

Grady Hospital: Food As Medicine

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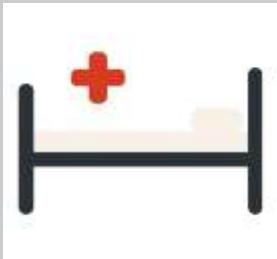
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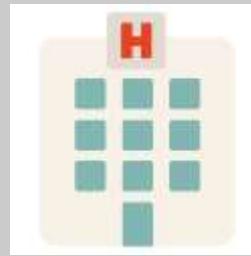
October 5, 2021

Grady Health System

High Quality Care for All



LARGEST HOSPITAL IN GA
WITH
953
LICENSED BEDS



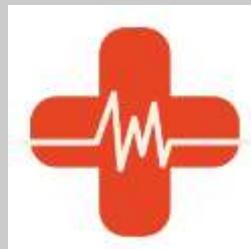
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GRADY NEIGHBORHOOD
HEALTH CENTERS



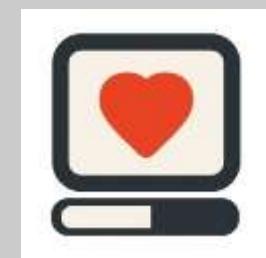
MORE THAN
7,200
EMPLOYEES



MORE THAN
715,000
PATIENT VISITS PER YEAR



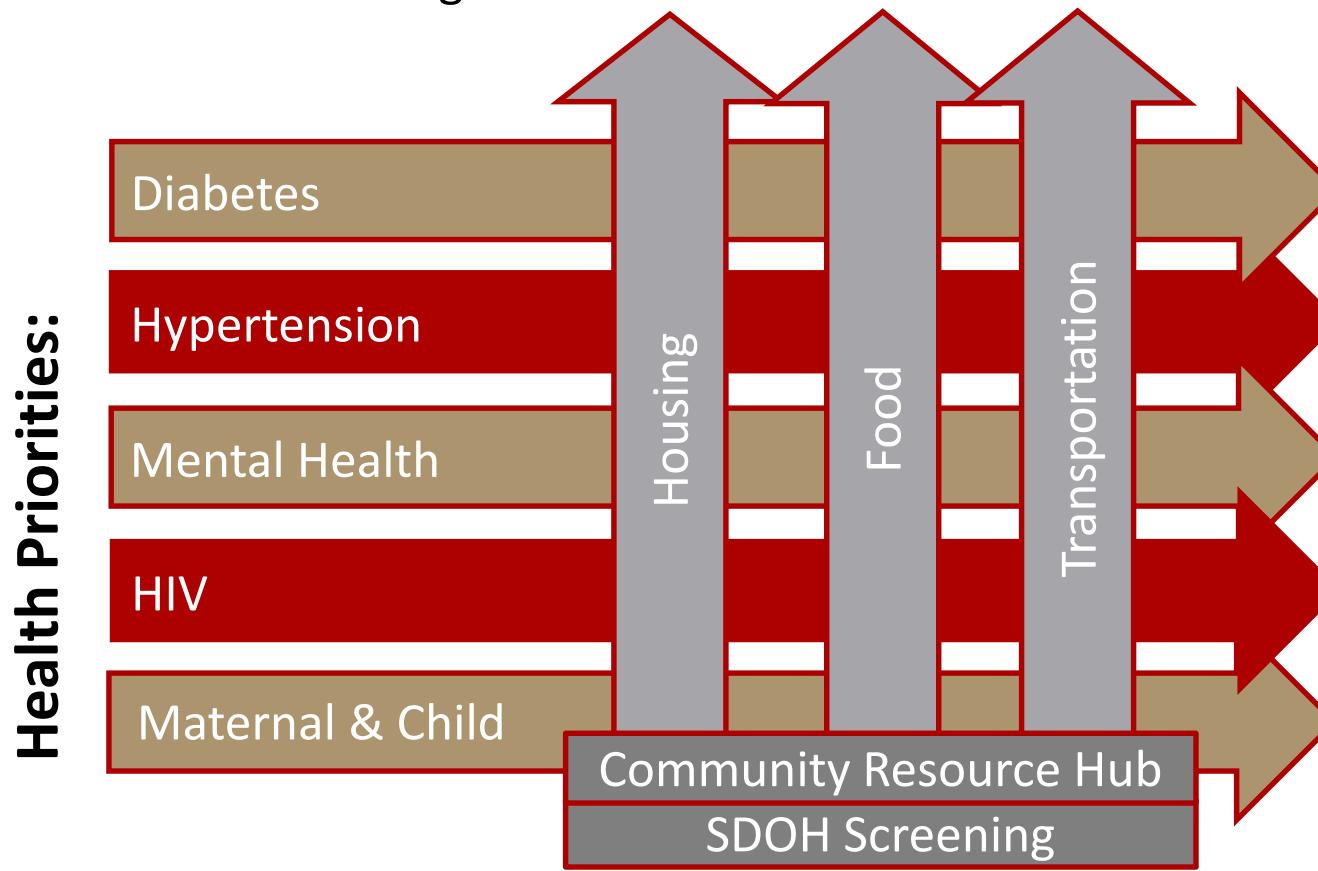
153,000+
PATIENTS TREATED IN THE
EMERGENCY DEPARTMENT



25%
OF ALL GEORGIA PHYSICIANS
RECEIVED SOME OF THEIR
TRAINING FROM GRADY

Population Health at Grady

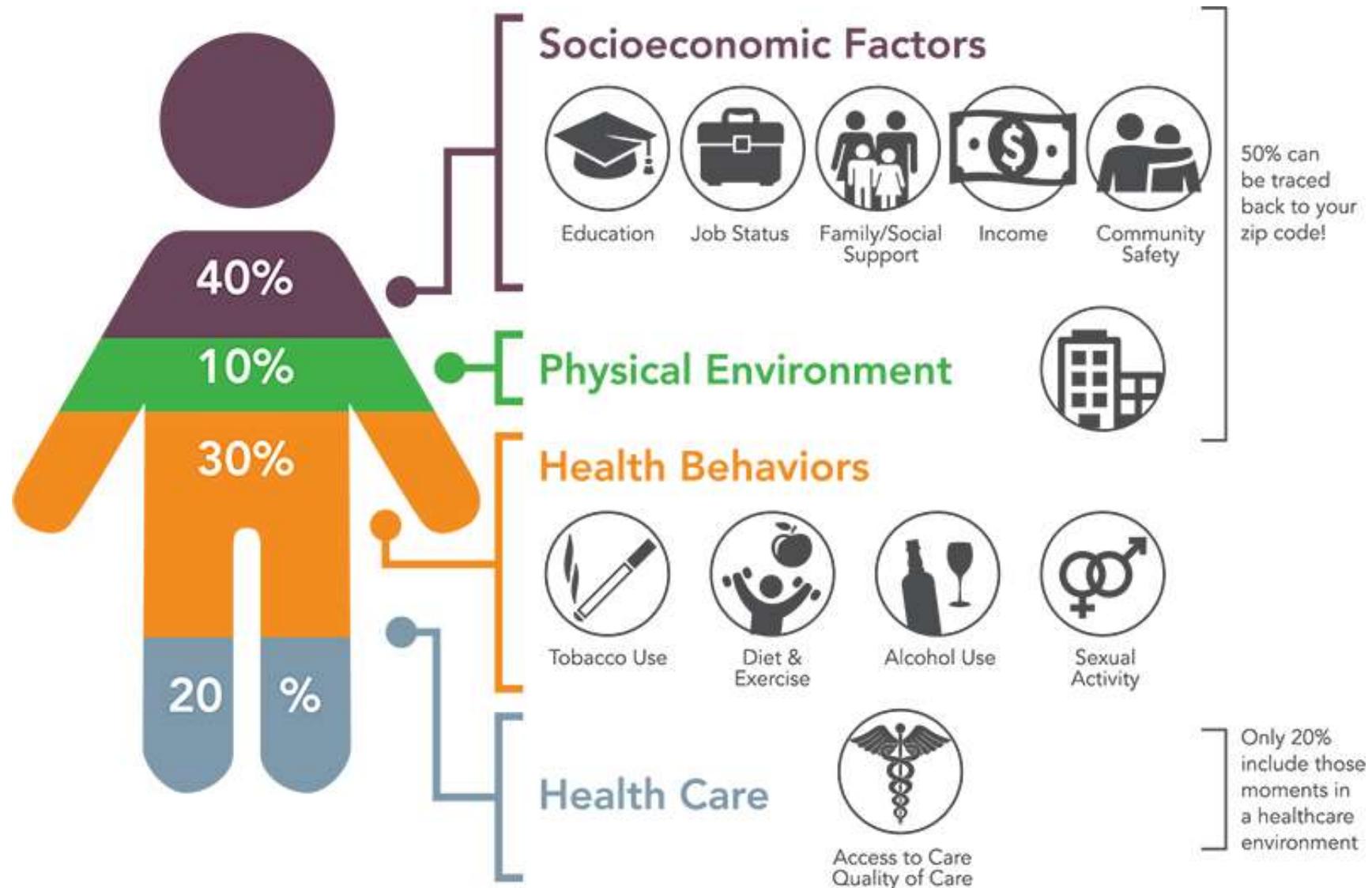
Grady will address the critical needs of the community we serve to elevate the overall health status, contributing to a coordinated system of care inside and outside of the clinical setting.



Organizational Priorities

- Readmissions
- Health Equity
- Length of Stay
- Care Coordination
- Patient Satisfaction
- Cost of Care
- Employee Engagement & Wellbeing

Social Determinants of Health



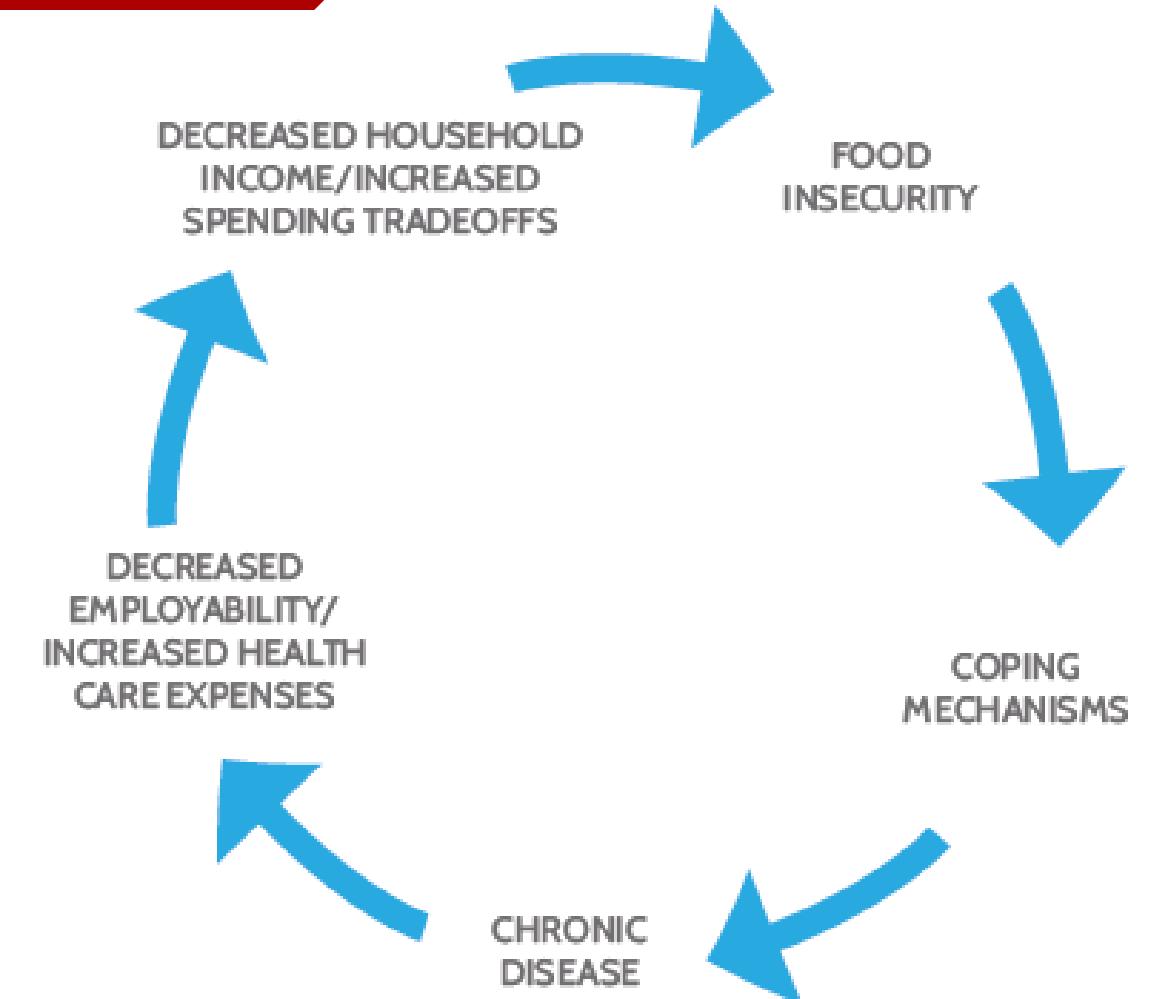
Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

The Connection Between Food & Health

Food insecurity is part of a cycle of chronic illness that contributes to high health care costs and utilization.

Challenges to interrupting the cycle:

- Health and wellbeing
- Cost of living
- Transportation



The Food as Medicine Partnership

The innovative partnership is the most comprehensive of its kind on a hospital campus and aims to:

- **Increase access to healthy, affordable food** for patients and their families, employees, visitors and the wider community
- **Leverage community resources and expertise** to address food insecurity and chronic disease management
- **Improve the health of our patients** so they can work, enjoy a good quality of life, and care for their families

The Scope of Food Insecurity*

Food insecurity at Grady is nearly **4 times higher** than the rest of Atlanta



Grady surveys indicate that **50% of patients are food insecure – more than 140,000 patients**

**Prior to COVID-19 pandemic*



Home-Delivered Medically Tailored Meals



Nutritious meals delivered upon discharge promote health and healing during a critical period.

Food Insecurity & Diabetes: **650+ patients** (10 meals)

- 80% said meals made the transition home *much easier*
- 95% said meals helped them follow doctor's discharge instructions, nutrition recommendations

COVID-19: **250+ patients** (28 meals)

- Support quarantine safety measures

Food Security & Health Impact

Removing worries

"It was just not having to worry about if I was going to get something or if someone was going to have to take me to get to the grocery store. It made it a lot easier."

Illustrating healthy meals

"I was just diagnosed with diabetes and I have to change my eating habits, so the meals helped me see what to eat."

Increasing Access to Produce During the Pandemic

Fresh Food Carts

- Dietitian led produce distributions for Grady patients
- Expanded from 1 to 3 clinics, targeting high-risk patients in low-food access communities
- Local produce donated by ACFB and purchased from Common Market, Concrete Jungle

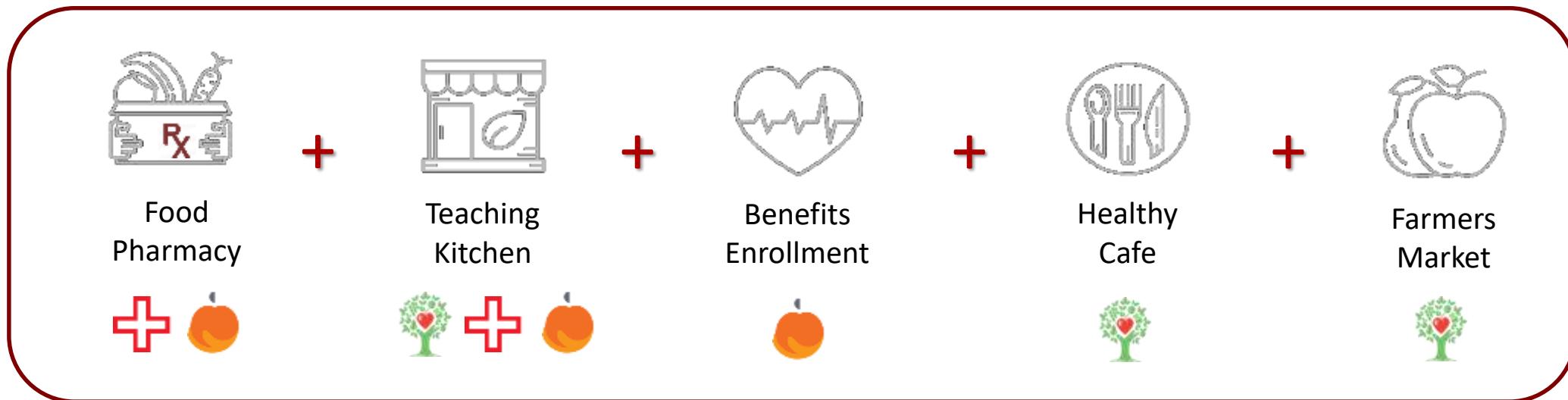


75 events | **20,000+** patient visits | **412,500** lbs. produce | **600+** volunteers



JESSE HILL MARKET

A hub of wellness designed for Grady patients, employees and the greater community.





JESSE HILL MARKET



*A healthy café and farmers market serving
Grady Hospital and downtown Atlanta!*

Food Pharmacy & Food Prescription Program

Medical Program for Chronic Disease Management



Target Patients (referred by their physician):

- Screen positive for food insecurity
- Have uncontrolled diabetes or hypertension

Program Benefits (renewable up to 1 year):

- Food pharmacy visits (every 2 weeks)
- Nutrition classes (monthly)
- Cooking class (quarterly)
- Follow up PCP visit

Program Goals:

1. Increased patient engagement in chronic care management
2. Improved health outcomes, quality of life, food security
3. Decreased ER visits, hospital admissions, cost of care

Food Prescription Program

A Positive Impact on Health & Quality of Life

Health Outcomes

“Since I started this program 6 months ago, my A1C went down from 16% to 5.”

Lifestyle Changes

“Before I started this program, I was on three different Blood Pressure medicines. At my recent visit, my doctor took me off two of them. This program is great! Its giving me the nutrition education and cooking skills I need to change my lifestyle and get healthier.”

Food Security

“The Food as Medicine program is great because once I pick up my produce, I know that when I go to the grocery store I will not need to purchase as much food.”

Year One Summary

536 patients enrolled

- Avg. household size: **2.9**
- **20%** with children
- **49%** with older adults

2,710 food pharmacy visits

178 cooking classes

85,445 pounds of food (85% fresh produce)



Achieving Health Equity

Addressing Food Insecurity for all Georgians

- Preserve vital, health promoting food benefits including SNAP and WIC
- Make medically-tailored meals and comprehensive nutrition programs reimbursable
- Support innovative care coordination models to ensure patients are connected to services
- Increase funding for programs that increase access to fresh produce



Questions & Answers

