

# Welcome to the 2<sup>nd</sup> Food is Medicine Mini-Summit!

## Check-in

9:00 am – 9:15 am

- ❖ Please be sure to sign in and make a name tag
- ❖ Tacos and coffee are ready—please enjoy and help yourself!





# *Thank you to our event sponsors:*



**Ascension Seton**  
Foundation



MICHAEL & SUSAN DELL  
CENTER *for* HEALTHY LIVING



# Welcome to the Food is Medicine Mini-Summit

## Itinerary:

9:00 – 9:15am : Check in & Welcome

9:15 – 9:20am : Presentations Recap

9:20 – 9:30 am : Partnership Web & Poll Everywhere

9:30 – 10:20am : Small Group Break Out

10:20 – 10:50am : Large Group Discussion

10:50 – 11:00am : Closing



# Presentation Recap

Program and Organization	Target Population	Purpose
<b>UTHealth Houston (FBM Evaluation)</b>	Postpartum mothers experiencing food insecurity	To address food insecurity, improve maternal and child health outcomes, and support postpartum recovery through food access and social support
<b>Factor Health Lab at Dell Medical School (FUEL)</b>	Families and their children (1st-5th grade) who attend after school program at participating Boys and Girls Club of the Austin Area (BGCAA) sites (11 sites)	To improve child diet quality and health outcomes by offering produce boxes, grocery gift cards, and educational materials, with a focus on flexibility and family engagement
<b>UTHealth Houston (Brighter Bites)</b>	Medicaid-eligible 5–12-year-old children	To clinically evaluate the feasibility and effectiveness of produce prescription strategies in improving diet quality and reducing obesity in food-insecure families
<b>Black Men’s Health Clinic</b>	Men of color	To improve health outcomes and quality of life for men of color by offering comprehensive, accessible, and culturally attuned healthcare services



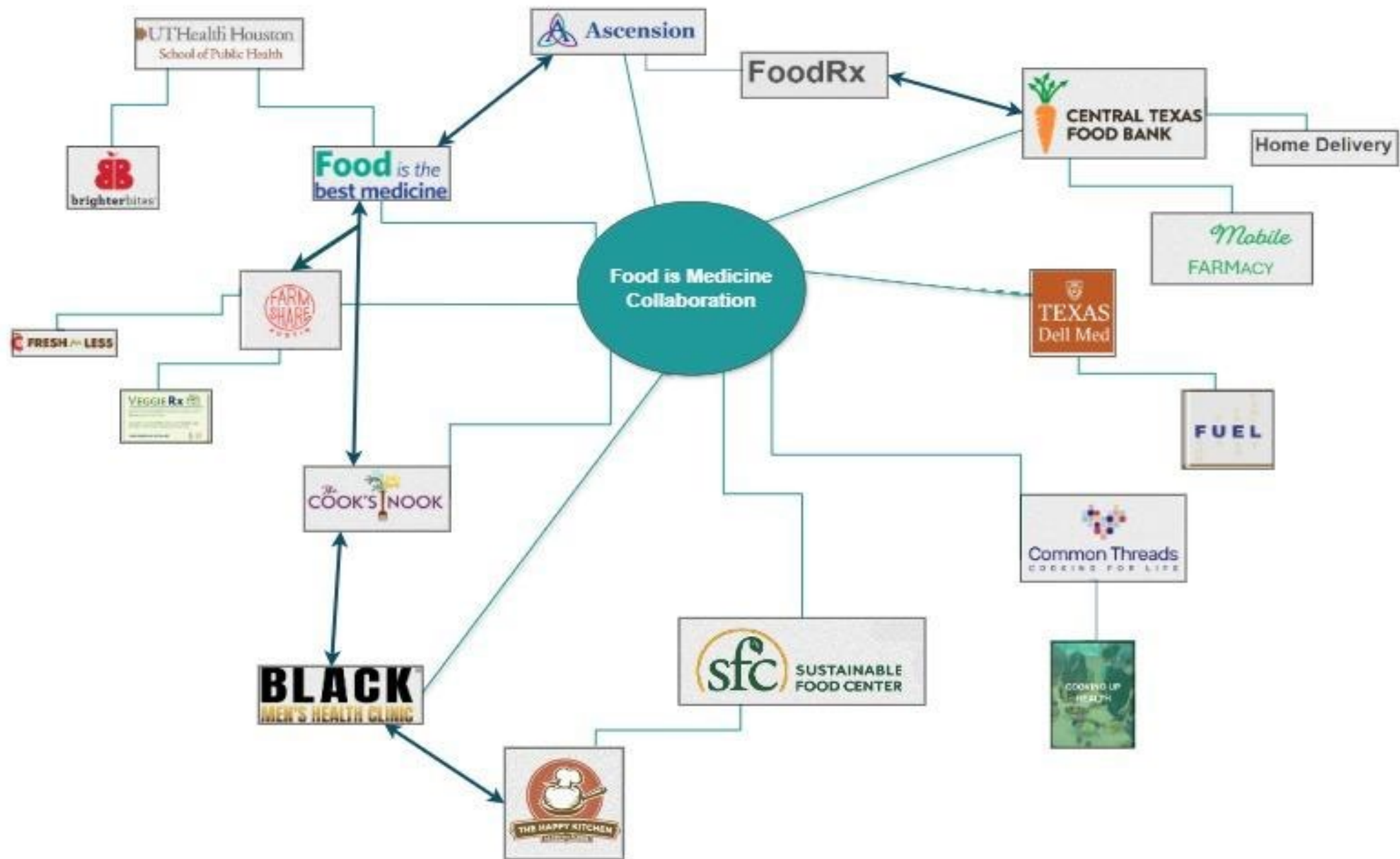
Program and Organization	Target Population	Purpose
<b>Common Threads (Cooking Up Health)</b>	Medical students and healthcare professionals	To promote behavior change around nutrition and cooking by integrating didactics, hands-on cooking sessions, and community health education to health professionals
<b>Ascension Seton (FoodRx)</b>	Postpartum mothers and their babies	To improve dietary health, reduce food insecurity, and enhance maternal and infant outcomes through integrated care and nutritious food access
<b>Farmshare (Fresh For Less)</b>	People with lower incomes	To address food insecurity and improve fresh produce intake among participants
<b>Farmshare (Veggie RX)</b>	Patients with diabetes or pre-diabetes	To address food insecurity and improve fresh produce intake among participants

Program and Organization	Target Population	Purpose
<p><b>Central Texas Food Bank</b> <b>(Mobile Farmacy)</b></p>	<p>Food-insecure patients</p>	<p>To improve access to nutritious food and strengthen the connection between healthcare and food security for vulnerable populations</p>
<p><b>Central Texas Food Bank</b> <b>(Home Delivery Program)</b></p>	<p>Income-eligible households with transportation barriers, including families with children, older adults, veterans, and individuals with disabilities</p>	<p>To increase access to fresh produce and other nutritious foods for food-insecure households unable to reach traditional food distribution sites</p>
<p><b>Sustainable Food Center</b> <b>(The Happy Kitchen/ La Cocina Alegre)</b></p>	<p>Low-income Texans facing systemic barriers to food access</p>	<p>To improve food literacy among low-income Texans, addressing barriers to healthy eating through culturally tailored education and cooking instruction</p>



# Partnership Web







# Poll on Program Themes

## Program Themes:

- ❖ Medically Tailored Meals
  - Nutritious meals designed for specific medical needs
- ❖ Community Support
  - Resources and networks for shared well-being.
- ❖ Nutrition & Culinary Education
  - Teaching healthy eating and cooking skill
- ❖ Produce Prescription
  - Access to fresh produce for better health through a prescription or voucher



PollEv.com /creyes774

**Poll Results will be shared after the Summit**



# Small Group Breakout Session

Please take a moment to organize yourselves into groups based on the color of your name tag



- ❖ Each group will have 50 minutes to discuss three questions, and at the end of the session, we'll reconvene to share key takeaways.
  1. What has been the most surprising aspect(s) of your program?
  1. What strategies can be used to expand existing FIM programs at the local level? How about State level?
  1. How can we ensure that FIM programs are accessible and sustainable in diverse communities?



# **Group Discussion Summary**



# Be on the lookout for a "Save the Date" for our third Food is Medicine Summit:

More details will be sent to your inbox in the New Year.



Happy Holidays everyone! Thank you for sharing your time with us!