



Food Access in Healthcare

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Get Healthy Philly

Get Healthy Philly is the Chronic Disease Prevention Division of the Philadelphia Department of Public Health. We aim to make healthy choices easier where people live, work, learn, shop, worship and play. We focus on healthy eating, physical activity, and tobacco control as they can reduce risks for chronic disease and premature death.

Good Food, Healthy Hospitals





GOOD FOOD, HEALTHY HOSPITALS

Pennsylvania's innovative program to improve health through interventions in hospital food

- **Background** - Expansion of *Philadelphia Nutrition Standards* → hospitals
- **Purpose** – Create culture of health through foods and beverages offered
- **Grant Funding** –
 - 2014-2018: Centers for Disease Control and Prevention (CDC) State and Local Public Health Agencies grant (Philadelphia-specific)
 - 2018-2023: CDC State Physical Activity and Nutrition and Pennsylvania State Block grants (Pennsylvania-specific)
- **Partnerships** –
 - Pennsylvania Department of Health
 - The Common Market Mid-Atlantic



Good Food, Healthy Hospitals: Progression & Impact

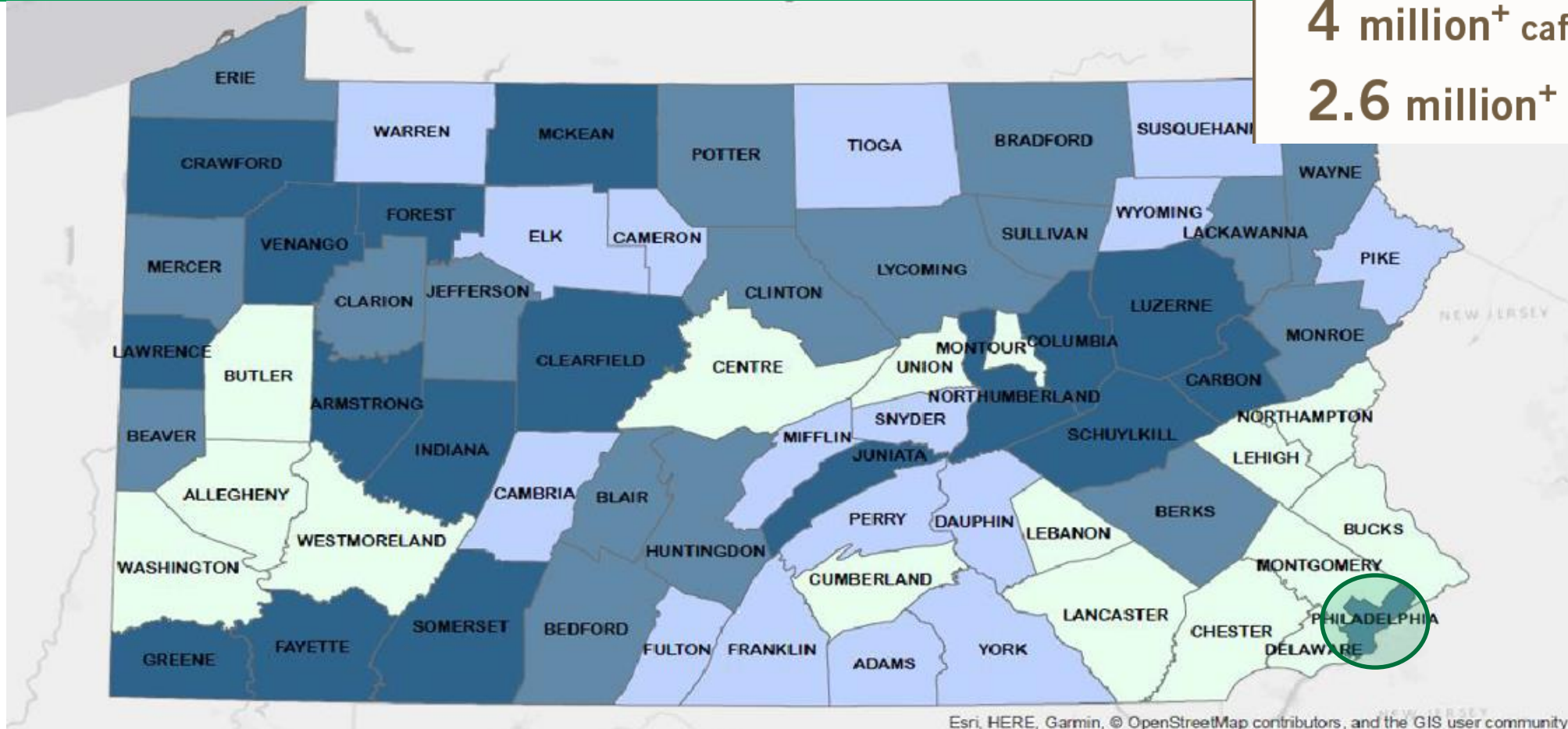
BY THE NUMBERS

18 pledged hospitals

27,000⁺ hospital staff

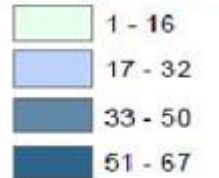
4 million⁺ cafeteria meals/year

2.6 million⁺ patient meals/year



Legend

4/23/18 Ranking



Esri, HERE, Garmin, © OpenStreetMap contributors, and the GIS user community



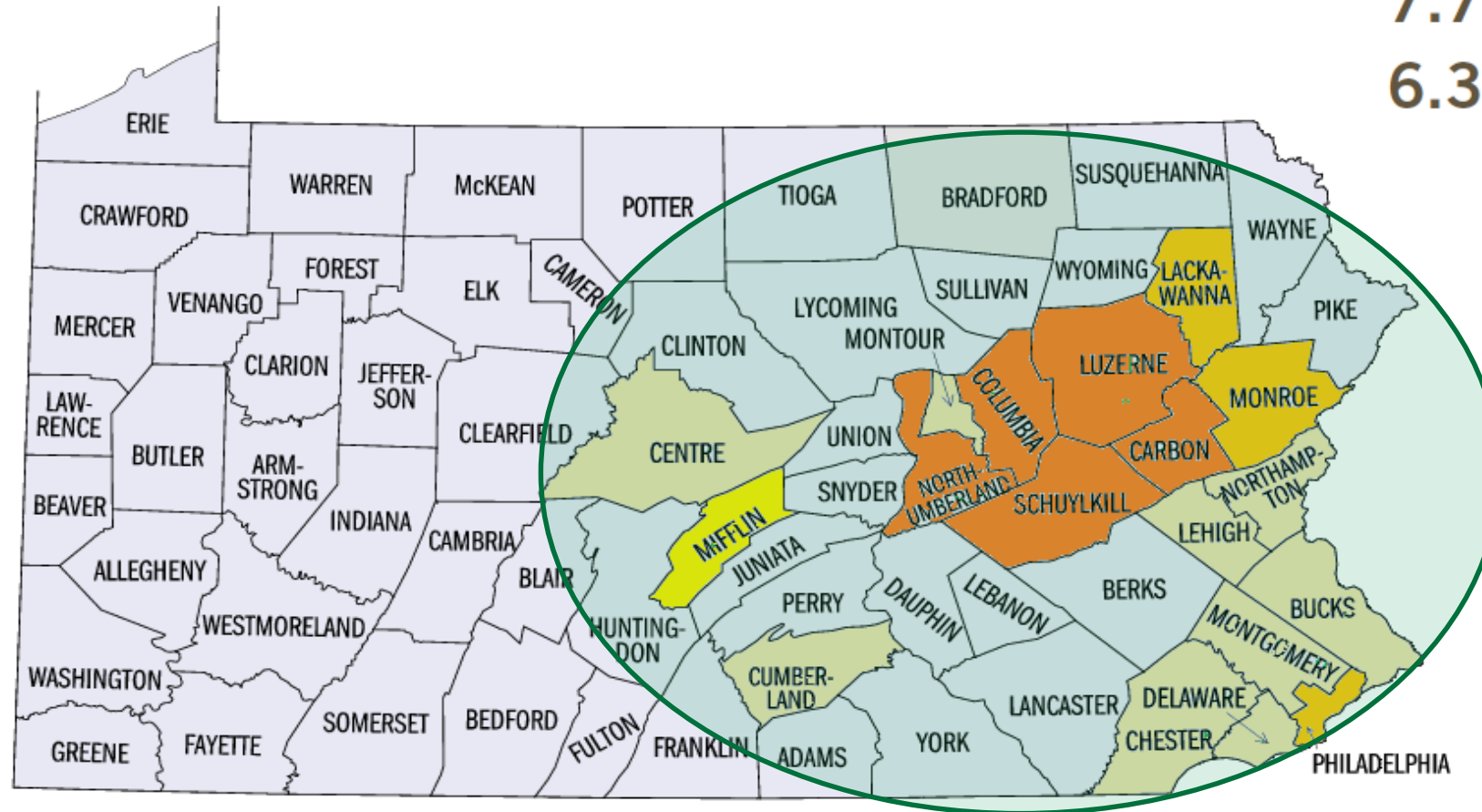
Good Food, Healthy Hospitals: Progression & Impact

38 pledged hospitals

74,000⁺ hospital staff

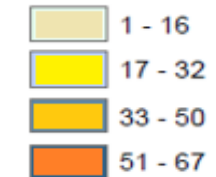
7.7 million cafeteria meals/year

6.3 million patient meals/year



Legend

4/23/18 Ranking



Hospitals & Community Health

Hospitals as Community Connectors

Background:

- 2010 Affordable Care Act (ACA) mandates tax exempt hospitals conduct Community Health Needs Assessments (CHNA) every 3 years.
- Institutions use information to guide strategic plans for addressing community health needs including food access

Best practice examples:

- Collaborative approaches: Collaborative Approaches to Advance Community Health, Philadelphia Department of Public Health
- Hospital & health system approaches

Collaborative Approaches to Advance Community Health (COACH) Collaborative

- ✓ **Funding:** Hospital and Healthsystem Association of Pennsylvania
- ✓ **Facilitation:** Health Care Improvement Foundation
- ✓ **Members:** 8 health systems in Southeastern Pennsylvania
- ✓ **Process:** Develop shared strategy
- ✓ **Activities:**
 - Institute 2-question food insecurity screening
 - Connect patients to community resources
- ✓ **On-going Effort:** Collective action for 2019-2022 strategic plans



COLLABORATING

By working towards shared goals and learning together



TARGETING FOOD INSECURITY

By screening patients, referring them to resources, and providing innovative programming



IMPROVING HEALTH

By helping vulnerable communities meet their needs for nutritious food

Consider selecting options across multiple columns for a comprehensive approach to increasing food access for all

FOOD

ONSITE FARMSTAND OR FARMERS MARKET

Common Market

ONSITE PANTRY

ONSITE SUMMER MEALS

Complete Eats

ONSITE FREE PRODUCE DISTRIBUTION

Philabundance Fresh For All

ONSITE GARDEN

MOBILE MARKET

PRODUCE BOX PICK UP

Share Food Program

PRODUCE BOX DELIVERY

Hungry Harvest

MEDICALLY-TAILORED MEAL DELIVERY

MANNA

VOUCHERS

Distributed at clinical sites for free or reduced price food at:

FARMERS MARKETS or RETAIL STORES

Philly Food Bucks

PRODUCE BOX DISTRIBUTION SITE

Fresh Rx

**ONSITE SOURCES:
FOOD FOR PURCHASE**
(e.g., farmstand, hospital cafeteria)

**ONSITE SOURCES:
FREE FOOD**
(e.g., food pantry or pharmacy)

PUBLIC BENEFITS

Enrollment assistance provided by INTERNAL STAFF or PARTNERS outstationed or conducting proactive outreach

TYPES OF BENEFITS:
Supplemental Nutrition Assistance Program (SNAP)

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Earned Income Tax Credit (EITC)

Temporary Assistance for Needy Families (TANF)

POTENTIAL PARTNERS:
Benefits Data Trust / Coalition Against Hunger / 2-1-1 SEPA

EDUCATION

Information and support provided by INTERNAL STAFF or PARTNERS on a variety of topics:

GENERAL NUTRITION

PRODUCE

RECIPES OR COOKING (INCLUDING DEMONSTRATIONS)

BENEFITS NAVIGATION

FINANCIAL LITERACY

Draft - 8/5/19
COACH Food Insecurity Workgroup
Contact: Susan Choi (schoi@hcfonline.org)

2019 CHNA: Collective Assessment

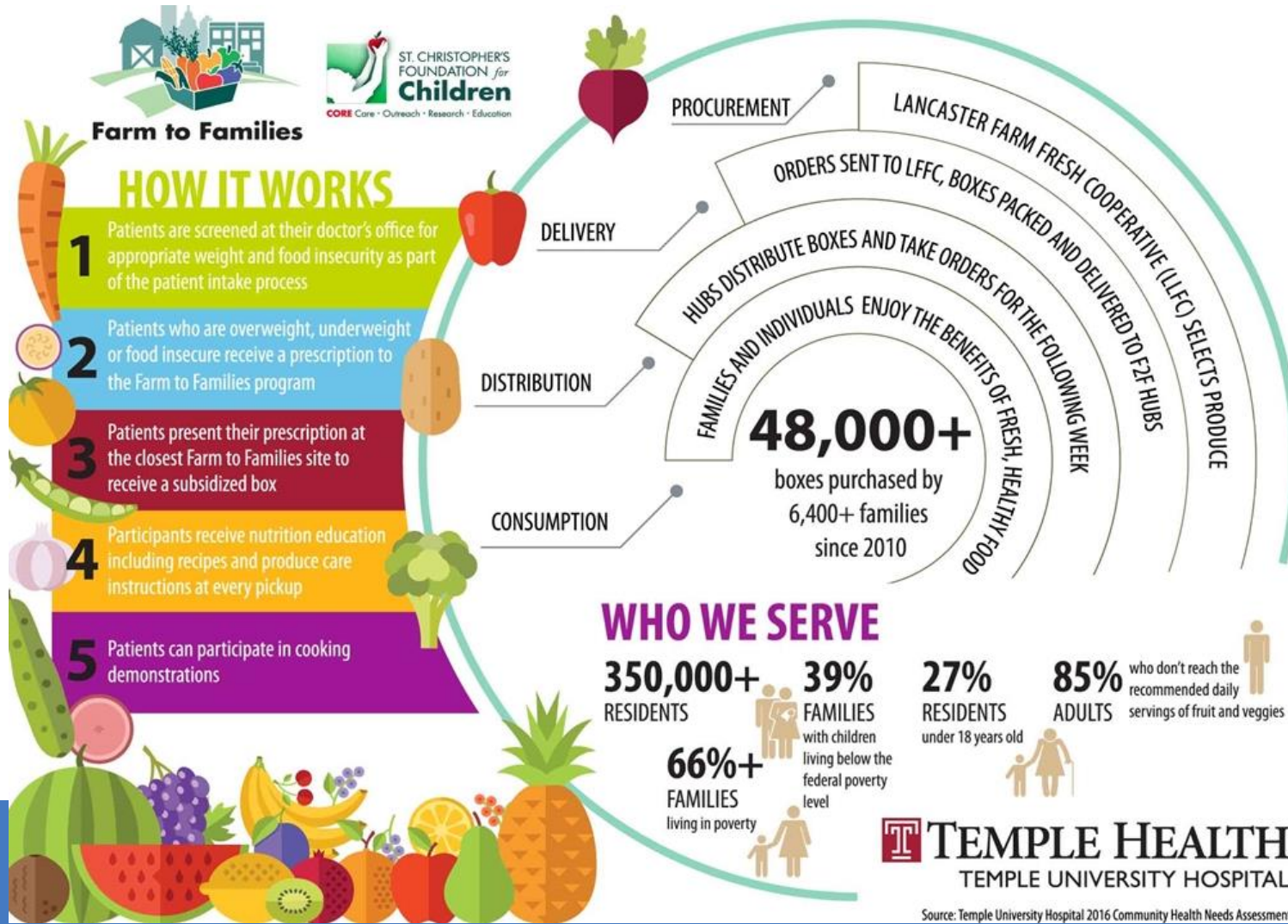
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FOOD ACCESS AND AFFORDABILITY

- » Access to and affordability of healthy foods is a driver of poor health in many communities
 - » Low access is largely driven by poor food environments which lack grocery stores or other sources of fresh food and produce, and are saturated with fast food outlets, convenience and corner stores, and other sources of unhealthy, often less expensive, food options
 - » In communities where food insecurity is highest, the food environment is the poorest
- » Create additional food access via farmers' markets, summer feeding programs, and food pantries
 - » Support corner store redesign to accommodate healthier food supply
 - » Require screening and referral for food insecurity
 - » Provide transportation to supermarkets and other food distribution sites
 - » Provide medical-legal partnership services

Instituted Strategies

COACH Collaborative:



Geisinger Health: Fresh Food Farmacy



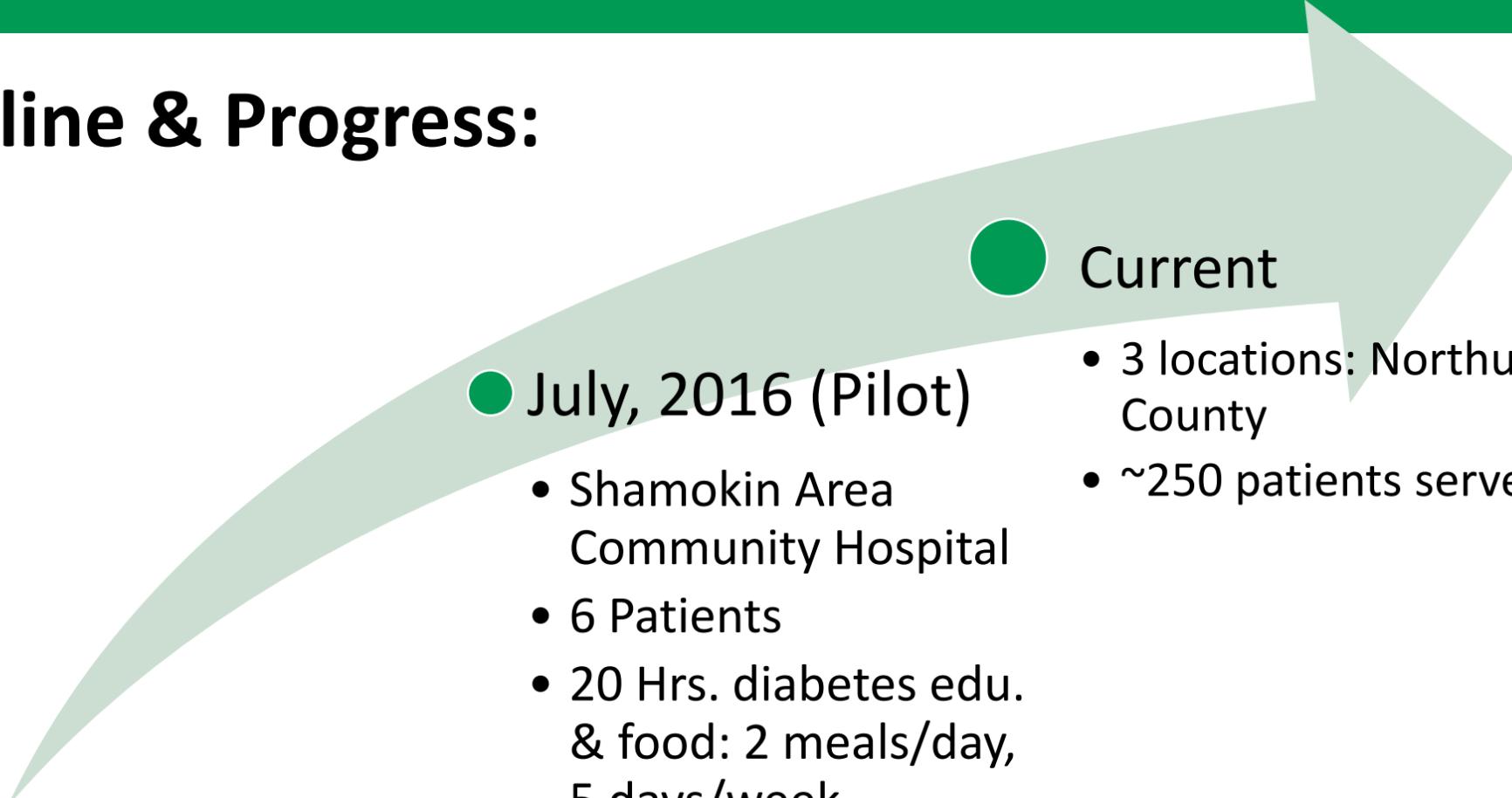
- What is it?
 - ✓ Healthy choice food pantry
- Who does it serve?
 - ✓ Food insecure patients
 - ✓ ≥ 18 years old
 - ✓ Type 2 diabetes diagnosis
 - ✓ HBA1C $\geq 8.0\%$
- How does it work?
 - ✓ Two-question food insecurity screen
 - ✓ In or out-of-network referral

Within the past 12 months I/we worried whether our food would run out before we got money to buy more.

Within the past 12 months the food I/we bought just didn't last and we didn't have the money to get more.

Geisinger Health: Fresh Food Farmacy

Timeline & Progress:



● July, 2016 (Pilot)

- Shamokin Area Community Hospital
- 6 Patients
- 20 Hrs. diabetes edu. & food: 2 meals/day, 5 days/week

● Current

- 3 locations: Northumberland County
- ~250 patients served

St. Luke's University Health Network



- ✓ 11.5 acre organic farm
- ✓ Hundreds of produce varieties
- ✓ Serving patients, staff, and visitors
- ✓ Community Supported Agriculture

Farm
To
Patient



Lankenau Medical Center



Linking Primary Care to Community Food Access to Reach Vulnerable Populations



"THESE PHILLY FOOD BUCKS CAME IN HANDY BECAUSE IT WAS THE END OF THE MONTH AND I WAS OUT OF FOOD. I'VE ALWAYS WANTED TO TRY FARMERS' MARKET FOOD."

— LANKENAU PATIENT AND OVERBROOK FARMERS' MARKET SHOPPER



Lankenau Medical Center

2014

PHILLY FOOD BUCKS DISTRIBUTION AND REDEMPTION (2017 SEASON)

325

patients received
Philly Food
Bucks

1,528

participants
reached at
market

667

participants
received health
screenings

20

farmers impacted
across five
markets



SUPPORT
FOR LOCAL
FARMERS



ACCESS
TO FRESH
PRODUCE



NUTRITION
AND HEALTH
EDUCATION



COMMUNITY
BLOOD PRESSURE
SCREENINGS



SUPPORT FOR
NUTRITION
ASSISTANCE
PROGRAMS

BY THE NUMBERS

HEALTH SCREENINGS (2017)

345

screenings
conducted

42.9%*

repeat
participants

36.4%

participants had
lost weight on a
subsequent visit

*repeat visitor (2015–17) with at least one visit during 2017

432

PHILLY FOOD BUCKS

...

12

FARMERS' MARKETS

...

48

MARKET DATES

...

764

HEALTH SCREENINGS

...

70,000

SHOPPERS



City of
Philadelphia
LIFE • LIBERTY • AND YOU™

GET HEALTHY
PHILLY
Healthy, Active & Smoke-Free

What can your institution do?



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