

# Central Texas Food is Medicine SPRING MINI-SUMMIT RECAP

1345 PHILOMENA ST



AUSTIN, TEXAS



ATTENDEES: 60

## WHY WE GATHER

After helping launch the Food is the Best Medicine program, Dr. Alexandra van den Berg envisioned these mini-summits as a space to break down silos, spark collaboration, and strengthen connections across the Food is Medicine community.

## Voices from the Field

### Central Health

#### Megan Cermak, MS

Policy & Advocacy



Megan introduced the Central Health Strategic Policy Board's initiative to develop a county-wide Food is Medicine policy framework for healthcare settings. A policy that is flexible and adaptable to the unique resources and infrastructure of each facility. If adopted, this policy is positioned to be among the first of its kind in the country, representing a landmark moment for food-is-medicine integration in clinical care across Texas.

▶ COUNTY-WIDE FIM POLICY AMONG FIRST IN THE NATION

### People's Community Clinic

#### Blair Dudley, MPH & Miriam Ovalle

Peoples Mobile FARMacy Program



Blair and Miriam shared the story behind the People's Mobile FARMacy, a mobile produce pantry developed in partnership with the Central Texas Food Bank and Blue Cross Blue Shield of Texas. They walked through the program's development, patient workflow, and lessons learned along the way.

Early outcomes data are promising, showing measurable improvements in chronic disease indicators, including diabetes-related outcomes. Their work demonstrates the powerful role that accessible, nutritious food can play in improving health outcomes.

▶ MOBILE FARMACY IN PARTERSHIP WITH CTFB AND BCBS TX

## EVENT AT A GLANCE

### \* Date

May 8, 2026

### \* Hosted by:

UTHealth<sup>®</sup> Houston  
School of Public Health



### \* Next summit

Date TBD- Stay tuned!

### SHARE YOUR FEEDBACK



Scan to complete the post-summit survey. Your input shapes our next event!

Slides from both presentations are attached in this email!

