

# Healthy Foods Equals Healthy Outcomes

13.1 Million Floridians Live with a Chronic Disease



Food Is Medicine is a proven, patient-centered approach that helps Community Health Centers improve health outcomes, reduce health care costs, and address the root causes of chronic disease.

## Why Food Is Medicine Matters for CHC Patients

Many CHC patients are working individuals and families who face barriers to accessing affordable, nutritious food. For patients living with **diabetes, hypertension, obesity, heart disease, pregnancy-related risks, and other diet-sensitive conditions**, nutrition is not optional—it's essential.

Food Is Medicine strategies can include:

- **Produce prescriptions** and nutrition incentives
- **Medically tailored meals** for high-risk patients
- **Nutrition education** and care team support
- Connections to community **food resources and benefits**

**Food Is Medicine helps stabilize health and prevents complications before they become emergencies.**

## What is the impact?

Produce prescriptions and nutrition incentives

Medically tailored meals for high-risk patients

Nutrition education and care team support

Connections to community food resources and benefits

## Bottom Line

Investing in Food Is Medicine is an innovative, upstream strategy that **improves health outcomes, reduces avoidable costs, and supports the long-term stability of the health care safety net.** Community Health Centers are uniquely positioned to implement Food is Medicine programs. Food Is Medicine strengthens health equity by addressing a core driver of health in communities most affected by chronic disease.

## What can you do to help?

Support sustainable funding and policy pathways that allow Community Health Centers to deliver Food Is Medicine interventions as part of comprehensive care.