black + Latinx people

“If one considers fresh healthy food to be the equivalent of a drug covered by insurance and provided by the health care system, then this is essentially a disease management program — just more successful than most.”

Andrea T. Feinberg, MD referring to the Geisinger Health System “farmacy” program
Healthy food and adequate nutrition are fundamental to preventing, managing and reversing chronic disease. CalAIM can generate more cost savings and improve health further by incorporating a broad spectrum of medically-supportive foods.

Evidence suggests that a broad range of healthy food support beyond medically-tailored meals can improve health:

- **HbA1c (average blood sugar)** dropped 0.5-3.1% pts\(^{1,2,3,4}\)
- **BMI** reduced by 0.4 to 0.7 kg/m\(^2\)\(^{5,6}\)
- **Blood Pressure** fell by 16 mmHg\(^{6}\)
- **Preterm Birth** odds reduced by 37%\(^7\)

**Benefits**

1. **Culturally Relevant**
2. **Sustainable**
3. **Healthy Investment**
4. **Cost Effective**

**Health Care Savings**

- 44-77% fewer ER visits and admissions\(^6,8\)
- 38% reduction in hospital transportation\(^8\)
- $40-100+ billions in potential net savings\(^9\)

**References:**


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