

# HEALTHY FOOD FIRST

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## DISCLOSURES

- I have no conflicts of interest to report
- I have received research funding from the NIH, USDA, the Robert Wood Johnson Foundation, AARP Foundation, the Rockefeller Foundation, Blue Cross Blue Shield of North Carolina, and Feeding America
- I have received personal fees from the Aspen Institute, Gretchen Swanson Center for Nutrition, and Kaiser Permanente

# HEALTHY FOOD FIRST

- Ongoing randomized clinical trial
- Funded by NC Blue Cross Blue Shield
- Investigators:
  - Alice Ammerman
  - Seth A. Berkowitz
  - Darren DeWalt
- <http://uncmedne.ws/ac>



# HEALTHY FOOD FIRST

- Intervention:
  - For adults with food insecurity and high blood pressure
  - Compares:
    - Healthy food subsidy versus delivered food box
    - With or without CHW lifestyle intervention
    - For 6 versus 12 months

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- **Equity Strategies**

- Multi-sector collaboration

- Health insurer

- Healthcare system

- Community organizations

- Food subsidy: Reinvestment Partners

- Food boxes: local farmers and agriculture organizations

# HEALTHY FOOD FIRST

- Equity Strategies

- Contextual adaptation

- Lifestyle intervention developed over 10 years with ongoing community involvement
- Adaptation of Mediterranean diet to locally available and preferred foods
  - ‘Med-South’

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- Evaluation strategy
  - Rigorous
  - Informative questions
    - No 'usual care' arm—everyone with food insecurity needs an intervention
  - Minimize participant burden
    - Food boxes delivered to home
    - Food subsidy electronic
    - Lifestyle intervention over phone/video
    - All primary data collection over the phone

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- Evaluation strategy
  - Broad range outcomes
    - BP medication → lowers BP
    - Healthy Food First → multiple possible effects

# HEALTHY FOOD FIRST

- Evaluation strategy
  - Broad range of outcomes
    - Health-related social needs
      - Food Insecurity
    - Clinical Outcomes
      - Blood pressure
    - Participant-reported outcomes
      - Health-related quality of life
    - Healthcare utilization
    - Healthcare costs
    - Qualitative

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- Evaluation strategy
  - Broad range of data sources
    - Primary quantitative data collection
    - Primary qualitative data collection
    - Electronic health record
    - Claims

# HEALTHY FOOD FIRST

- **Summary**

- Multi-sector collaboration
- Community involvement in shaping intervention
- Rigorous but practical design
- Broad range of outcomes and data sources for evaluation

THANK YOU

- Questions?

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