
POLICY REPORT
OCTOBER 2021

Integrating Food into Health Care:

A Landscape Analysis of Medically
Supportive Food and Nutrition
Interventions in California



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Executive Summary

Evidence strongly suggests that a broad range of Medically Supportive Food and Nutrition (MSF&N) interventions, such as food pharmacies, produce prescriptions and medically tailored meals, can lower average blood sugar,¹ an indicator of diabetes; body mass index,² an indicator of obesity; blood pressure³; and rates of preterm birth.⁴ Additionally, researchers have estimated these interventions could save \$40 billion to \$100 billion in health care costs nationally.⁵ Yet these food-based interventions do not yet have long-term financial sustainability and are unable to serve everyone who may benefit.

To support the transition of MSF&N interventions from pilot to permanent in California the UCSF Center for Vulnerable Populations, Hard Law School's Center for Health Law and Policy Innovation, the Food as Medicine Collaborative and SPUR realized the need to identify all currently operating MSF&N programs and understand the most common barriers to scaling. To do this, we surveyed 145 organizations in California.

The survey found:

- **85%** of respondents reported currently providing at least one MSF&N intervention in California.
 - Of those, **60%** of nonprofits/community-based organizations (CBOs) and government agencies partner directly with health care providers to provide the intervention.
- **86%** of California counties (30 urban and 15 rural) have at least one MSF&N provider.
- **67%** of nonprofit/CBO respondents reported a lack of sustainable funding as a barrier to providing MSF&N interventions.
- **57%** of health care providers reported lack of capacity (i.e., staff, time, etc.) as a barrier to providing MSF&N interventions.

These results show that there is already a strong network of CBOs, government agencies and traditional health care providers providing and poised to expand MSF&N services. However, to build on the existing network of providers, the health care system must address barriers to scaling. Nearly 70% of MSF&N providers reported a lack of sustainable funding as a barrier to providing these services. Currently, these interventions are funded through philanthropy, hospital community benefit dollars and other external sources rather than insurance. And nearly 60% of health care providers reported a lack of capacity.

1 Seligman HK, Lyles C, Marshall MB, et al. A Pilot Food Bank Intervention Featuring Diabetes Appropriate Food Improved Glycemic Control Among Clients In Three States. *Health Aff Proj Hope*. 2015;34(11):1956-1963; Feinberg AT, Hess A, Passaretti M, Coolbaugh S, Lee TH. Prescribing Food as a Specialty Drug. *NEJM Catalyst*. 2018 Apr 10; Benioff Children's Hospital Oakland. Impact of Dietary Intake and Cardiometabolic Health. Executive Summary: Food as Medicine 2017 Pilot. 18 Nov 2019; Ferrer RL, Neira LM, De Leon Garcia GL, Cuellar K, Rodriguez J. Primary Care and Food Bank Collaboration to Address Food Insecurity: A Pilot Randomized Trial. *Nutr Metab Insights*. 2019 Jul 29.

2 Cavanagh M, Jurkowski J, Bozlak C, Hastings J, Klein A. Veggie Rx: an outcome evaluation of a healthy food incentive programme. *Public Health Nutrition*. 2016; 20(14), 2636–2641. 6; Emmert-Aronson, B et al. Group Medical Visits 2.0: The Open Source Wellness Behavioral Pharmacy Model. *Journal of alternative and complementary medicine*. 2019;25(10):1026-34.

3 Emmert-Aronson, B et al. Group Medical Visits 2.0: The Open Source Wellness Behavioral Pharmacy Model. *Journal of alternative and complementary medicine*. 2019;25(10):1026-34.

4 Ridberg RA, Marpadga S, Akers MM, et al. Fruit and Vegetable Vouchers in Pregnancy: Preliminary Impact on Diet & Food Security. *J Hunger Environ Nutr*. 20 Jun 2020.

5 Lee Y, Mozaffarian D, Sy S, et al. Cost-effectiveness of financial incentives for improving diet and health through Medicare and Medicaid: Amicrosimulation study. *PLoS Med*. 2019 Mar 19;16(3):e1002761.

California has taken a significant step to overcome these barriers. On January 8, 2021, California's Department of Health Care Service (DHCS) released its draft Medicaid waiver application, CalAIM, which included Medically Supportive Food and Nutrition.⁶ This language allows health plans across California to opt in to providing food-based supports to their patients and have them paid for with Medicaid dollars. In addition, the department proposed incentive payments to help support service provider capacity building and to encourage health plans to opt in to providing these services. However, before this can become a reality, the DHCS, health plans and potential MSF&N providers must all take action.

Recommendation 1. The California Department of Health Care Services should draw on the collective expertise of the many community-based organizations and local governments already providing food-based supports to inform implementation of the Medically Tailored Meals/Medically Supportive Food In Lieu of Services benefits.

Recommendation 2. Health plans must opt in to providing MSF&N if they hope to secure improved health outcomes and cost savings associated with these interventions. The first step is finding strong community partners.

Recommendation 3. Current and potential MSF&N providers in California should bring together a community of practice to support one another as they work to fully integrate their offerings into Medi-Cal.

Ultimately, the vast expertise, geographic spread and large number of MSF&N providers in conjunction with sustainable funding and incentive payments provided through CalAIM put California in a strong position to improve health outcomes and reduce costs by offering Medically Supportive Food and Nutrition interventions. DHCS, health plans, CBOs and local governmental departments should work together to make sure the opportunity isn't squandered.

⁶ California Department of Health Care Services, "California Advancing & Innovating Medi-Cal (CalAIM) Proposal," January 2021, page 217, <https://www.dhcs.ca.gov/provgovpart/Documents/CalAIM-Proposal-03-23-2021.pdf>

What is Medically Supportive Food and Nutrition?

Medically Supportive Food and Nutrition (MSF&N) refers to a spectrum of food-based interventions provided in coordination with a medical provider designed to prevent, reverse, and manage certain health conditions. For more information on the current health status of Californians and why Medi-Cal needs to improve access to Medically Supportive Food and Nutrition see Appendix B.

Medically Supportive Food and Nutrition services include, but are not limited to:

- Medically tailored meals
- Medically supportive meals
- Food pharmacies (medically supportive groceries paired with nutrition and behavioral coaching that are typically co-located in health care settings such as clinics or hospitals)
- Medically tailored groceries
- Medically supportive groceries
- Food/produce prescriptions (e.g., produce prescriptions, healthy food vouchers)
- Behavioral, cooking and/or nutrition education, coaching and/or counseling when paired with one of the medically supportive food interventions above
- Administrative, application and enrollment support to help with food delivery and linkages to additional food supports (CalFresh, WIC, food banks, etc.)
- Transportation for accessing healthy food to prevent or manage chronic disease

The Opportunity to Expand Medically Supportive Food and Nutrition in California

On January 8, 2021, California's Department of Health Care Service (DHCS) released its draft Medicaid waiver¹, CalAIM, which included Medically Supportive Food and Nutrition as one of fourteen "in Lieu of Services".² In Lieu of Services are generally nonmedical services offered instead of, or to avoid, more expensive standard Medicaid benefit like frequent emergency room visits for non-emergency situations or admission to skilled nursing facilities. This language allows health plans across California to opt in to providing food-based supports to their patients and have them paid for with Medicaid dollars.

¹ Once every five years, states can apply to the federal government for exemptions to Medicaid rules to pilot new and innovative strategies for providing and paying for health care.

² California Department of Health Care Services, "California Advancing & Innovating Medi-Cal (CalAIM) Proposal," January 2021, page 217, <https://www.dhcs.ca.gov/provgovpart/Documents/CalAIM-Proposal-03-23-2021.pdf>

Medically Supportive Food and Nutrition Survey

In early 2021, the UCSF Center for Vulnerable Populations, Harvard Law School's Center for Health Law and Policy Innovation, the Food As Medicine Collaborative and SPUR created a survey to assess the landscape of MSF&N interventions currently being provided across California. The survey was distributed electronically to the following respondent groups: health care providers, government agencies, nonprofits/CBOs and insurers. Questions included basic organizational information, types of interventions provided, intervention criteria, funding sources and barriers to implementation.

Survey goals:

1. Assess the current availability of MSF&N interventions across California in both rural and urban settings
2. Identify specific barriers to implementation and integration into health care settings
3. Create a directory of MSF&N providers

Survey Results

Between February 2021 and April 2021, with the assistance of the project steering committee, we disseminated the survey to organizations across all 58 California counties. Organizations in 53 out of 58 counties, including all counties participating in Whole Person Care and Health Homes Pilots, completed the survey. (Whole Person Care and Health Homes Pilot sites are expected to be early adopters of new plan benefits.)

A total of 145 organizations completed the survey with 8 responses from insurers, 25 responses from government agencies, 28 responses from health care providers and 84 responses from nonprofits/CBOs. Of the 145 organizations that responded, 123 reported currently providing at least one MSF&N service, and of those nearly 80% reported offering multiple MSF&N interventions.

Results were analyzed by respondent type. However, we did not receive a representative sample of insurer responses (only 8 out of 45 Whole Person Care and Health Homes Plans completed the survey), so instead we created an insurer profile detailing Alameda Alliance, the public health insurer in Alameda County, as a leader in the MSF&N space. (See page 9.)

FIGURE 1:
TOTAL # OF ORGANIZATIONS PROVIDING MSF&N: 123

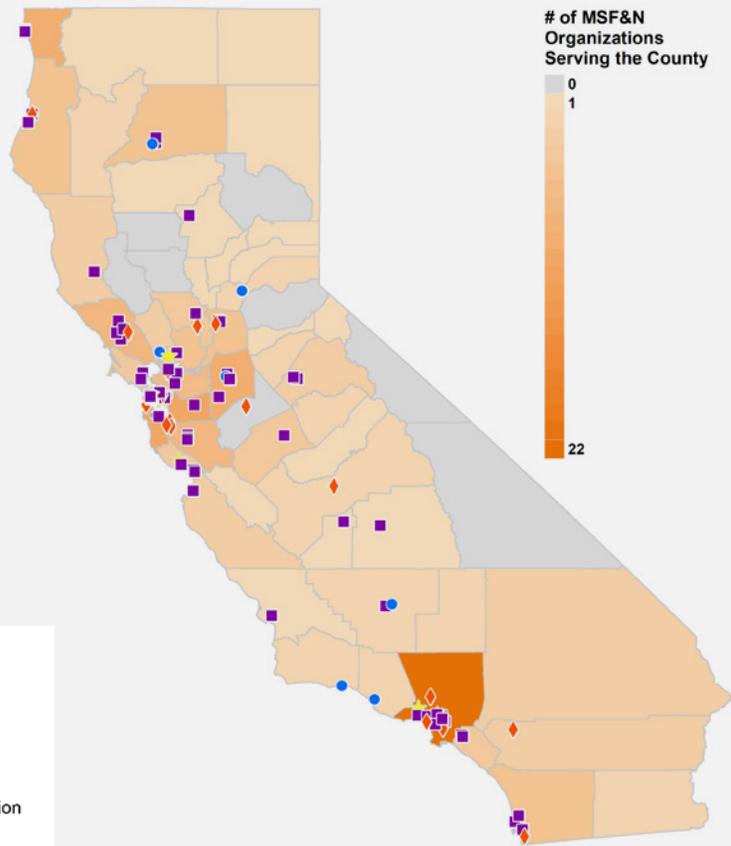


FIGURE 2:
MSF&N SERVICE PROVIDER AVAILABILITY

CAPTION: Figure 2 depicts the headquarters and service areas of organizations currently providing MSF&N interventions. The map shows both the breadth and depth of MSF&N interventions available in rural, suburban and urban counties across California. The eight counties in gray (Colusa, El Dorado, Glenn, Inyo, Lake, Mono, Plumas and Stanislaus) are not currently covered by MSF&N providers according to our survey responses. This only represents the respondents to the survey and may not be comprehensive. We will add organizations to an appendix as we learn of additional MSF&N providers.

Organization Type

- Government Organization
- ◆ Health Care Provider
- ★ Insurer
- Nonprofit and/or Community Based Organization



Survey Results Continued



- **43%** of the health care provider respondents screen for food security.
- Of those that screen for food security, **92%** have standard protocols for follow-up, including:
 - Referral to external food resources (i.e., food banks and meal providers)
 - Connection to a professional who can assist them (i.e., social worker)
 - Information about SNAP, WIC, etc.



- Of the 145 organizations that responded to our survey, **85%** currently provide at least one MSF&N intervention.
- Of those, 85%, **60%** of nonprofit/CBOs and government agencies partner with health care to provide the intervention. Some of these health care partners include community clinics, hospitals and larger health care entities.
- Of the organizations that did not already provide a MSF&N intervention, **more than half** would like to offer these interventions and more than **90%** of those would like to partner with health care to do so.

For a full list of the organizations providing MSF&N, see Appendix A and B.



- **67%** of nonprofit/CBO respondents reported lack of sustainable funding as a barrier to providing MSF&N interventions.
- **57%** of health care providers reported lack of capacity (i.e., staff, time, etc.) as a barrier to providing MSF&N interventions.

Other cited barriers include:

- Lack of expertise in providing MSF&N interventions
- Lack of knowledge of available resources
- Lack of institutional support
- Lack of available health care partners

Health Plan Case Study and County Snapshots

To support the sharing of best practices and add to the survey results, we have highlighted one health plan's commitment to providing MSF&N and provided four county snapshots showing the breadth of organizations partnering to provide a wide variety of MSF&N interventions. Together, these case studies show that MSF&N interventions can be offered in rural, suburban and urban counties across California's diverse geography and can be successfully integrated into the health care system.



Alameda Alliance for Health

Alameda Alliance for Health is a public nonprofit managed care health plan for Alameda County, located in the East Bay. The Alliance serves almost 300,000 residents through health programs such as Medi-Cal and the Alliance Group Care. A broad network of 8,000 service providers are distributed throughout the county, including primary care physicians, specialists, hospitals, health centers and other service providers, to administer high-quality care for their members.

Alameda Alliance values offering affordability and accessibility to their members and in 2019 began a partnership with Alameda County's ALL IN program to provide food as medicine interventions. As part of the pilot, patients are prescribed healthy, nutrient-dense foods, given nutrition education and connected to other health and behavioral supports. Similarly, Alameda Alliance has partnered with other organizations to offer medically tailored meals with home delivery to better serve aging adults during the ongoing COVID-19 pandemic.

Alameda Alliance continues to seek ways to ensure its members access health services and make healthy food choices.

"The integration of food and clinical care creates a positive experience for people and offers a new pathway to connect our members to more preventive care. Relationships are formed between the caregivers and patients in the Food Farmacy, and we are seeing changes in the way people manage chronic diseases such as diabetes and hypertension. Food is a source of life, and healthy eating results in better outcomes."

—Scott Coffin (CEO of Alameda Alliance)

>> For more information about Alameda Alliance for Health, visit <https://alamedaalliance.org/>.



COUNTY SNAPSHOT:

Alameda County

Nonprofits/CBOs providing MSF&N services:

- Agricultural Institute of Marin*
- Alameda County Community Food Bank
- Fresh Approach*
- Leah’s Pantry*
- Open Heart Kitchen
- Revolution Foods
- Roots of Change
- The San Francisco Market Corporation (The SF Market)*

Government organizations providing MSF&N services:

- Alameda County Adult and Aging Services
- ALL IN Alameda County

Health care providers providing MSF&N services:

- Native American Health Center
- Stanford Division of General Pediatrics*

Health insurance providers in Alameda County:

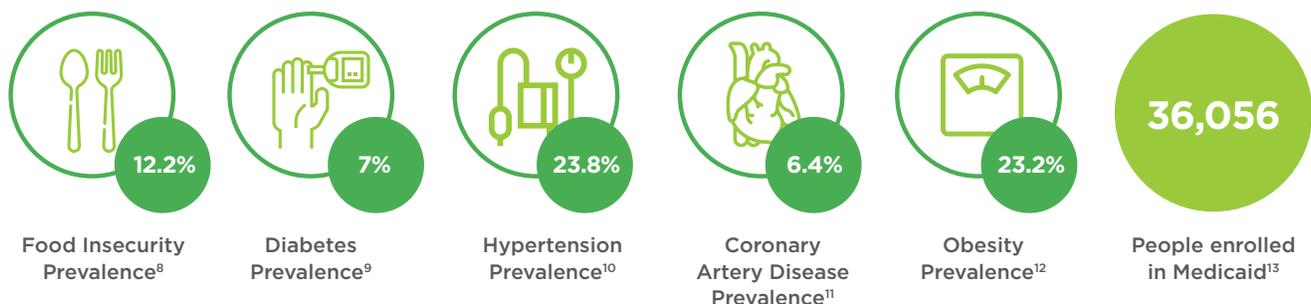
- Alameda Alliance for Health
- Centers for Elders Independence (PACE)
- Anthem Blue Cross Partnership Plan
- On Lok (PACE)

For additional information on the types of services offered by each provider, see Appendix B.

*Headquartered outside of Alameda County

Note: Organization data is limited to survey responses received during the data collection period.

CHRONIC DISEASE PREVALENCE



7 DHCS. (2021). County Certified Eligibles—April 2021. Retrieved from <https://www.dhcs.ca.gov/dataandstats/statistics/Pages/Medi-Cal-Certified-Eligibles.aspx>

8 Feeding America. (2020). The Impact of Coronavirus on Food Security. Retrieved from <https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/>

9 County Health Rankings. (2020). Diabetes prevalence. Retrieved from <https://www.countyhealthrankings.org/app/california/2020/measure/outcomes/60/data>

10 UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with High Blood Pressure. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

11 UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with Heart Disease. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

12 UCLA Center for Health Policy Research. (2019.) Body Mass Index by County. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

COUNTY SNAPSHOT:

Figure 3: Organizations Providing MSF&N Interventions in Alameda County

Name of Organization	Medically Tailored Meals	Healthy Meals	Medically Tailored food boxes/packages	Healthy Food Boxes	Fruit & Vegetable Prescriptions/Vouchers	Food Prescriptions / Vouchers	On-site Food Pharmacy	Nutrition Education	Cooking Education	Behavioral Health Coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
Agricultural Institute of Marin								X	X				
Alameda County Adult and Aging Services		X		X	X			X					
Alameda County Community Food Bank			X	X				X	X	X	X		
ALL IN Alameda County		X			X	X	X	X	X	X	X	X	X
Fresh Approach					X			X	X	X	X	X	
Leah's Pantry								X	X				
Native American Health Center			X	X			X	X		X	X		
Open Heart Kitchen		X						X					
Revolution Foods		X		X									
Roots of Change	X				X	X							X
Stanford Division of General Pediatrics								X		X	X		
The San Francisco Market Corporation (The SF Market)				X			X						X
Other				X									



ORGANIZATION SPOTLIGHT:

ALL IN Alameda County



ALL IN Alameda (ALL IN) is a government agency launched in 2014 with the purpose of addressing issues relating to poverty within Alameda County. As part of this goal, ALL IN's Recipe4Health initiative utilizes an integrative model of health care to address health and racial equity, social determinants of health (specifically food/nutrition insecurity and social isolation) and chronic disease. This model transforms the health care system's capacity to increase access to medically supportive food and nutrition services, thereby improving health outcomes and reducing hospital and emergency room visits. Recipe4Health includes hybrid virtual and on-site food pharmacies, produce prescriptions and a behavioral pharmacy that provides behavioral coaching and nutrition education. Importantly, Recipe4Health focuses on sourcing medically supportive food from local urban farms using regenerative farming practices that improve soil health, human health and ultimately planetary health. Finally, the Recipe4Health also provides state-of-the-art training to providers and health care staff on how to use food as medicine to treat, prevent and reverse chronic disease in the exam room.

Recipe4Health program patients are prescribed pesticide-free, nutrient-dense products by their health care provider at participating Federally Qualified Health Care Center (FQHC) clinics. The food prescriptions, fulfilled by Dig Deep Farms, allow for 16 weeks of vegetables directly delivered to patients. Some patients receive additional behavioral and nutritional coaching through weekly behavioral pharmacy group medical visits supported by community partner Open Source Wellness as well as a clinic medical provider. FQHC partner clinics include Native American Health Center, Tiburcio Vasquez Health Center, Lifelong Medical Care and Alameda Health System—Hayward Wellness.

"I stopped consuming things that did not nourish me, that caused me inflammation. I didn't know how to eat before. And now it is totally different. Now I know the nutritional value of the vegetables and fruits I eat, and I know how it can help my body."

—Patient seen at ALL IN Recipe4Health partner clinic

>> For more information, visit <https://allin.acgov.org/recipe4health/>



COUNTY SNAPSHOT:

Del Norte

Nonprofits/CBOs providing MSF&N services:

- Del Norte and Tribal Lands Community Food Council
- Del Norte Senior Center
- Our Daily Bread Ministries
- Redwood Empire Food Bank*
- Rural Human Services, Inc
- University of California Cooperative Extension*

Government organizations providing MSF&N services:

- Del Norte Department of Health and Human Services

Health care providers providing MSF&N services:

- United Indian Health Services*
- Open Door Community Health Centers*

Health insurance providers in Del Norte County:

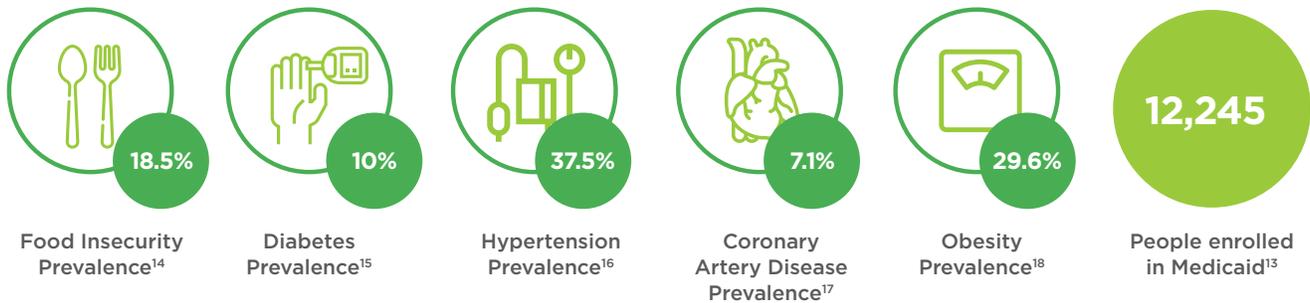
- Partnership Health Plan of California

For additional information on the types of services offered by each provider, see Appendix B.

*Headquartered outside of Del Norte County

Note: Organization data is limited to survey responses received during the data collection period.

CHRONIC DISEASE PREVALENCE



¹³ DHCS. (2021). County Certified Eligibles—April 2021. Retrieved from <https://www.dhcs.ca.gov/dataandstats/statistics/Pages/Medi-Cal-Certified-Eligibles.aspx>

¹⁴ Feeding America. (2020). The Impact of Coronavirus on Food Security. Retrieved from <https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/>

¹⁵ County Health Rankings. (2020). Diabetes prevalence. Retrieved from <https://www.countyhealthrankings.org/app/california/2020/measure/outcomes/60/data>

¹⁶ UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with High Blood Pressure. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

¹⁷ UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with Heart Disease. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

¹⁸ UCLA Center for Health Policy Research. (2019). Body Mass Index by County. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

COUNTY SNAPSHOT:

Figure 4: Organizations Providing MSF&N Interventions in Del Norte County

Name of Organization	Medically Tailored Meals	Healthy Meals	Medically Tailored food boxes/packages	Healthy Food Boxes	Fruit & Vegetable Prescriptions/Vouchers	Food Prescriptions / Vouchers	On-site Food Pharmacy	Nutrition Education	Cooking Education	Behavioral Health Coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
Del Norte and Tribal Lands Community Food Council (under the umbrella of Family Resource Center of the Redwoods)								X	X		X		
Del Norte Department of Health and Human Services, Public Health branch, CalFresh Healthy Living program								X	X				X
Del Norte Senior Center		X						X					
Open Door Community Health Centers				X	X	X	X	X	X		X		X
Our Daily Bread Ministries		X		X									
Redwood Empire Food Bank				X							X		
Rural Human Services, Inc											X		
United Indian Health Services								X	X	X	X		
University of California Cooperative Extension								X	X				X

ORGANIZATION SPOTLIGHT:

Open Door Community Health Centers



Open Door Community Health Centers is a Federally Qualified Community Health Center (FQHC) with 13 community clinics and three mobile clinic units that provides primary medical, dental and behavioral health care to Del Norte and Humboldt Counties. Open Door champions an integrated patient-centered care model focused on whole-person care to address health and wellness needs, coordinate services among care providers and lower health care costs. Open Door partners with community organizations throughout the region—including Humboldt County Department of Health and Human Services, North Coast Growers' Association, Food for People, St. Joseph Health's Paso a Paso Program, Rural Human Services, Crescent City Downtown Divas, Del Norte Healthy Living and SNAP-Ed program, Del Norte Health & Human Services and the Community Food Council for Del Norte and Tribal Lands—to offer its patient populations several food and nutrition services. The produce prescription program called "Rx for Farmers' Market" provides patients with vouchers redeemable at all farmers' markets in their vendor network. Other Open Door programs include community gardens, nutrition education, and outreach and administrative support for enrollment and retention in federal programs such as CalFresh.

During COVID-19, Open Door piloted curbside pickup of harvest boxes in Humboldt and, in Del Norte, moved the garden-based learning program (Summer Sprout Scouts) to a takeaway activity kit model to safely distribute market vouchers. Through its dedication to supporting positive health outcomes, Open Door continues to use community partnerships and emerging opportunities to provide more food resources for patients.

"The vouchers really support our families and provide them with nutritious produce they cannot always afford. The vouchers also make a huge difference in supporting those patients with diabetes and furthers their ability to shop for a specialty diet. Sourcing and affording high-quality produce in rural Del Norte County is difficult... The farmers' market vouchers are an impactful way to help fill the gap and expand access to fresh food during the growing season, and the Market Match program helps increase food budgets even more."

—Garden and Food Resources Coordinator

>> For more information, visit <https://opendoorhealth.com/services/community-wellness-gardens/>



COUNTY SNAPSHOT:

Los Angeles

Nonprofits/CBOs providing MSF&N services:

- Center for Wellness & Nutrition*
- Episcopal Diocese of Los Angeles
- Hunger Action LA
- LA Green Grounds
- LA Regional Food Bank
- Meals on Wheels of West Los Angeles
- Project Angel Food
- Roots of Change*
- Social Justice Learning Institute
- Special Service for Groups, Inc. (SSG)/Asian Pacific Islander Forward Movement (APIFM)
- Vouchers 4 Veggies*
- Wholesome Wave*

Government organizations providing MSF&N services:

- Los Angeles County Department of Public Health
- Los Angeles County Department of Health Services

Health care providers providing MSF&N services:

- Northeast Valley Health Corporation
- H Claude Hudson Metro LA CHC Clinic
- Venice Family Clinic
- Martin Luther King Outpatient Center
- Los Angeles Christian Health Centers

- Hubert H. Humphrey Comprehensive Health Center
- APLA Health & Wellness

Health insurance providers in Alameda County:

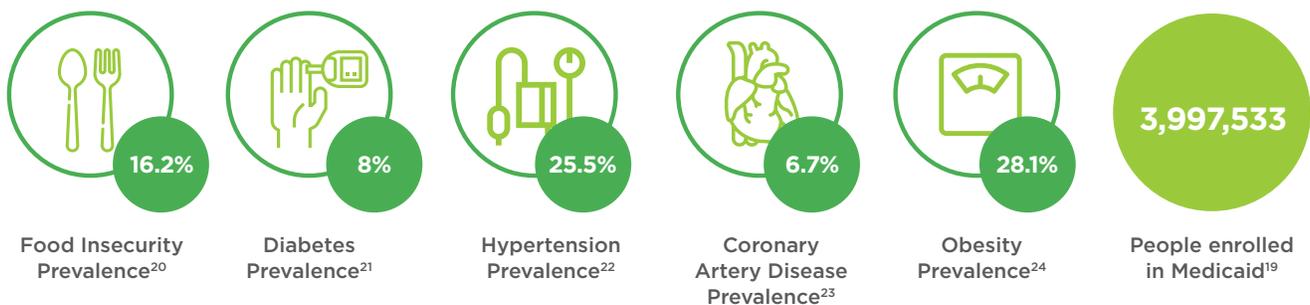
- AIDS Healthcare Foundation
- L.A. Coast PACE
- Brandman Centers for Senior Care
- Pacific PACE
- Health Net Community Solutions, Inc.
- Positive Healthcare
- L.A. Care Plan
- SCAN Health Plan

For additional information on the types of services offered by each provider, see Appendix B.

*Headquartered outside of Los Angeles County

Note: Organization data is limited to survey responses received during the data collection period.

CHRONIC DISEASE PREVALENCE



19 DHCS. (2021). County Certified Eligibles—April 2021. Retrieved from <https://www.dhcs.ca.gov/dataandstats/statistics/Pages/Medi-Cal-Certified-Eligibles.aspx>

20 Feeding America. (2020). The Impact of Coronavirus on Food Security. Retrieved from <https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/>

21 County Health Rankings. (2020). Diabetes prevalence. Retrieved from <https://www.countyhealthrankings.org/app/california/2020/measure/outcomes/60/data>

22 UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with High Blood Pressure. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

23 UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with Heart Disease. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

24 UCLA Center for Health Policy Research. (2019). Body Mass Index by County. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

COUNTY SNAPSHOT:

Figure 5: Organizations Providing MSF&N Interventions in Los Angeles County

Name of Organization	Medically Tailored Meals	Healthy Meals	Medically Tailored food boxes/packages	Healthy Food Boxes	Fruit & Vegetable Prescriptions/Vouchers	Food Prescriptions / Vouchers	On-site Food Pharmacy	Nutrition Education	Cooking Education	Behavioral Health Coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
APLA Health & Wellness				X				X	X				
Center for Wellness and Nutrition (a program of the Public Health Institute)			X	X				X	X				
Episcopal Diocese of Los Angeles		X		X	X			X	X	X	X		
H Claude Hudson Metro LA CHC clinic								X		X	X		
Hubert H. Humphrey Comprehensive Health Center								X			X		X
Hunger Action LA					X						X		
LA Green Grounds								X	X				
LA Regional Food Bank											X		
Los Angeles Christian Health Centers							X	X	X	X	X	X	
Los Angeles County Department of Health Services								X		X		X	X
"Los Angeles County Department of Public Health, Division of Chronic Disease and Injury Prevention Nutrition and Physical Activity Program"							X	X					
Martin Luther King Outpatient Center								X		X	X	X	
Meals on Wheels of West Los Angeles	X	X											
Northeast Valley Health Corporation	X							X		X	X	X	
Project Angel Food	X		X					X			X		
Roots of Change	X				X	X							X
Social Justice Learning Institute								X	X				
Special Service for Groups, Inc. (SSG) / Asian Pacific Islander Forward Movement (APIFM)								X	X				
Venice Family Clinic							X	X	X	X	X		X
Vouchers 4 Veggies					X	X							
Wholesome Wave				X	X				X	X			

ORGANIZATION SPOTLIGHT:

Project Angel Food

Project Angel Food began in 1989 as an outreach program for those with life-threatening illnesses. Now, more than 30 years later, Project Angel Food serves vulnerable populations through medically tailored meal programs and nutrition services.

Project Angel Food prepares and delivers healthy meals to feed people impacted by serious illness, bringing comfort and hope every day. Since its founding, it has served more than 14 million meals to around 25,000 people, with 19,000 meals served each week. Project Angel Food partners with 200 health care and community-based agencies, including LA Care, Kaiser Permanente and Anthem Blue Cross. Registered dietitians provide clients with nutritional assessments, menus uniquely tailored to their diagnosis and dietary preferences, and meals that are delivered directly to clients' homes. Their clients not only report reduced food insecurity stress but also feel that their health has improved.



"I feel so grateful. I've never been impacted so much by a single meal. [Project Angel Food was] the first to treat me like I wasn't going to die, and now you're nourishing my body with healthy stuff so I can fight to live for my son."

—Project Angel Food Participant

>> For more information, visit <https://www.angelfood.org/>



COUNTY SNAPSHOT:

San Francisco

Nonprofits/CBOs providing MSF&N services:

- Agricultural Institute of Marin*
- Clinic by the Bay
- Conard House
- Fresh Approach*
- Heart of the City Farmers' Market
- Homeless Prenatal Program
- Meals on Wheels San Francisco
- San Francisco Patient Pantry
- SF New Deal
- The San Francisco Market Corporation (The SF Market)
- Vouchers 4 Veggies—EatSF

Government organizations providing MSF&N services:

- Food as Medicine Collaborative

Health care providers providing MSF&N services:

- Gellert Health Services*
- HealthRIGHT360

Health insurance providers in San Francisco County:

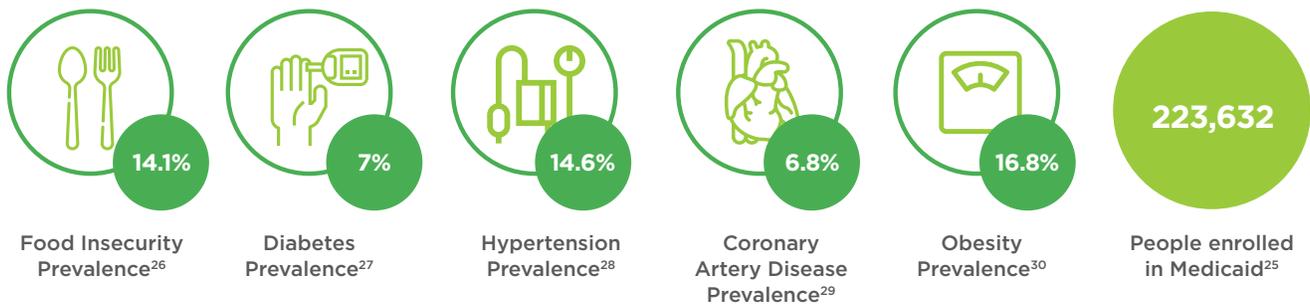
- Anthem Blue Cross of California Partnership Plan
- On Lok Lifeways (PACE)
- Family Mosaic Project
- San Francisco Health Plan
- North East Medical Services PACE

For additional information on the types of services offered by each provider, see Appendix B.

*Headquartered outside of San Francisco County

Note: Organization data is limited to survey responses received during the data collection period.

CHRONIC DISEASE PREVALENCE



25 DHCS. (2021). County Certified Eligibles—April 2021. Retrieved from <https://www.dhcs.ca.gov/dataandstats/statistics/Pages/Medi-Cal-Certified-Eligibles.aspx>

26 Feeding America. (2020). The Impact of Coronavirus on Food Security. Retrieved from <https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/>

27 County Health Rankings. (2020). Diabetes prevalence. Retrieved from <https://www.countyhealthrankings.org/app/california/2020/measure/outcomes/60/data>

28 UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with High Blood Pressure. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

29 UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with Heart Disease. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

30 UCLA Center for Health Policy Research. (2019). Body Mass Index by County. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

COUNTY SNAPSHOT:

Organizations Providing MSF&N Interventions in San Francisco County

Name of Organization	Medically Tailored Meals	Healthy Meals	Medically Tailored food boxes/packages	Healthy Food Boxes	Fruit & Vegetable Prescriptions/Vouchers	Food Prescriptions / Vouchers	On-site Food Pharmacy	Nutrition Education	Cooking Education	Behavioral Health Coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
Agricultural Institute of Marin								X	X				
Clinic by the Bay					X		X	X			X		
Conard House	X	X	X	X	X	X	X	X	X	X	X	X	
Food as Medicine Collaborative							X	X	X	X	X		
Fresh Approach					X			X	X	X	X	X	
Gellert Health Services, Chinese Hospital affiliated								X		X			
HealthRIGHT360							X	X	X				
Heart of the City Farmers' Market								X	X		X		X
Homeless Prenatal Program				X									
Meals on Wheels San Francisco	X							X					
San Francisco Patient Pantry				X									
SF New Deal		X									X		
The San Francisco Market Corporation (The SF Market)				X			X						X
Vouchers 4 Veggies					X	X							



ORGANIZATION SPOTLIGHT:

Vouchers 4 Veggies — EatSF

Vouchers 4 Veggies is a leading produce prescription program, with proven impacts. Starting in 2015, its mission has been to increase access to and affordability of healthy foods for vulnerable communities through partnerships with various providers in both community-based and clinical settings.

Eligible patients receive \$20–\$40 a month in produce prescriptions for at least six months and can redeem them at a diverse network of vendors across the city. To date, Vouchers 4 Veggies has served more than 17,000 households and partnered with more than 30 vendors in San Francisco, including grocery stores, corner stores, and farmers' markets. While headquartered in San Francisco, Vouchers 4 Veggies has replicated its model to other locations in California and nationally.

Vouchers 4 Veggies delivers huge benefits to vulnerable populations, local communities and the health care system. Patients buy and eat more nutritious foods, improve their diets, experience better health and in turn reduce their need for costly medical care.

“A lot of our clients are on fixed incomes. Food security is a major health concern for them. Many of our clients were eating primarily junk food, and poor nutrition definitely impacts their health. EatSF gives them the opportunity to eat more fruits and vegetables.”

—Clinic Provider

>> For more information, visit <https://eatsfvoucher.org>.

Conclusions & Recommendations

By learning about currently operating Medically Supportive Food and Nutrition programs and the barriers to scaling these programs, we were able to identify the state's existing assets. These assets point the way toward the next steps needed to secure the benefits of expanding MSF&N with funding and capacity-building support through CalAIM.

California's greatest asset is the breadth and depth of organizations already piloting MSF&N interventions across rural, suburban and urban settings. For example, in Del Norte, a rural county in the far northwest corner of California, nine organizations currently provide MSF&N services, including healthy meals, healthy food boxes, nutrition education, cooking education, behavioral health coaching and administrative support. Similarly, in urban counties such as Los Angeles and San Francisco, MSF&N organizations provide a wide range of services to large patient populations. While there is still a need to increase network adequacy, there are more than enough currently available providers to pilot MSF&N through the CalAIM waiver. In addition, 60% of the current program operators are already working directly with health care to provide their services. This creates a vast network primed to integrate their services into Medi-Cal and share their expertise.

Together, the Department of Health Care Services, health plans, CBOs and local government departments must build on existing strengths to realize the full potential of integrating these services into Medi-Cal through the CalAIM waiver.

Recommendations

- 1) The California Department of Health Care Services should draw on the collective expertise of the many community-based organizations and local governments already providing food-based supports to inform implementation of the Medically Tailored Meals/Medically Supportive Food In Lieu of Services benefits.** Grounding implementation in the realities of providing these services will be key to successful implementation. DHCS should integrate providers' best practices into the technical assistance the department and its contractors are providing to health plans. DHCS should also make it clear in the formal guidance, including implementation documents and statewide communications, that the full spectrum of MSF&N interventions are allowable to enable as many health plans as possible to opt in.
- 2) Health plans must opt in to providing MSF&N if they hope to secure improved health outcomes and cost savings associated with these interventions, and the first step is finding strong community partners.** Health plans can learn from the eight insurers already providing MSF&N interventions. The case studies in this report provide a deeper look at how these partnerships work in multiple contexts. The directory in Appendix A provides a roster of organizations currently providing at least one MSF&N intervention and the geography they serve. Appendix B includes the services provided by each organization. Together, these resources form the foundation needed for health plans to connect directly with potential MSF&N providers.

3) Current and potential MSF&N providers in California should bring together a community of practice to support one another as they work to fully integrate their offerings into Medi-Cal.

More than 120 organizations currently provide MSF&N interventions in California. This breadth and depth of knowledge provides an opportunity to accelerate the field in California. There are currently multiple national-level communities of practice, including the National Produce Prescription Collaborative, Food is Medicine Coalition (focused on medically tailored meals) and the GusNIP Training, Technical Assistance Evaluation and Information Center (focused on produce prescriptions), that share programmatic best practices and work on joint advocacy, but there is no state-level equivalent.

If these partners come together, California will join Massachusetts, North Carolina and Oregon in providing MSF&N interventions to eligible Medicaid recipients and ultimately improve health care outcomes, reduce health care costs and mitigate health disparities.

Appendix A:

Medically Supportive Food and Nutrition Providers by County

Counties	MSF&N Providers
Statewide	Center for Wellness and Nutrition (a program of the Public Health Institute), Everytable, Leah's Pantry, Revolution Foods, Roots of Change
Alameda County, CA	Agricultural Institute of Marin, Alameda County Adult and Aging Services, Alameda County Community Food Bank, ALL IN Alameda County, Fresh Approach, Native American Health Center, Open Heart Kitchen, Stanford Division of General Pediatrics, The San Francisco Market Corporation (The SF Market)
Alpine County, CA	Area 12 Agency on Aging
Amador County, CA	Area 12 Agency on Aging
Butte County, CA	Chico Meals on Wheels
Calaveras County, CA	Area 12 Agency on Aging, Calaveras County Public Health
Colusa County, CA	No active providers responded to the survey
Contra Costa County, CA	Contra Costa County Public Health Department Senior Nutrition Program, Contra Costa Health Services, Food Bank of Contra Costa and Solano, Fresh Approach, Meals on Wheels Diablo Region, The San Francisco Market Corporation (The SF Market)
Del Norte County, CA	Del Norte and Tribal Lands Community Food Council (under the umbrella of Family Resource Center of the Redwoods), Del Norte Department of Health and Human Services Public Health Branch CalFresh Healthy Living Program, Del Norte Senior Center, Open Door Community Health Centers, Our Daily Bread Ministries, Redwood Empire Food Bank, Rural Human Services Inc., United Indian Health Services
El Dorado County, CA	No active providers responded to the survey
Fresno County, CA	Welbe Health
Glenn County, CA	No active providers responded to the survey
Humboldt County, CA	North Coast Growers' Association, Open Door Community Health Centers, Redwood Empire Food Bank, United Indian Health Services
Imperial County, CA	Catholic Charities Diocese of San Diego, Jacobs & Cushman San Diego Food Bank
Inyo County, CA	No active providers responded to the survey
Kern County, CA	Community Action Partnership of Kern, Kern County Public Health Services Department
Kings County, CA	Kings Community Action Org.
Lake County, CA	North Coast Opportunities, Redwood Empire Food Bank
Lassen County, CA	No active non health plan providers responded to the survey
Los Angeles County, CA	Aids Healthcare Foundation, APLA Health & Wellness, Episcopal Diocese of Los Angeles, H Claude Metro LA CHC Clinic, Huber H. Humphrey Comprehensive Health Center, Hunger Action LA, LA Green Grounds, LA Regional Food Bank, Los Angeles Christain Health Centers, Los Angeles County Department of Public Health Division of chronic Disease and Injury Prevention Nutrition and Physical Activity Program, Martin Luther King Outpatient Center, Meals on Wheels of West Los Angeles, Northeast Valley Health Corporation, Project Angel Food, Social Justice Learning Institute, Special Service for Groups INC. (SSG) / Asian Pacific Islander Forward Movement (APIFM), Venice Family Clinic, Vouchers 4 Veggies, Wholesome Wave
Madera County, CA	No active providers responded to the survey
Marin County, CA	Agricultural Institute of Marin, Ceres Community Project, ExtraFood.org
Mariposa County, CA	Area 12 Agency on Aging, Merced County Food Bank
Mendocino County, CA	Northcoast Opportunities, Redwood Empire Food Bank
Merced County, CA	Dignity Health Mercy Medical Center - Community Health, Merced County Food Bank
Modoc County, CA	No active non health plan providers responded to the survey
Mono County, CA	No active providers responded to the survey
Monterey County, CA	Community Health Trust of Pajaro Valley, Everyones Harvest
Napa County, CA	Napa County Public Health, The San Francisco Market Corporation (The SF Market)
Nevada County, CA	Agency on Aging/Area 4

Orange County, CA	Episcopal Diocese of Los Angeles, Meals on Wheels Orange County, Project Angel Food, Second Harvest Food Bank of Orange County
Placer County, CA	Agency on Aging/Area 4, Placer County Human Services
Plumas County, CA	No active providers responded to the survey
Riverside County, CA	Episcopal Diocese of Los Angeles, Project Angel Food, Riverside University Health System / University of Riverside,
Sacramento County, CA	Agency on Aging/Area 4, One Community Health, Wholesome Wave
San Benito County, CA	Community Health Trust of Pajaro Valley
San Bernardino County, CA	Community Action Partnership of Kern, Episcopal Diocese of Los Angeles, Project Angel Food
San Diego County, CA	Catholic Charities- Diocese of San Diego, Family Health Centers of San Diego, Jacobs & Cushman San Diego Food Bank, Mama's Kitchen, Scripps Chula Vista Family Medicine Residency
San Francisco County, CA	Agricultural Institute of Marin, Clinic by the Bay, Conard House, Food as Medicine Collaborative, Fresh Approach, Gellert Health Services- Chinese Hospital affiliated, HealthRight360, Heart of the City Farmers' Market, Homeless Prenatal Program, Meals on Wheels San Francisco, San Francisco Patient Pantry, SF New Deal, The San Francisco Market Corporation (The SF Market), Vouchers 4 Veggies
San Joaquin County, CA	Amelia Ann Adams Whole Life Center, California Children's Services- San Joaquin county public health, Childhood Lead Poisoning Prevention Program, Community Action Partnership of Kern, San Joaquin County Public Health Services, San Joaquin County Public Health Services WIC Program, Tracy Interfaith Ministries, Wings of Healing Ministries
San Luis Obispo County, CA	Food System Coalition of SLO County
San Mateo County, CA	Clinic by the Bay, County of San Mateo, Fresh Approach, Gellert Health Services- Chinese Hospital affiliated, Ravenswood Family Health Network, Samaritan House, San Mateo Health System, Second Harvest Silicon Valley, Stanford Division of General Pediatrics, The San Francisco Market Corporation (The SF Market)
Santa Barbara County, CA	Episcopal Diocese of Los Angeles, Santa Barbara Public Health Dept.
Santa Clara County, CA	Fresh Approach, Gardner Health Services, Ravenswood Family Health Network, Second Harvest of Silicon Valley, Stanford Division of General Pediatrics, The Health Trust, The San Francisco Market Corporation (The SF Market)
Santa Cruz County, CA	Community Health Trust of Pajaro Valley, Second Harvest Food Bank Santa Cruz County, Teen Kitchen Project
Shasta County, CA	CalFresh Healthy Living- UCCE, Dignity Health Connected Living, Shasta County Health and Human services Agency- Public Health, Shasta County Public Health
Sierra County, CA	Agency on Aging/Area 4
Siskiyou County, CA	No active non health plan providers responded to the survey
Solano County, CA	Ceres Community Project, Food Bank of Contra Costa and Solano, Innovative Health Solutions, Meals on Wheels of Solano County
Sonoma County, CA	Ceres Community Project, Food for Thought, Reach for Home, Redwood Empire Food Bank, Santa Rosa Community Health
Stanislaus County, CA	No active providers responded to the survey
Sutter County, CA	Agency on Aging/Area 4
Tehama County, CA	CalFresh Healthy Living, UCCE
Toulumne County, CA	No active providers responded to the survey
Trinity County, CA	CalFresh Healthy Living, UCCE
Tulare County, CA	FoodLink for Tulare County
Ventura County, CA	Episcopal Diocese of Los Angeles, Ventura County Area Agency on Aging
Yolo County, CA	Agency on Aging/Area 4, CommuniCare Health Centers, Yolo Food Bank
Yuba County, CA	Agency on Aging/Area 4

Appendix B:

Services Offered by Medically Supportive Food & Nutrition Providers

- Medically tailored meals
- Fruit & vegetable prescriptions/vouchers
- Cooking education
- Transportation for accessing healthy food to prevent or manage chronic disease
- Healthy meals
- Food prescriptions/vouchers
- Behavioral health coaching
- Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services
- Medically tailored food boxes/packages
- On-site food pharmacy
- Nutrition education
- Other
- Healthy food boxes

Health Insurance Providers	Counties Served	Red	Orange	Yellow	Light Green	Dark Green	Cyan	Blue	Dark Blue	Pink	Magenta	Purple
AIDS Healthcare Foundation	Los Angeles		X	X				X	X			X
Alameda Alliance for Health	Alameda	X					X	X	X	X		X
Central California Alliance for Health	Merced, Monterey, Santa Cruz	X										
Health Net	Statewide	X						X	X	X	X	X
Kaiser Permanente	Statewide	X										
Partnership Health Plan of California	Del Norte, Humboldt, Lake, Lassen, Marin, Mendocino, Modoc, Napa, Shasta, Siskiyou, Solano, Sonoma, Trinity, Yolo							X				
San Francisco Health Plan	San Francisco	X	X	X				X		X	X	X

Healthcare Providers	Counties Served	Red	Orange	Yellow	Light Green	Dark Green	Cyan	Blue	Dark Blue	Pink	Magenta	Purple
APLA Health & Wellness	Los Angeles			X			X	X				
CommuniCare Health Centers	Yolo		X	X			X	X	X		X	X
Contra Costa Health Services	Contra Costa			X				X	X	X	X	X
Dignity Health Mercy Medical Center - Community Health	Merced							X				
Family Health Centers of San Diego	San Diego							X		X	X	
Gellert Health Services, Chinese Hospital affiliated	San Francisco, San Mateo							X		X		
H Claude Hudson Metro LA CHC clinic	Los Angeles							X		X	X	
HealthRIGHT360	San Francisco						X	X	X			
Los Angeles Christian Health Centers	Los Angeles						X	X	X	X	X	X
Los Angeles County Department of Health Services	Los Angeles							X		X	X	X
Martin Luther King Outpatient Center	Los Angeles							X		X	X	X
Native American Health Center	Alameda		X	X			X	X		X	X	
Northeast Valley Health Corporation	Los Angeles	X						X		X	X	X
One Community Health	Sacramento				X			X	X			
Open Door Community Health Centers	Del Norte, Humboldt			X	X	X	X	X	X		X	X
Ravenswood Family Health Network	San Mateo, Santa Clara			X							X	
Riverside University Health System / University of California Riverside	Riverside			X	X			X		X	X	
San Mateo County Health System	San Mateo			X	X	X				X	X	
Santa Rosa Community Health	Sonoma	X						X		X	X	
Scripps Chula Vista Family Medicine Residency	San Diego							X		X	X	



Healthcare Providers	Counties Served	Medically tailored meals	Healthy meals	Medically tailored food boxes/packages	Healthy food boxes	Fruit & vegetable prescriptions/vouchers	Food prescriptions/vouchers	On-site food pharmacy	Nutrition education	Cooking education	Behavioral health coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
Stanford Division of General Pediatrics	Alameda, San Mateo, Santa Clara									X			X	X
Venice Family Clinic	Los Angeles							X	X	X	X	X	X	X
Welbe Health	Fresno	X	X							X	X	X	X	X

Nonprofits CBOs	Counties Served	Medically tailored meals	Healthy meals	Medically tailored food boxes/packages	Healthy food boxes	Fruit & vegetable prescriptions/vouchers	Food prescriptions/vouchers	On-site food pharmacy	Nutrition education	Cooking education	Behavioral health coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
Agency on Aging/Area 4	Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, Yuba									X	X	X	X	
Agricultural Institute of Marin	Alameda, Marin, San Francisco									X	X			
Alameda County Community Food Bank	Alameda			X	X					X	X	X	X	
Amelia Ann Adams Whole Life Center	San Joaquin											X	X	X
CalFresh Healthy Living, UCCE	Shasta, Tehama, Trinity									X	X			
Catholic Charities, Diocese of San Diego	Imperial, San Diego													
Center for Wellness and Nutrition (a program of the Public Health Institute)	Statewide, Fresno, Los Angeles, Madera, Merced, Sacramento, San Joaquin			X	X					X	X			
Ceres Community Project	Marin, Solano, Sonoma	X	X	X	X	X		X	X					
Chico Meals on Wheels	Butte	X	X											X
Clinic by the Bay	San Francisco, San Mateo					X		X	X				X	
Community Action Partnership of Kern	Kern, San Bernardino, San Joaquin									X			X	X
Community Health Trust of Pajaro Valley	Monterey, San Benito, Santa Cruz			X	X	X	X	X	X	X	X	X	X	
Conard House	San Francisco	X	X	X	X	X	X	X	X	X	X	X	X	X
Del Norte and Tribal Lands Community Food Council (under the umbrella of Family Resource Center of the Redwoods)	Del Norte									X	X		X	
Del Norte Senior Center	Del Norte		X							X				
Dignity Health Connected Living	Shasta		X			X				X				X
Episcopal Diocese of Los Angeles	Los Angeles, Orange, Riverside, San Bernardino, Santa Barbara, Ventura		X			X				X	X	X	X	
Everyone's Harvest	Monterey					X	X	X		X	X			
Everytable	Statewide	X	X											
ExtraFood.org	Marin									X				
Food Bank of Contra Costa and Solano	Contra Costa, Solano		X	X	X			X					X	
Food For Thought	Sonoma	X	X							X				
Food System Coalition of SLO County	San Luis Obispo												X	
FoodLink for Tulare County	Tulare					X				X	X			
Fresh Approach	Alameda, Contra Costa, San Mateo, Santa Clara, San Francisco					X				X	X	X	X	X
Gardner Health Services	Santa Clara					X				X		X		
Heart of the City Farmers' Market	San Francisco									X	X		X	X



Nonprofits CBOs	Counties Served	Red	Orange	Light Orange	Yellow	Light Green	Dark Green	Light Blue	Medium Blue	Dark Blue	Pink	Magenta	Purple	Dark Purple
Sierra Bible Church	Tuolumne									X	X			
Sierra Senior Providers, Inc.	Tuolumne		X						X					
Social Justice Learning Institute	Los Angeles								X	X				
Special Service for Groups, Inc. (SSG) / Asian Pacific Islander Forward Movement (APIFM)	Los Angeles								X	X				
Teen Kitchen Project	Santa Cruz	X	X	X						X				
The Health Trust	Santa Clara	X	X		X				X	X				
The San Francisco Market Corporation (The SF Market)	Alameda, Contra Costa, Napa, San Francisco, San Mateo, Santa Clara				X			X						X
Tracy Interfaith Ministries	San Joaquin				X									
United Indian Health Services	Del Norte, Humboldt								X	X	X	X		
Vouchers 4 Veggies	Los Angeles, San Francisco					X	X							
Wholesome Wave	Los Angeles, Sacramento				X	X				X	X			
Wings of Healing Ministries	San Joaquin		X											
Yolo Food Bank	Yolo								X					X

Government	Counties Served	Red	Orange	Light Orange	Yellow	Light Green	Dark Green	Light Blue	Medium Blue	Dark Blue	Pink	Magenta	Purple	Dark Purple
Alameda County Adult and Aging Services	Alameda		X		X	X			X					
ALL IN Alameda County	Alameda		X			X	X	X	X	X	X	X	X	X
Area 12 Agency on Aging	Alpine, Amador, Calaveras, Mariposa, Tuolumne								X			X		
Calaveras County Public Health	Calaveras								X	X				
California Children's Services, San Joaquin county public health	San Joaquin	X												
Childhood Lead Poisoning Prevention Program	San Joaquin								X			X		
Contra Costa County Public Health Department Senior Nutrition Program	Contra Costa								X					X
County of San Mateo	San Mateo						X					X		
Del Norte Department of Health and Human Services, Public Health branch, CalFresh Healthy Living program	Del Norte								X	X				X
Food as Medicine Collaborative	San Francisco							X	X	X	X	X		
Hubert H. Humphrey Comprehensive Health Center	Los Angeles								X			X		X
Kern County Public Health Services Department	Kern				X				X		X		X	
"Los Angeles County Department of Public Health, Division of Chronic Disease and Injury Prevention Nutrition and Physical Activity Program"	Los Angeles							X	X					
Napa County Public Health	Napa					X			X	X	X			
Placer County Human Services	Placer								X	X		X		

- Medically tailored meals
- Fruit & vegetable prescriptions/vouchers
- Cooking education
- Transportation for accessing healthy food to prevent or manage chronic disease
- Healthy meals
- Food prescriptions/vouchers
- Behavioral health coaching
- On-site food pharmacy
- Medically tailored food boxes/packages
- Nutrition education
- Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services
- Other

Government	Counties Served	Medically tailored meals	Healthy meals	Medically tailored food boxes/packages	Healthy food boxes	Fruit & vegetable prescriptions/vouchers	Food prescriptions/vouchers	On-site food pharmacy	Nutrition education	Cooking education	Behavioral health coaching	Administrative, application, enrollment and assistance support to help with food delivery and linked to community based food services	Transportation for accessing healthy food to prevent or manage chronic disease	Other
San Joaquin County Public Health Services	San Joaquin									X	X		X	
Santa Barbara Public Health Dept	Santa Barbara							X	X			X	X	
Shasta County Health and Human Services Agency-Public Health	Shasta									X	X		X	
Shasta County Public Health	Shasta									X	X			
Ventura County Area Agency on Aging	Ventura	X	X	X	X					X	X		X	X

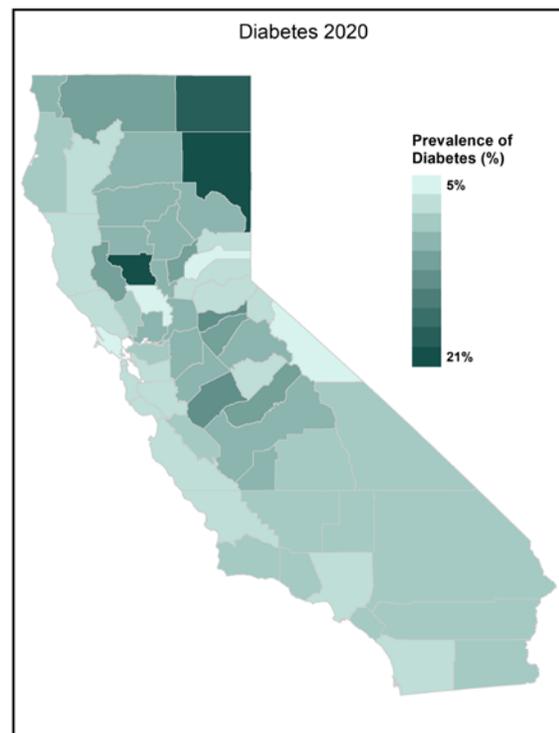
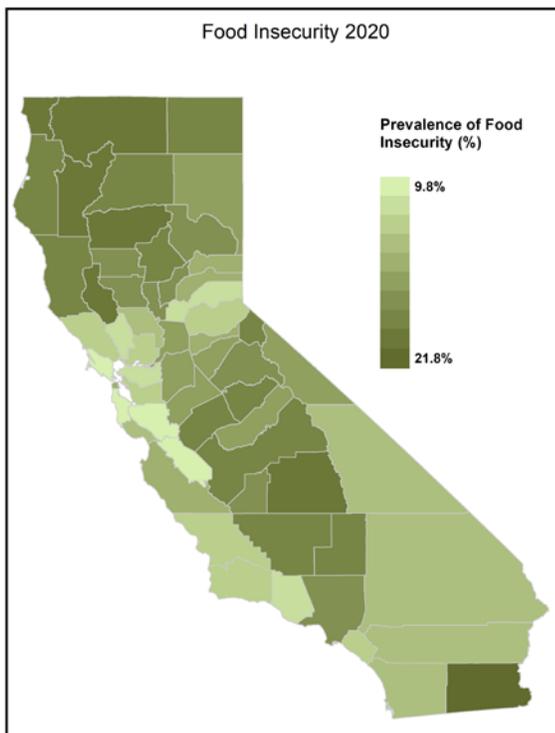
Appendix C:

Why Californians Need Improved Access to Medically Supportive Food and Nutrition

When assessing health care outcomes, it is necessary to address both chronic conditions and risk factors of morbidity, including prevalence of food insecurity, diabetes, hypertension, coronary artery disease and obesity.

Before COVID-19, about 4 million Californians (10%) were food insecure. Based on a Feeding America study, the projected impact of the pandemic on the rate of food insecurity will skyrocket to nearly 22%. This makes California's increase in food insecurity the largest in the nation.

From a chronic conditions perspective, California faces similar rates to other states across the country. More than 13 million adults (46%) are estimated to have prediabetes or undiagnosed diabetes. And about 2.9 million adults (10.1%) have diagnosed diabetes. There are variations around the state, including diabetes rates around 9% in Plumas County to greater than 13.9% in Merced County.

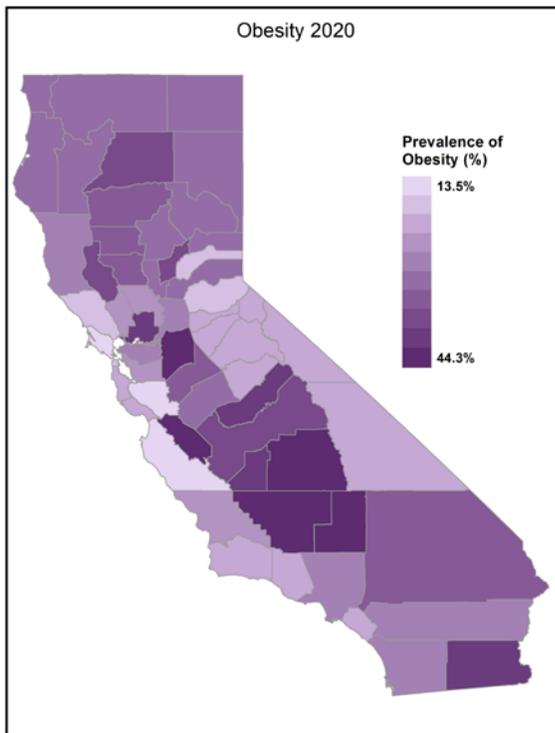


Source: Food Insecurity: Feeding America. (2020). The Impact of Coronavirus on Food Security. Retrieved from <https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/>

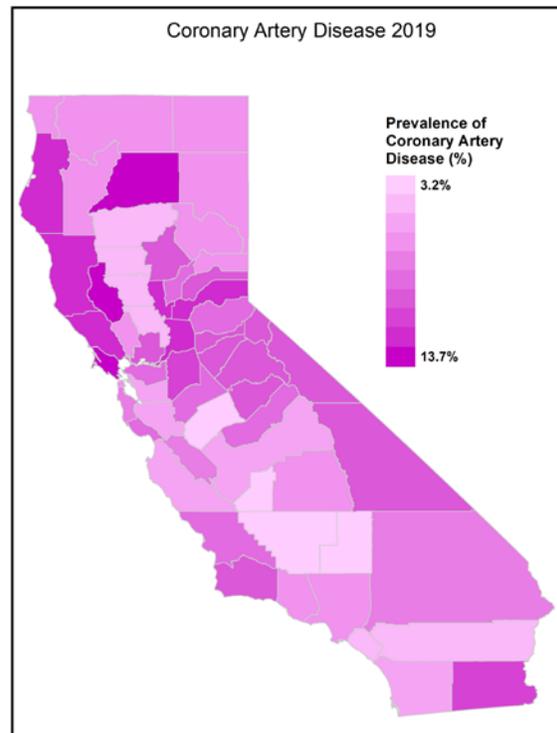
Source: Diabetes: County Health Rankings. (2020). Diabetes prevalence. Retrieved from <https://www.countyhealthrankings.org/app/california/2020/measure/outcomes/60/data>

Many Californians also live with obesity. As of 2019, the overall prevalence of obesity in California is 26.2%. However, there are disparities in obesity prevalence in different communities. Among individuals that identify as Hispanic, the prevalence is 32.9%; among non-Hispanic Black people 35.6% and among non-Hispanic white people, 23.9%.³¹

While California has the 14th lowest rate of death from cardiovascular disease in the country, 12 million Californians live with cardiovascular disease.³² Of all the forms of cardiovascular disease, coronary artery disease, more commonly known as heart disease, is still the leading cause of death in the state (62,394 deaths in 2019 from heart disease).³³



Source: Obesity: UCLA Center for Health Policy Research. (2019). Body Mass Index by County. California Health Interview Survey. Accessed 2020.



Source: UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with Heart Disease. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

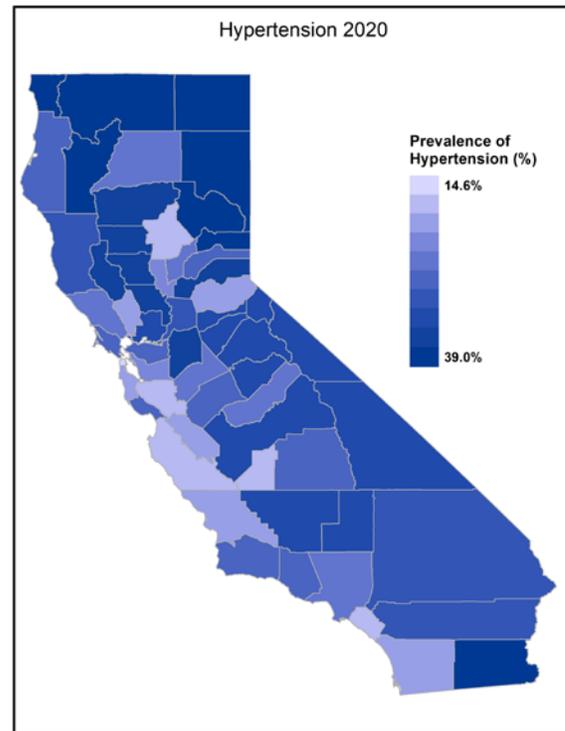
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Hypertension also poses a burden on the health of Californians, with a rate of 27.8%. These cardiometabolic burdens were further magnified by COVID-19, as people living with diabetes, hypertension and obesity were more likely to have adverse outcomes after COVID-19 infection.³⁴

These challenges reflect the need for access to healthy, affordable foods and beverages for all Californians. MSF&N interventions can help address California's health needs. Evidence suggests that a broad range of medically supportive nutrition interventions can lower HbA1c,³⁵ BMI³⁶ and blood pressure.³⁷ Additionally, they allow for increased patient autonomy as well as more opportunities to ensure the supports are culturally relevant. Supporting Californians in this way would not only address food insecurity but also ensure that individuals have access to nutritious food that can improve health outcomes. By addressing nutritional needs within the context of health care, MSF&N interventions play an important role in preventing and managing many of the chronic conditions that drive health care costs, including diabetes, cardiovascular disease, kidney disease, certain cancers, HIV and more.



Source: Hypertension: UCLA Center for Health Policy and Innovation. (2019). Ever Diagnosed with High Blood Pressure. California Health Interview Survey. Accessed 2020. https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results

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