Helping People. Changing Lives.
community Action PARTNERSHIP
LEARNING COMMUNITIES RESOURCE CENTER

Food as Medicine

February 5, 2020

COMMUNITY ACTION PARTNERSHIP

THE LEARNING COMMUNITY

Building Capacity to Increase Impact

Helping People. Changing Lives.
community Action PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK



The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.

Helping People. Changing Lives.
community Action
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

COMMUNITY ACTION PARTNERSHIP

THE LEARNING COMMUNITY

Building Capacity to Increase Impact

***Purpose**: The purpose of the LCRC is to analyze Community Action outcomes and identify effective, promising, and innovative practice models that alleviate the causes and conditions of poverty.*

BUILD CAA CAPACITY TO FIGHT POVERTY!

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AMERICA'S POVERTY FIGHTING NETWORK

THE LCRC TEAM



TIFFNEY MARLEY

Director of Practice Transformation



HYACINTH MCKINLEY

Senior Associate, Learning & Dissemination



LIL DUPREE

Senior Associate for Research



COURTNEY KOHLER

Senior Associate, Training & Technical Assistance



KEVIN KELLY

Director of Community Economic Development



JEANNIE CHAFFIN

Consultant, Community Action Economic Mobility Initiative



AIMEE ROBERGE

Program Associate, Learning Communities Resource Center

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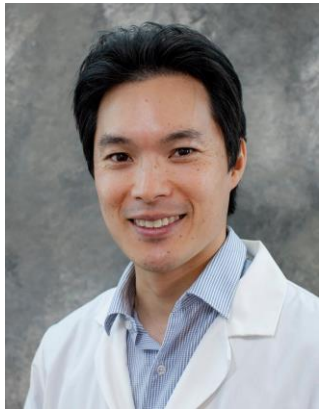
FOOD AS MEDICINE

PARTNERING TO IMPROVE FOOD SECURITY AND HEALTH OUTCOMES AMONG VULNERABLE POPULATIONS



ALL IN ALAMEDA COUNTY
the new war on poverty

Panelists



Steven Chen, MD
Chief Medical Officer
ALL IN

ALL IN

Steven Chen, MD, as the Chief Medical Officer of ALL IN Alameda County, brings an integrative health equity lens to ALL IN's work on poverty. He is leading the scale and spread of a Food as Medicine model across Alameda County health clinics, health systems and food systems. His areas of expertise include integrative medicine, health equity, and innovative models of care that address social determinants of health (SDOH) and improve health outcomes. As the former Medical Director at Hayward Wellness, an FQHC clinic in the Alameda Health System, he and his team developed an innovative "Food as Medicine" model that is clinically integrated and bundles together a variety of interventions to improve health: a "food farmacy" and food prescriptions through a partnership with a local farm, a "social needs pharmacy" to connect patients to community resources, and a group medical visit "behavioral pharmacy" that combines movement, nutrition, stress reduction and social support.

Dr. Chen's commitments to a more just and inclusive world is informed by his experiences as a son of immigrants and a 2nd generation Taiwanese American. He is interested in somatic approaches to healing social and historical traumas. He is committed to utilizing all possible tools to ensure health and wellbeing.

A graduate of Stanford University and Stanford School of Medicine, Dr. Chen is a board-certified family medicine physician who completed his residency training at UCSF-San Francisco General Hospital. He received additional fellowship training in Integrative Medicine at the University of Arizona, the California Health Care Foundation's Leadership Program, acupuncture training through the UCLA-HMI Physicians' Medical Acupuncture program, and advanced training in a form of osteopathic manipulative medicine called Strain-Counterstrain.

Food, Health, and Soil are SILOED

"People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food."

--Wendell Berry

"And both the food and health industry pay no attention to soil and the agricultural industry."

--Steven Chen, MD

ALL IN ALAMEDA COUNTY the new war on poverty

Overview

- **Who is ALL IN Alameda County?**
- **What are the problems our communities are facing?**
- **ALL IN's Food as Medicine Initiative, in detail**
- **Panel Interview with Partners**

ALL IN ALAMEDA COUNTY
the new war on poverty

ALL IN Alameda County

Vision

ALL IN Alameda County envisions a county without poverty where everyone thrives in healthy, vibrant and resilient communities.

Mission

ALL IN leads, innovates, and collaborates across public, private, and community sectors to catalyze the equitable policy and systems change required to address the root causes of poverty.

3 Focus Areas:



Basic Needs: Meet their basic needs for food, shelter, healthcare, and safety



Economic Empowerment: Obtain an income that allows for self-sufficiency and asset-building

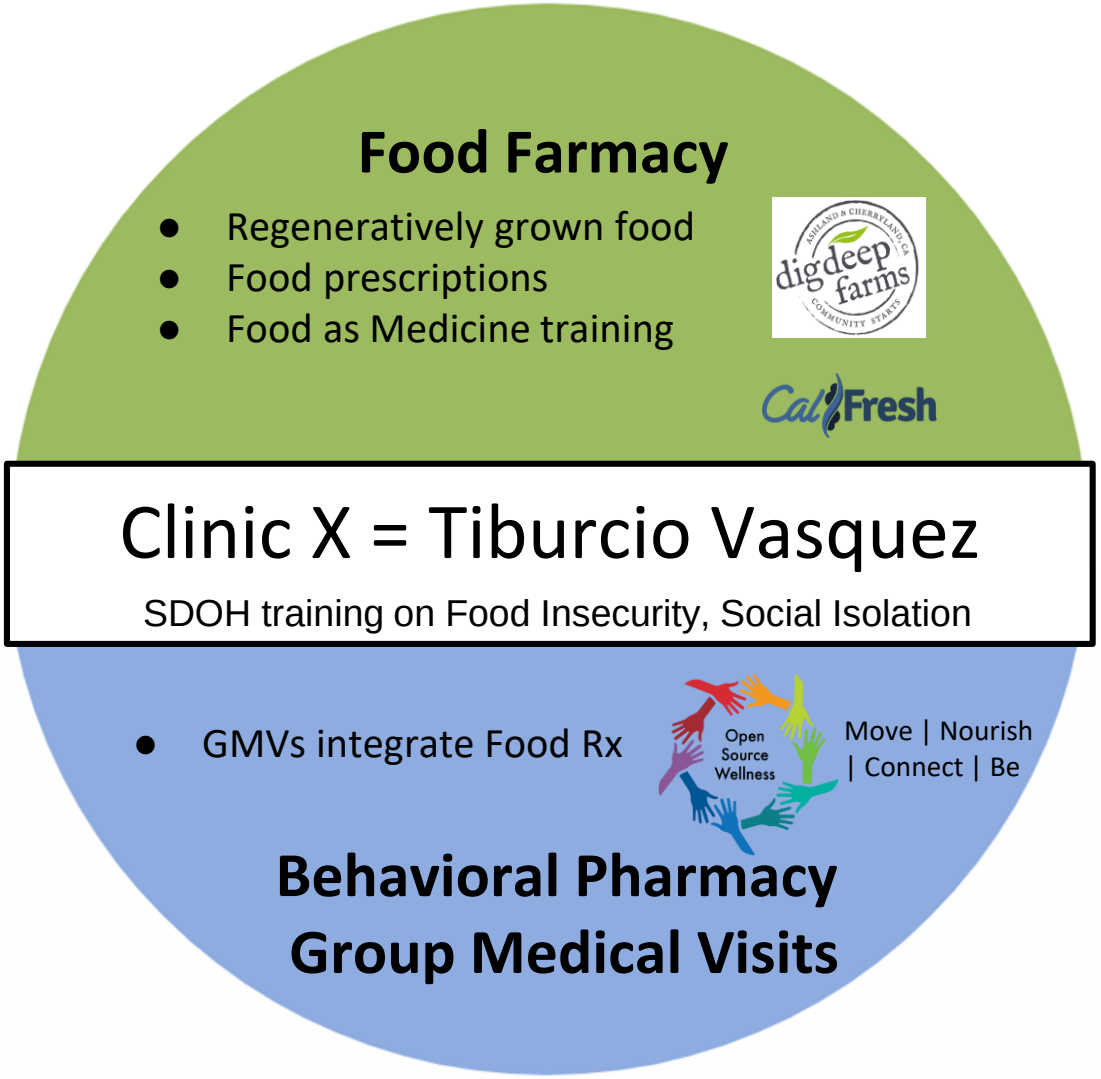


Children, Youth, Family: Obtain a quality education that positions the next generation for academic and economic success

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ALL IN's **Food as Medicine** Initiative

Building Modular Infrastructure at the Clinics



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ALL IN's **Food as Medicine** Initiative supports clinics to move midstream & upstream to make change

1) Treat, prevent, and reverse chronic disease

2) Screen for food insecurity

Food Farmacy

- Regeneratively grown food
- Food prescriptions
- Food as Medicine training

dig deep farms

CalFresh

Clinic X = Tiburcio Vasquez

SDOH training on Food Insecurity, Social Isolation

- GMVs integrate Food Rx

Open Source Wellness

Move | Nourish | Connect | Be

Behavioral Pharmacy Group Medical Visits

1) Improve health outcomes

2) Improve food security

Policy Change

Medically Supportive Foods become a covered health plan benefit

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The Problem: Clinics are stuck *downstream*

Social Determinants of Health (SDOH)

Upstream

Midstream

Clinical Condition

Downstream

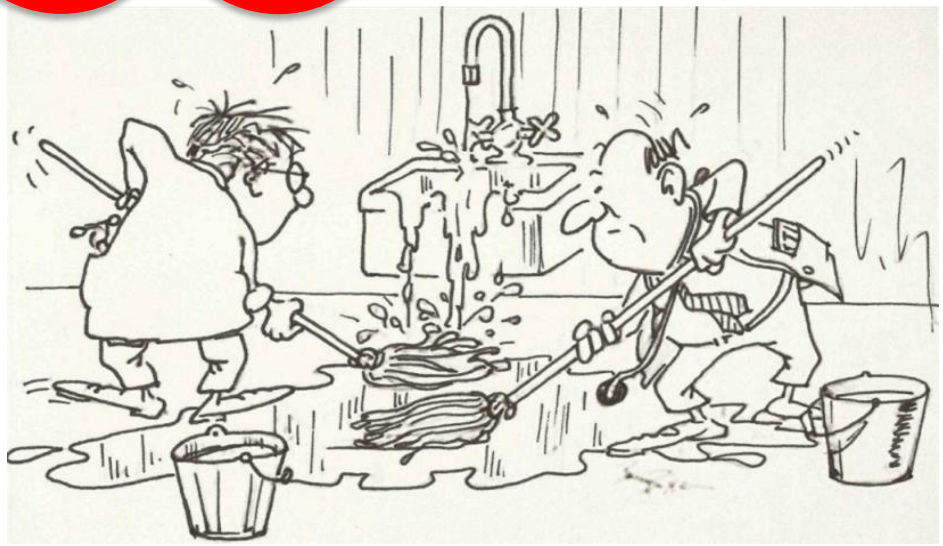
Food insecurity

Social Isolation

Inadequate housing

Legal issues

Safety concerns



Diabetes

Obesity

Hypertension

Anxiety

Depression

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The Problem:

The New York Times

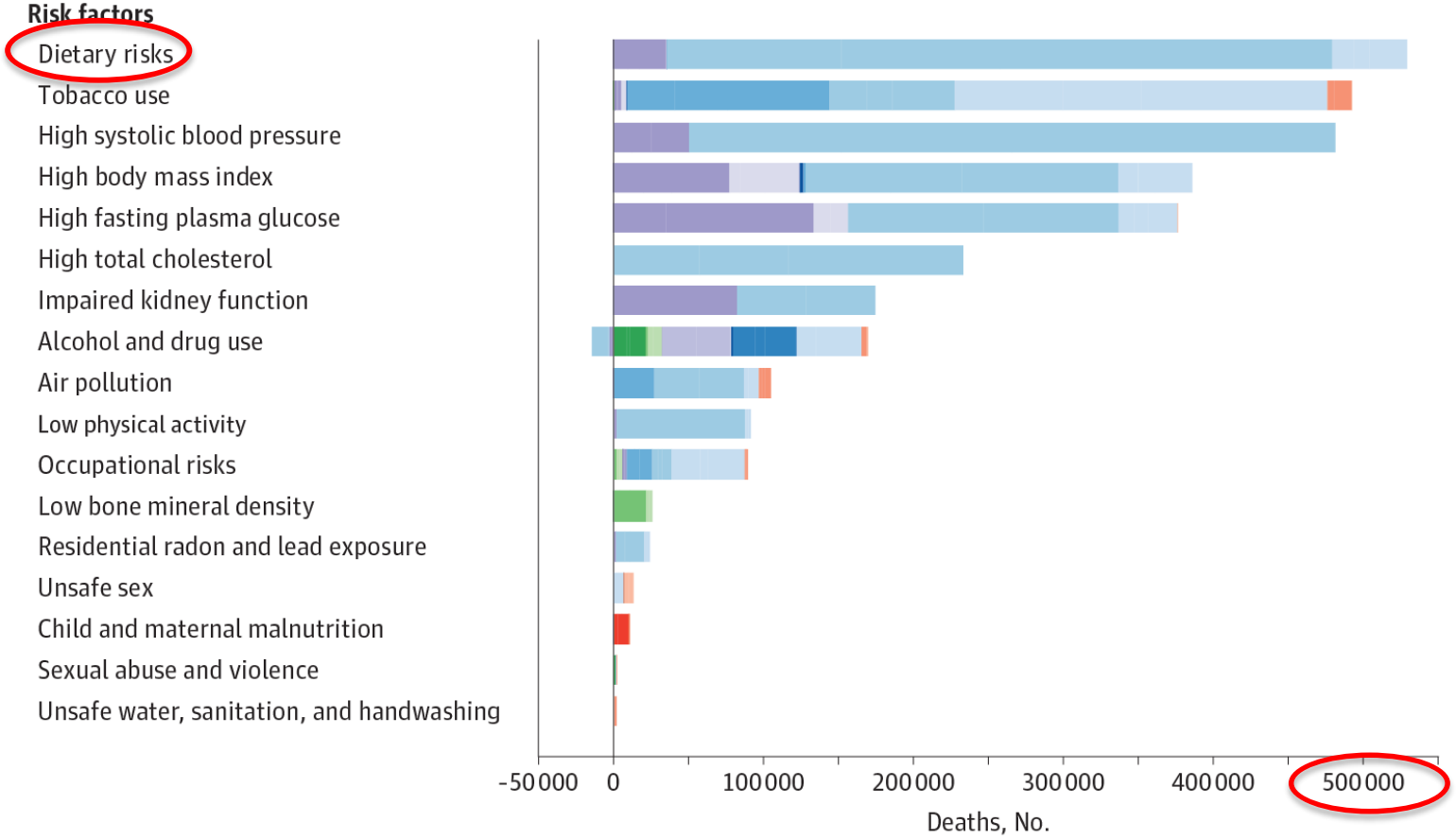
Opinion

Our Food Is Killing Too Many of Us

"Poor diet is the *leading cause* of mortality in the United States, causing more than half a million deaths per year."

By Dariush Mozaffarian and Dan Glickman

A Risk factors and related deaths



The US Burden of Disease Collaborators, 2018 (data from 1990 – 2016)

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The Problem: Chronic Disease

Chronic, preventable, reversible health conditions are driving human suffering and skyrocketing health costs



70% of all Americans **are overweight or obese**



70 million Americans have **hypertension**



100+ million Americans are projected to be **diabetic** by 2050



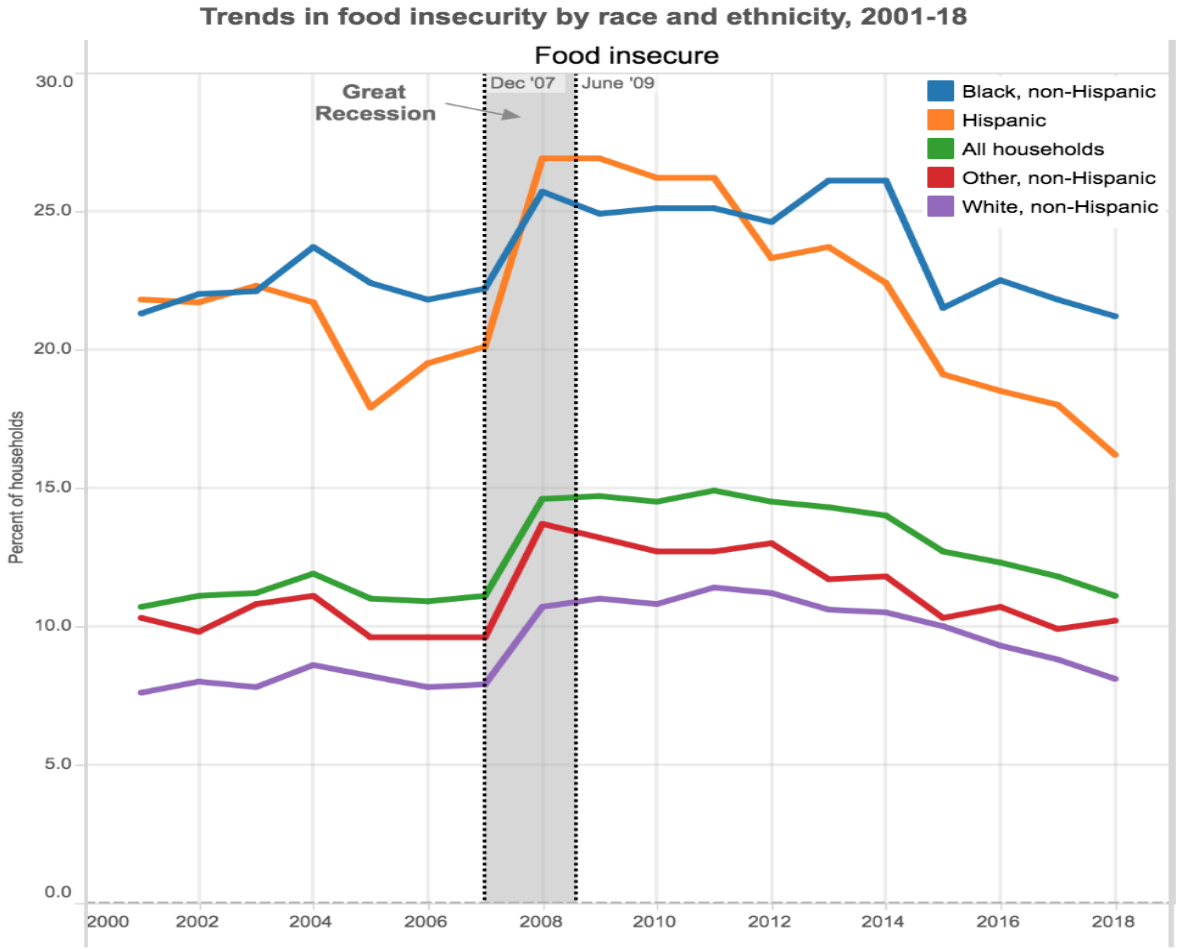
130+ million Americans are affected by **chronic diseases** – 40% of the population



86% of our nation's healthcare costs are spent treating people with chronic diseases

The Problem: Food Insecurity and Health Inequity

Food insecurity = Limited access to enough **nutritious food** to support a **healthy, active life**



Black:
21.2%

Hispanic:
16.2%

All:
11.1%

Source: Calculated by USDA, Economic Research Service, using Current Population Survey Food Security Supplement data.
https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/

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What is the connection between **food insecurity** & **chronic disease**?

53%
likelihood to develop chronic conditions



2x
more likely to develop Type II diabetes



47%
more ER visits and hospitalizations

$17,000
cost of inpatient care for low blood sugar admission

versus

$657
cost of food for 1 month for a family of 4



43-70%
% of budget low-income families need to spend for adequate produce

Gregory and Coleman-Jensen, 2017. Seligman, 2017; Berkowitz, Seligman, & Basu, 2017. Seligman, et al., 2007; Cassady, Jetter, & Culp, 2007.

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The Problem: Social isolation (SDOH) impacts mortality



>



> 6 drinks/day

Rx for Hypertension





=



Less than < 15 cigarettes

Holt-Lunstad, Smith, & Layton, 2010

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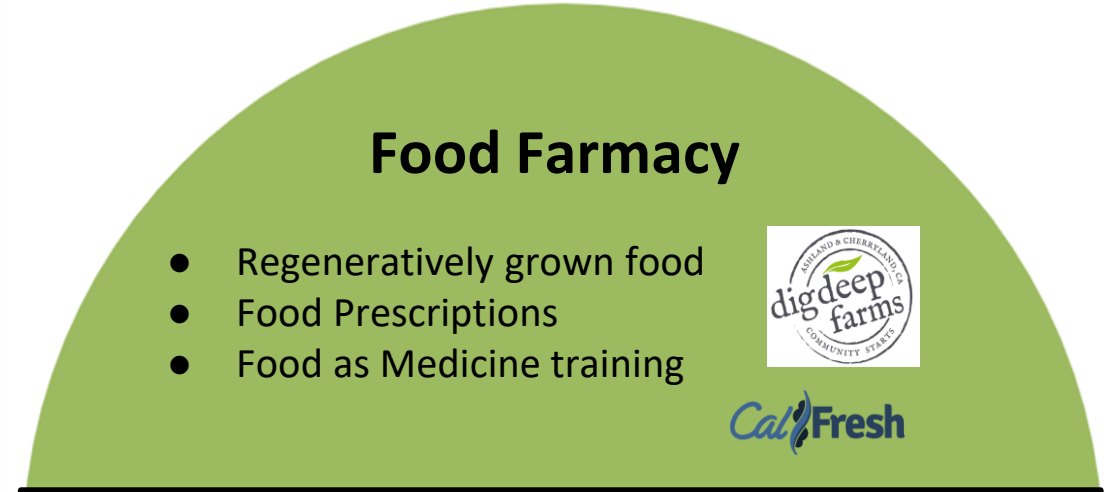
So what? What is the intervention?

℞



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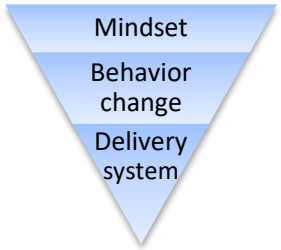
Building Food Farmacies at the Clinic



Clinic X = Tiburcio Vasquez

SDOH Training on Food Insecurity

Training with “Chef MD”: Equipping providers to use Food as Medicine



Food as Medicine



Food insecurity

Provider and staff training





Food prescriptions

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Food Farmacy: *Co-located* in clinic waiting room





Where does the food for the Food Farmacies come from?
Dig Deep Farms



Dig Deep Farms Permaculture &



Polyculture



Composting

Regenerative Ag

Sheet Mulching



- Carbon sequestration
- Improved soil health
- Higher nutrient density

Vermiculture



Food Farmacy: Dig Deep Farms & a Green Economy





Building Behavioral Pharmacies at the Clinic

Clinic X = Tiburcio Vasquez

SDOH Training on Social Isolation

- GMVs integrate Food Rx

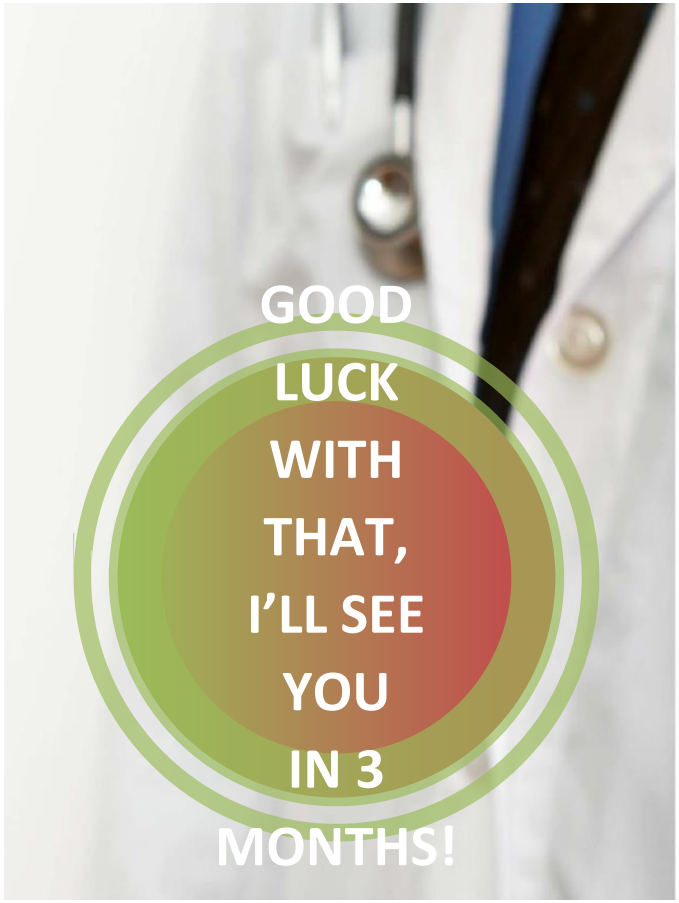
Open Source Wellness

Move | Nourish | Connect | Be

Behavioral Pharmacy Group Medical Visits

ALL IN ALAMEDA COUNTY the new war on poverty

Behavioral Pharmacy Group Medical Visits & Food Farmacy





Behavioral Pharmacy Group Medical Visits: Open Source Wellness

MOVE



NOURISH



CONNECT



BE



Behavioral Pharmacy Group Medical Visits: Open Source Wellness

What's Different?

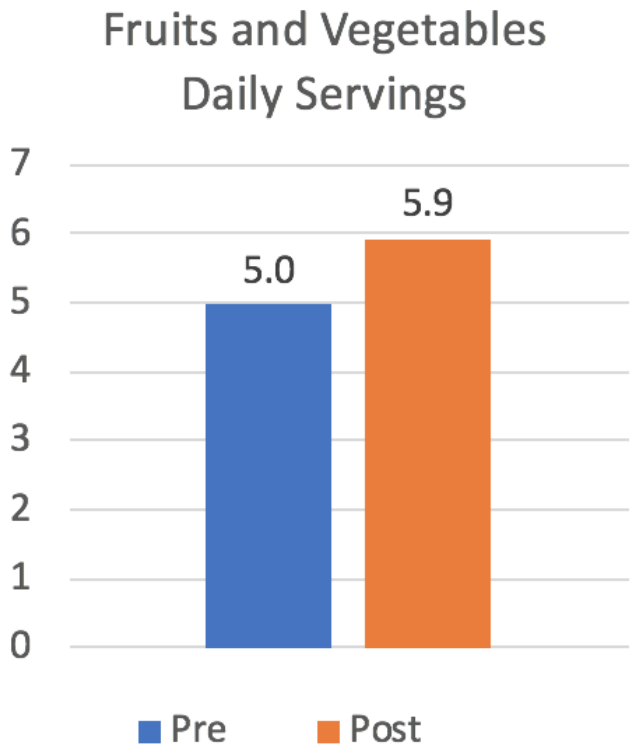
1. **Experiential**

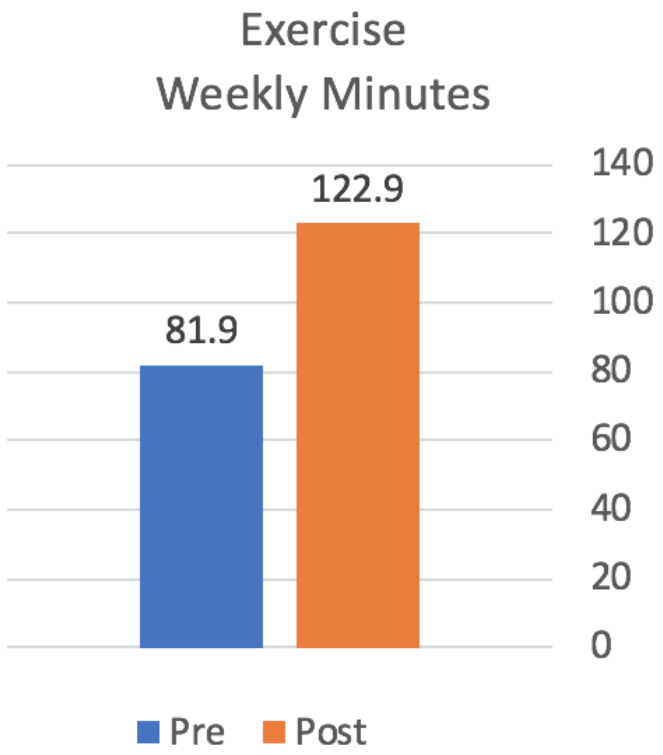
1. **Trans-diagnostic:** Diabetes, Hypertension, Obesity, Depression, Social Isolation, Food Insecurity, etc.

1. **Productive without Burnout**: 16-25 patients in a group medical visit



Outcomes: Behavioral Pharmacy Group Medical Visits & Food Rx





n=55, d= .34, p < .01

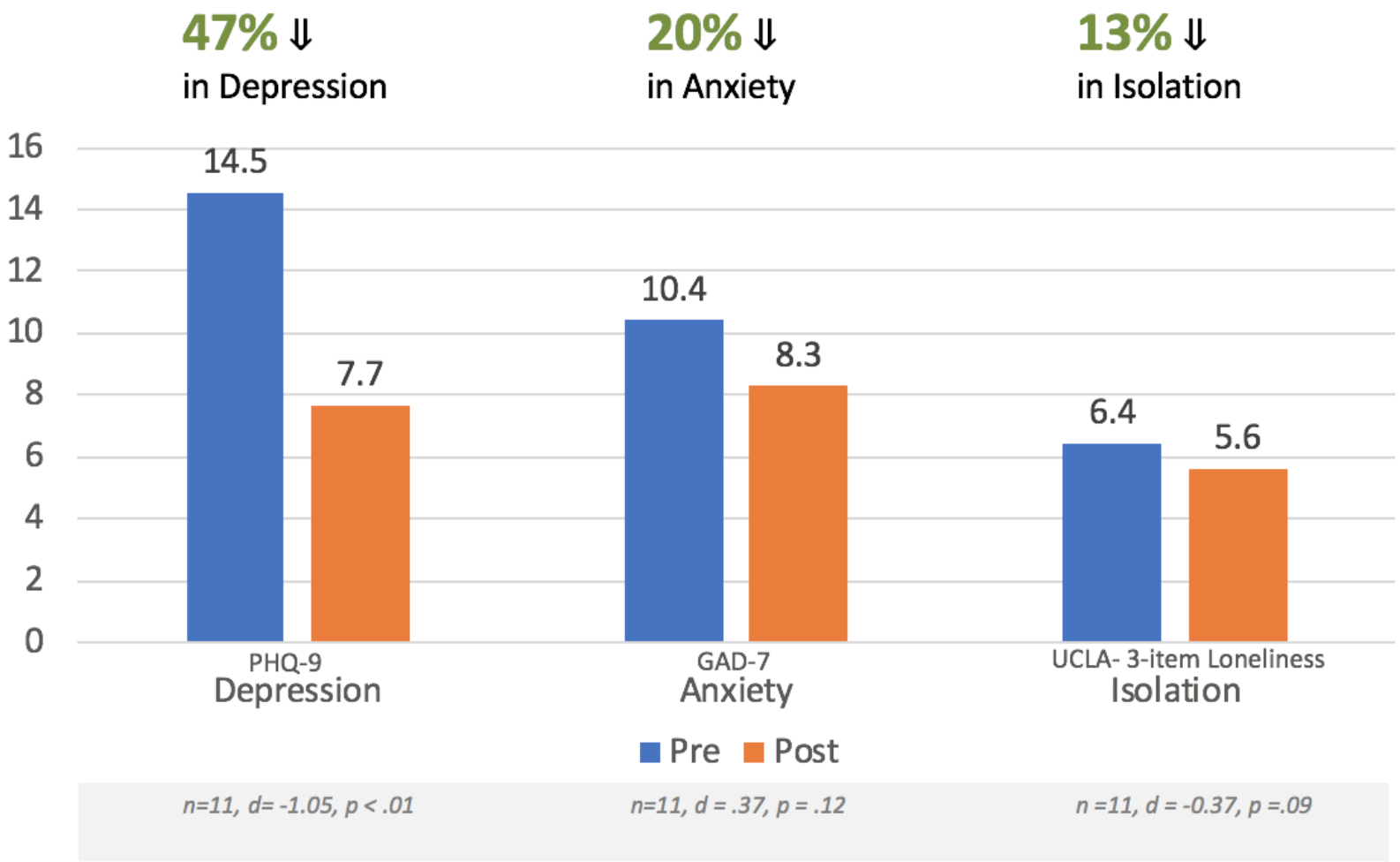
n=55, d = .43, p < .01

Open Source Wellness

ALAMEDA HEALTH SYSTEM
Hayward Wellness

ALL IN ALAMEDA COUNTY
the new war on poverty

Outcomes: Behavioral Pharmacy Group Medical Visits & Food Rx

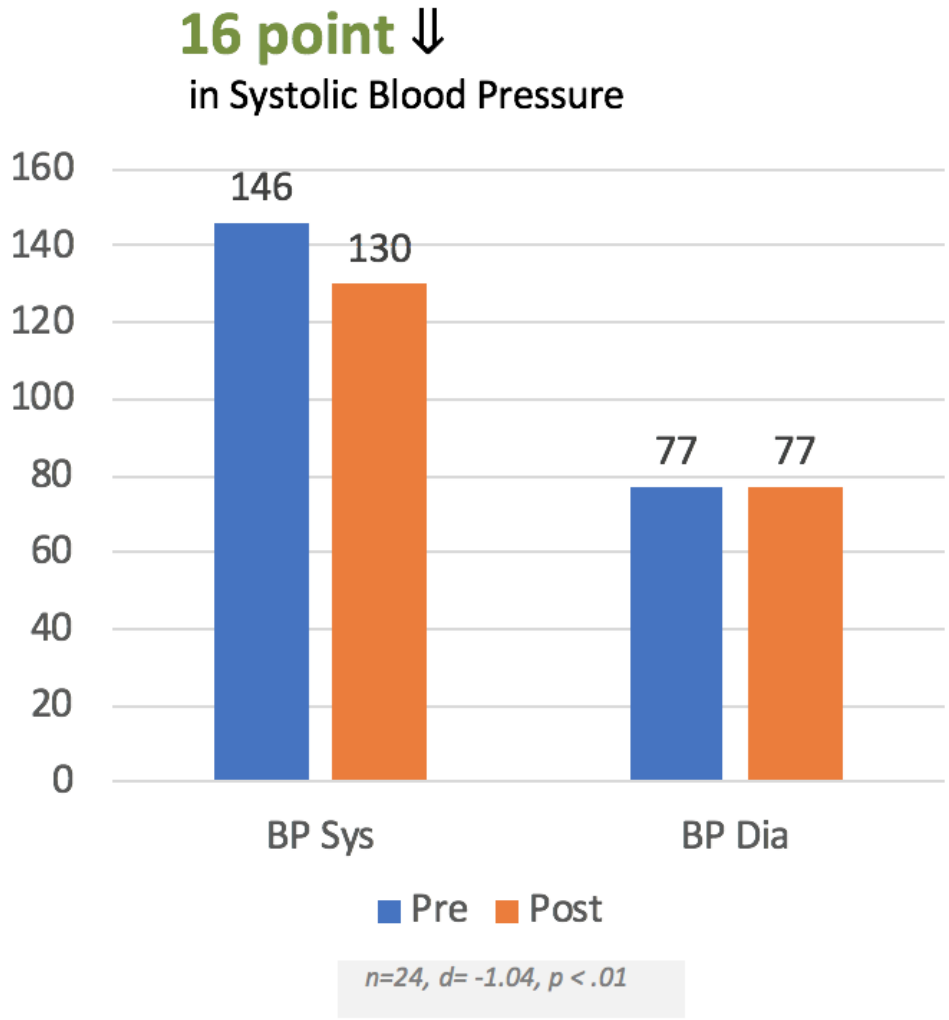


Open Source Wellness

ALAMEDA HEALTH SYSTEM
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the new war on poverty

Outcomes: Behavioral Pharmacy Group Medical Visits & Food Rx

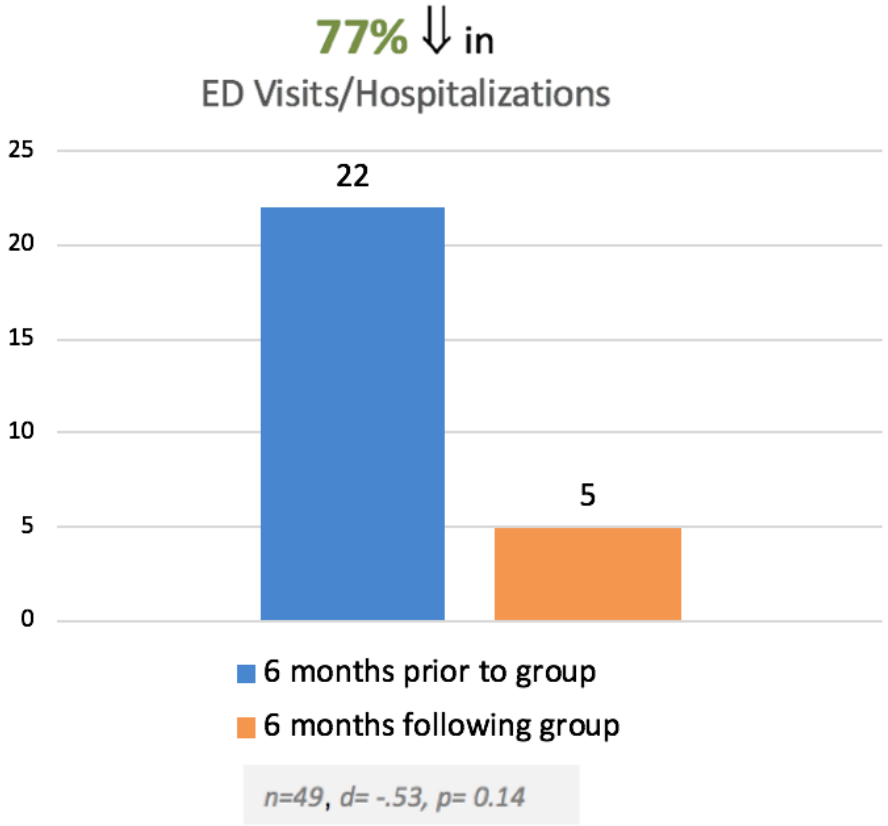


Open Source Wellness

ALAMEDA HEALTH SYSTEM
Hayward Wellness

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the new war on poverty

Outcomes: Behavioral Pharmacy Group Medical Visits & Food Rx

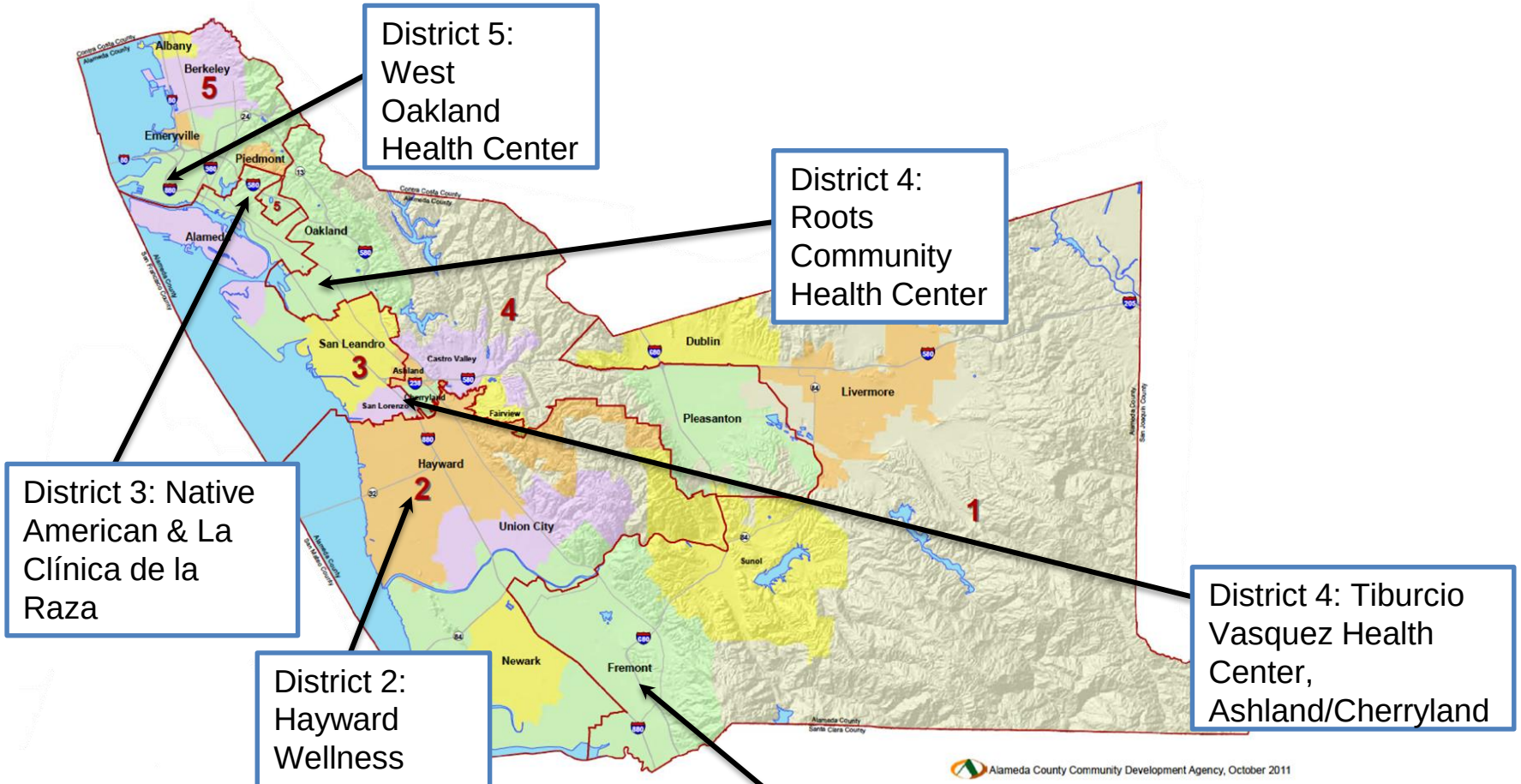


Open Source Wellness

ALAMEDA HEALTH SYSTEM
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ALL IN ALAMEDA COUNTY
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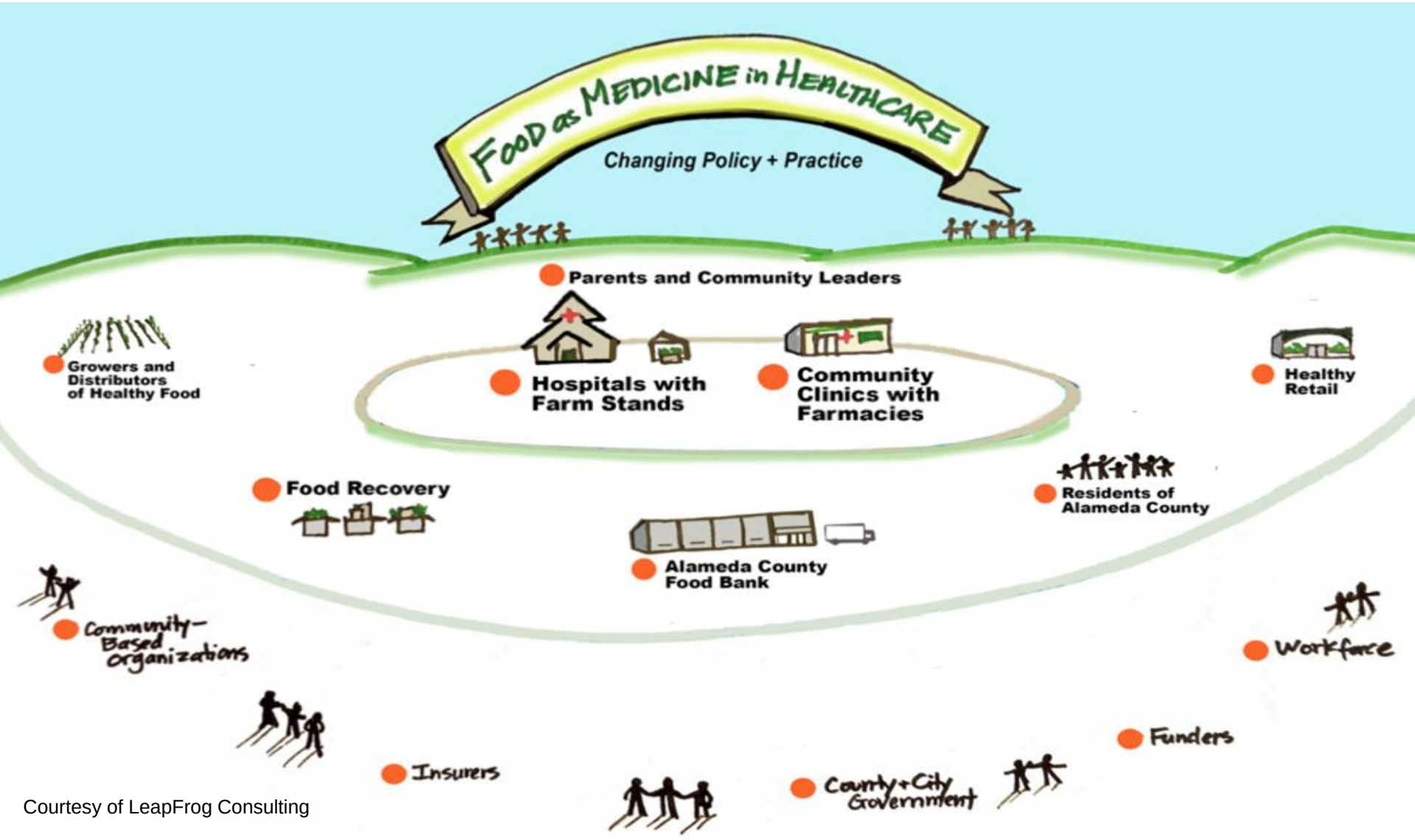
Current and Upcoming Food Farmacies



ALL IN ALAMEDA COUNTY the new war on poverty

Health & Food & Soil, Connected:

Improves Human health, Soil health, & Planetary health



Courtesy of LeapFrog Consulting

Acknowledgments

- Supervisor Wilma Chan – District 3 Alameda County, CA
- Susan Muranishi – Alameda County Administrator
- Alameda Alliance for Health
- Open Source Wellness
- Alameda County Deputy Sheriffs' Activities League
- Dig Deep Farms
- Tiburcio Vasquez Health Center

ALL IN ALAMEDA COUNTY the new war on poverty

Questions?



ALL IN Alameda County

1221 Oak Street, Basement Room 18

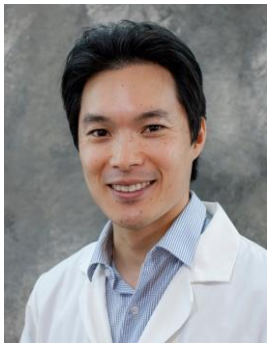
Oakland, CA 94612

510-891-3368

Steven Chen, MD

Steven.Chen@acgov.org

Roundtable Discussion



Steven Chen, MD
Chief Medical Officer
ALL IN



Porshia Mack, MD
Chief Medical Officer
Tiburcio Vasquez Health Center



Scott Coffin
Chief Executive Officer
Alameda Alliance for Health



Elizabeth Markle, PhD
Co-Founder, Executive Director
Open Source Wellness



Hilary Bass
Crime Prevention Senior Program Specialist
Alameda County Sheriff's Office



Karen Ben-Moshe, MPH, MPP
Healthcare Program Manager
ALL IN (Moderator)

TIBURCIO VASQUEZ Health Center

Jessica Jamison, MPH
Director, Clinical Quality
Tiburcio Vasquez Health Center

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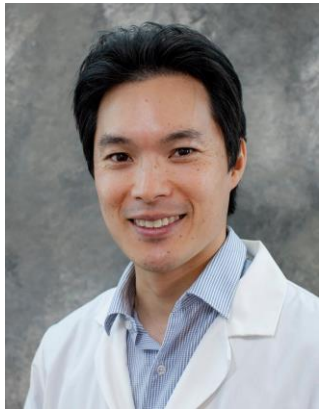
Moderator



Karen Ben-Moshe, MPH, MPP
Healthcare Program Manager
ALL IN (Moderator)

Karen Ben-Moshe, MPP, MPH, is the Healthcare Program Manager with ALL IN Alameda County where she is working to spread a Food as Medicine model across Alameda County. Her areas of expertise include policy solutions to address the social determinants of health, health equity, and fostering collaboration across sectors. Karen has over 15 years of experience working in public health and policy organizations, most recently working as a founding staff member for the California Health in All Policies Task Force. She has worked at the Planned Parenthood Federation of America, La Clínica de La Raza, Children Now, and the University of California, Berkeley Center for Health Leadership on a range of policies and programmatic areas. She is a co-author of a number of publications on the Health in All Policies approach. Ms. Ben-Moshe received her MPH and MPP from the University of California, Berkley and her BA from Wesleyan University.

Panelists



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Chief Medical Officer
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Panelists



Hilary Bass
Crime Prevention Senior Program Specialist
Alameda County Sheriff's Office

Hilary has been working with youth programs throughout her career. She has worked with youth on probation to help guide them and give them the tools they need to make healthy decisions; she has coordinated services for youth and their families at an affordable housing development in the Unincorporated Ashland community; she launched and ran a Youth Leadership Council for 10 years that worked to prevent teen violence in their neighborhood and advocate for building the REACH Ashland Youth Center. At present, she works with multiple public and private partners to find innovative methods for bringing positive options to people living in the Unincorporated Eden Area. She is dedicated to helping develop healthy and productive youth and families in unincorporated Alameda County, and strives to bring partners together to fulfill these goals as a team.

Alameda County Sheriff's Office

Dig Deep Farms

Panelists



Elizabeth Markle, PhD
Co-Founder, Executive Director
Open Source Wellness

Elizabeth Markle, Ph.D., is a licensed psychologist, researcher, and Department Chair of Community Mental Health at CIIS. Dedicated to multi-theoretical and multi-level approaches to individual and community health and healing, her research has focused on social support, social capital, and social sustainability in the context of intentional community. Elizabeth received her doctorate in Counseling Psychology from Northeastern University and her MA from Pacifica Graduate Institute.

Elizabeth's clinical work is characterized by a flexible, integrative, and data-informed approach, and has developed through her work in academic medical centers, community mental health clinics, university counseling centers, domestic violence and sexual abuse services, and wilderness therapy, for adolescents. Most recently, she served as a postdoctoral fellow in an interdisciplinary Primary Care Mental Health Integration program at the San Francisco Veterans Affairs Medical Center.

Elizabeth's current area of study and innovation is around combining clinical expertise with social entrepreneurship to create sustainable, thriving cultures of health and wellness. She is the co-founder of Open Source Wellness, a nonprofit place-based initiative offering experiential behavioral health and wellness via a "behavioral pharmacy" approach in collaboration with healthcare providers and insurers.
Elizabeth has served as adjunct faculty at Northeastern University, Lesley University, Holy Names University, and St. Mary's College, and deeply enjoys working with students as they develop intellectually, clinically, and personally through the study and practice of psychology.

Open Source Wellness

https://www.opensourcewellness.org/

Panelists



Scott Coffin
Chief Executive Officer
Alameda Alliance for Health

Alameda Alliance for Health

Scott Coffin is the Chief Executive Officer for the Alameda Alliance for Health, a non-profit public health care plan formed in 1996 by Alameda County. The Alliance employs over 300 clinical and administrative staff, and supports a broad health network of 7,000 physicians and caregivers. As part of the safety-net delivery network, the Alliance coordinates access to health services for more than 250,000 underserved people in the Medi-Cal program, and maintains a high majority (82%) enrollment in managed care. In addition to the Medi-Cal program, a partnership between Alameda County and the Alliance was formed to administer health services for the In-Home Supports and Services (IHSS) staff, and this program offers a comprehensive set of physical and mental health services to more than 6,000 workers. Nearly one billion dollars is invested each year into health services by the Alliance, and as the local public health option, the mission to improve the quality of life for each resident in Alameda County remains a top priority.

Mr. Coffin has worked in California's public health care and hospital administration for more than 24 years, and has dedicated the last 11 years to integrating Medicare and Medicaid services in the public sectors, improving timely access to care, and implementing clinically-based quality improvements. Mr. Coffin serves as a Commissioner for First 5 of Alameda County, and represents managed care delivery system statewide as a Board member of Integrated Healthcare Association (IHA), Local Health Plans of California (LHPC), and Association for Community Affiliated Plans (ACAP).

Mr. Coffin earned his degree in business administration at California State University in San Bernardino, and continued his professional development and education at Dartmouth College Tuck School of Business.

Panelists



Porshia Mack, MD
Chief Medical Officer
Tiburcio Vasquez Health Center

Dr. Porshia Mack joined TVHC as CMO in June 2017/ Dr. Mack is a board-certified pediatrician with a long history of working in Federal Qualified Health Centers. She is committed to the health of diverse low-income and underserved populations and is an advocate for social equity.

Dr. Mack began her career in pediatric medicine at Brookdale University Hospital and Medical Center in New York. As a pediatric ER attendant, she oversaw pediatric care initiatives and manage Pediatric and Emergency Medicine residents. To this day Dr. Mack continues to serve as a hospitalist/urgent care attendant at UCSF Children's Hospital in Oakland.

Dr. Mack's volunteer experiences includes medical missions to Colombia and Guatemala. She also volunteered for several years as a reading tutor to elementary students in low-income neighborhoods.

Dr. Mack received her undergraduate training at Stanford University, attended medical school at the University of Kansas, and completed her MBA at the University of San Francisco.

Dr. Mack is a member of the American College of Physician Executives, the American Academy of Pediatrics and the National Medical Association.

TIBURCIO VASQUEZ
Health Center

Tiburcio Vasquez Health Center

Panelists



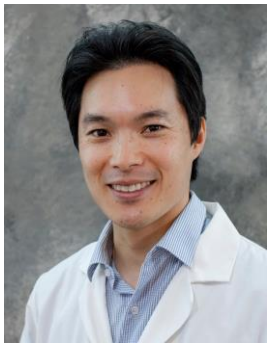
Jessica Jamison, MPH
Director, Clinical Quality
Tiburcio Vasquez Health Center

Jessica Jamison is an accomplished and performance-driven public health leader equipped with a strong professional foundation in quality improvement, data analytics, and health systems management. Ms. Jamison earned a Bachelor of Science in Health Education from California State University, Sacramento, followed by a Master of Public Health from San Diego State University.

Ms. Jamison joined Tiburcio Vasquez Health Center (TVHC) as the organization's Director of Clinical Quality in June 2018. In that capacity, she manages the planning and execution of all clinical quality activities, measurement, and improvement. Prior to joining TVHC, she was employed for 17 years by the American Cancer Society (ACS) in a series of leadership capacities including Regional Senior Director of Primary Care Health Systems and as Statewide Director of Operations.

Ms. Jamison serves on the Board of Directors for the California Colorectal Cancer Coalition and is also an active volunteer with American Indian Alaska Native-Healthy Native Community Partnership. Ms. Jamison is an enrolled member of the Round Valley Indian Tribes.

Roundtable Discussion



Steven Chen, MD
Chief Medical Officer
ALL IN



Porshia Mack, MD
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Tiburcio Vasquez Health Center



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Chief Executive Officer
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Healthcare Program Manager
ALL IN (Moderator)

TIBURCIO VASQUEZ
Health Center

Jessica Jamison, MPH
Director, Clinical Quality
Tiburcio Vasquez Health Center

ALL IN ALAMEDA COUNTY
the new war on poverty

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February 12: Community Level Impact: El Centro de la Raza's Housing and Commercial Development Project
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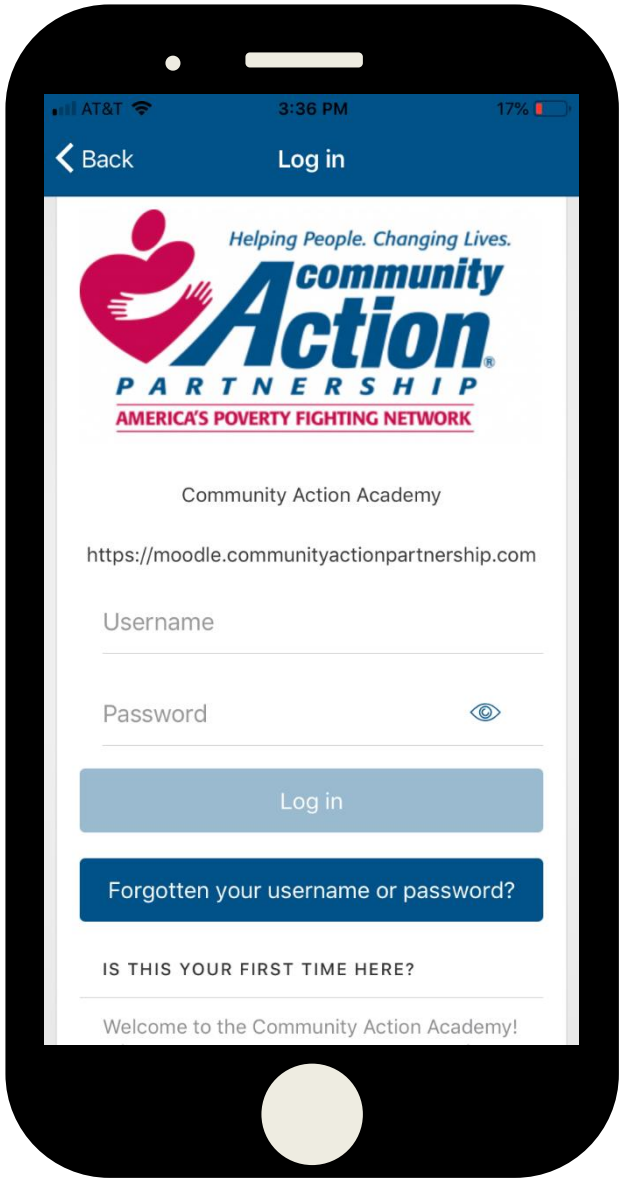
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For More Info

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