

foodminds

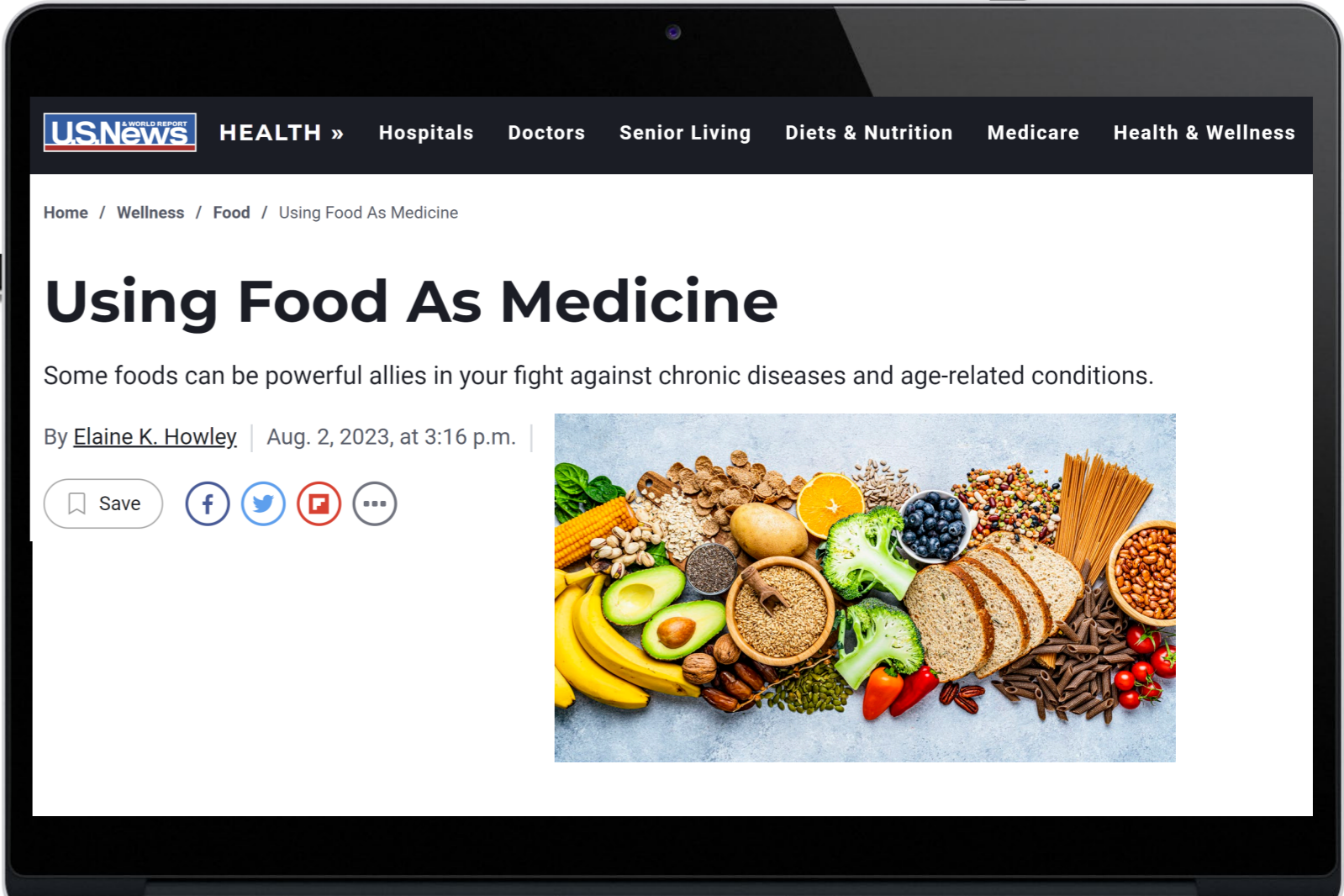
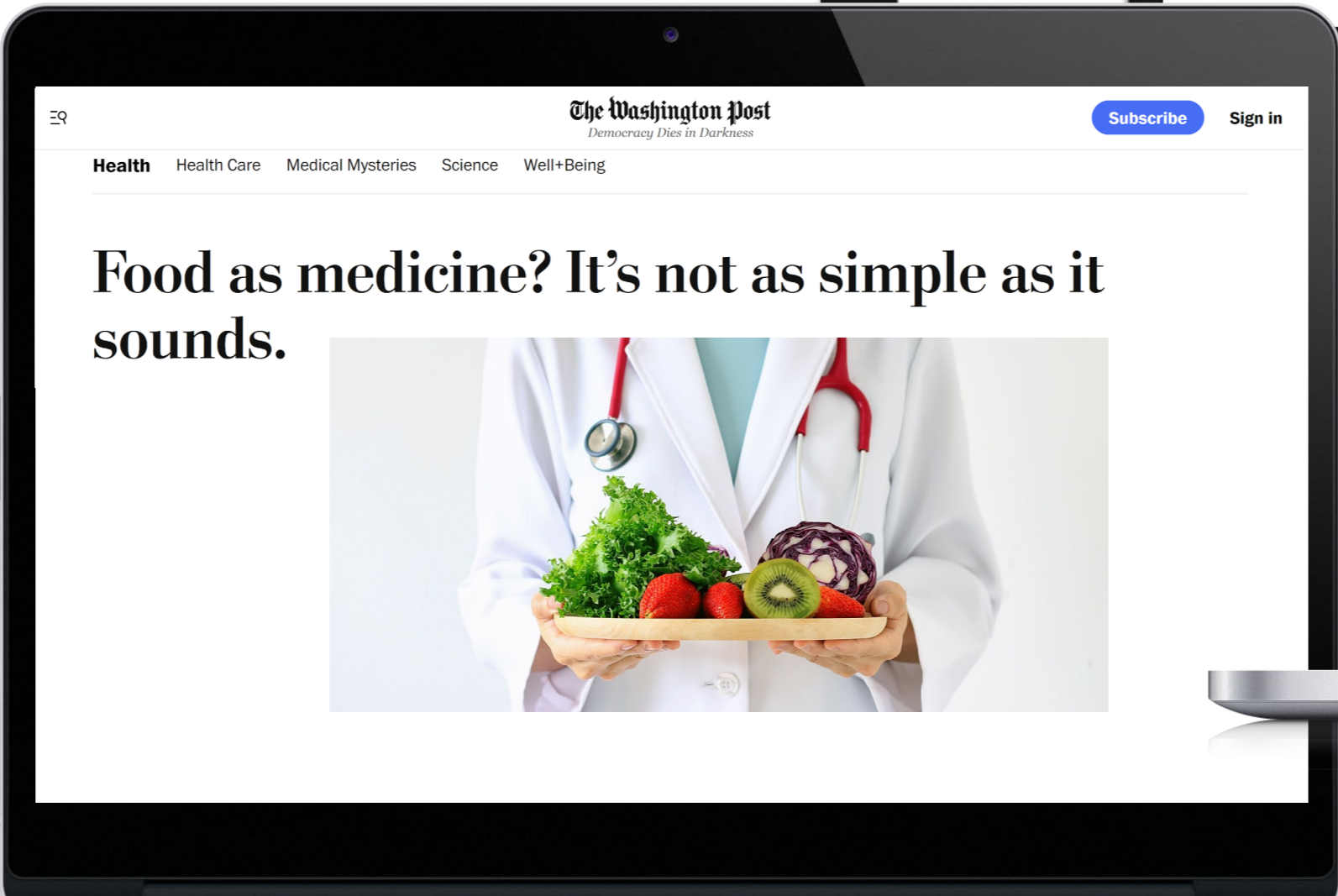
Food is Medicine & Precision Nutrition:

Advancing Equitable Approaches for
Nutrition Security

Dr. Maya Maroto, FoodMinds

09/21/23

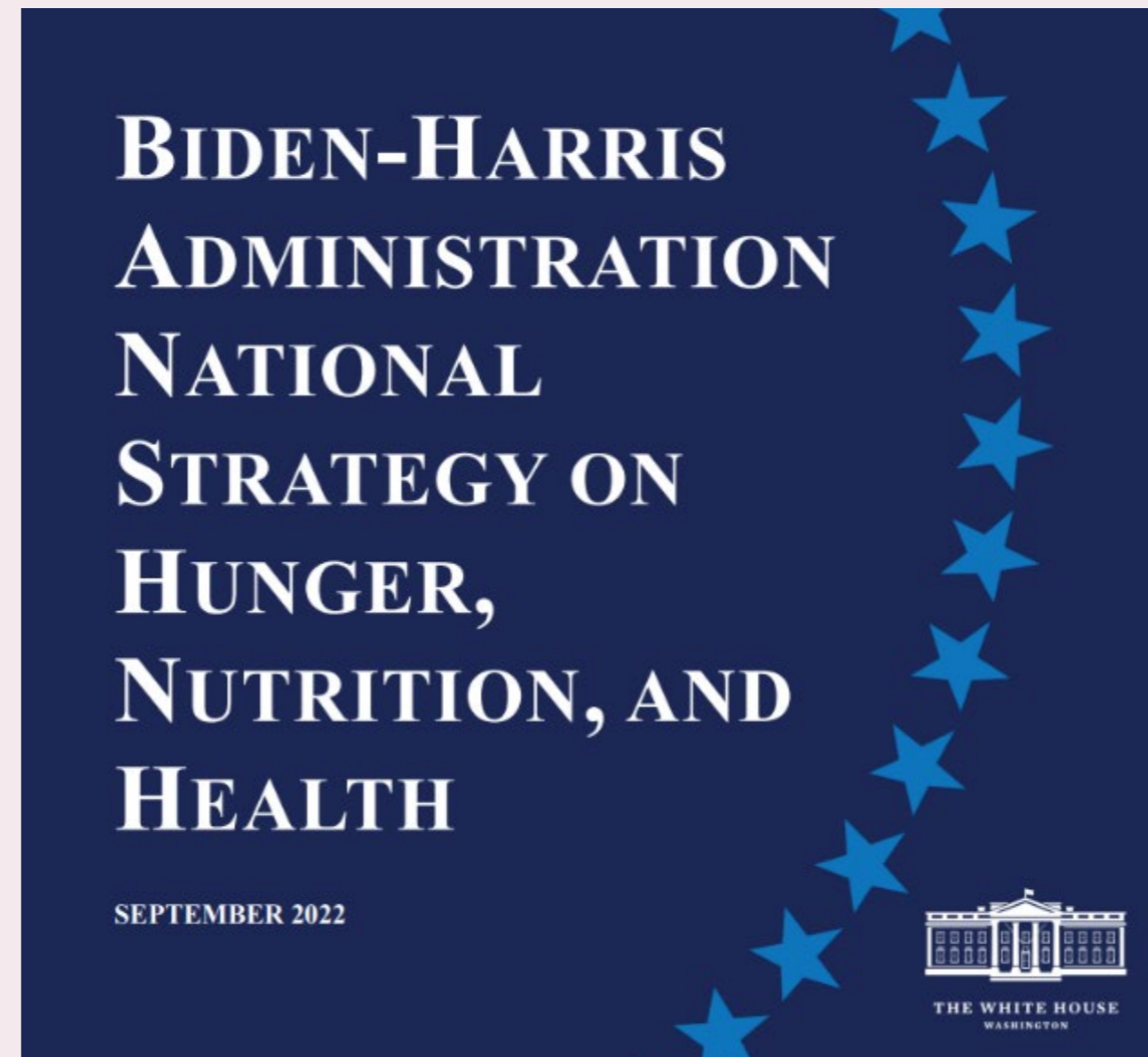




foodminds

Food is Medicine Elevated as a National Priority

Food is Medicine was front and center at the White House Conference and “Integrate Nutrition and Health” pillar of the national health strategy and is being supported by commitments from influential organizations in the FAM space.



Pillar 2- Integrate Nutrition and Health: Prioritize the role of nutrition and food security in overall health- including disease prevention and management- and ensure that our health care system addresses the nutrition needs of all people.



Nationwide launch of HCP and Consumer-Facing Food is Medicine Platforms



\$24M
Food is Medicine
HCP training

\$250M
Food is Medicine
Research Initiative



\$75M
Launch Food is Medicine programs

foodminds

Precision Nutrition on The National Agenda

In January 2022, the NIH awarded \$170 million over 5 years to clinics and centers across the U.S. for a new study, *The Nutrition for Precision Health (NPH) powered by the All of Us Research Program*, that will develop an algorithm to predict individual responses to food and dietary routines.

NIH National Institutes of Health

Nutrition for Precision Health
Powered by the All of Us Research Program, part of the National Institutes of Health

NIH Awards \$170 Million for Precision Nutrition Study

Holly Nicastro, PhD, MPH
Program Director, Office of Nutrition Research (ONR); Program Director and Coordinator, NPH, All of Us Research Program, NIH

Nicholas Jury, PhD
Health Science Policy Analyst, Office of Nutrition Research (ONR), NIH

foodminds

Food is Medicine & Precision Nutrition:

Thought Leadership at FoodMinds



foodminds

The FoodMinds Food is Medicine and Precision Nutrition Team



Dana Colla
MS, RDN, LDN



Maya Maroto
EdD, MPH, RD



Caitlin Mondelli
MS, RD



Rebecka Palmquist
MS, RD

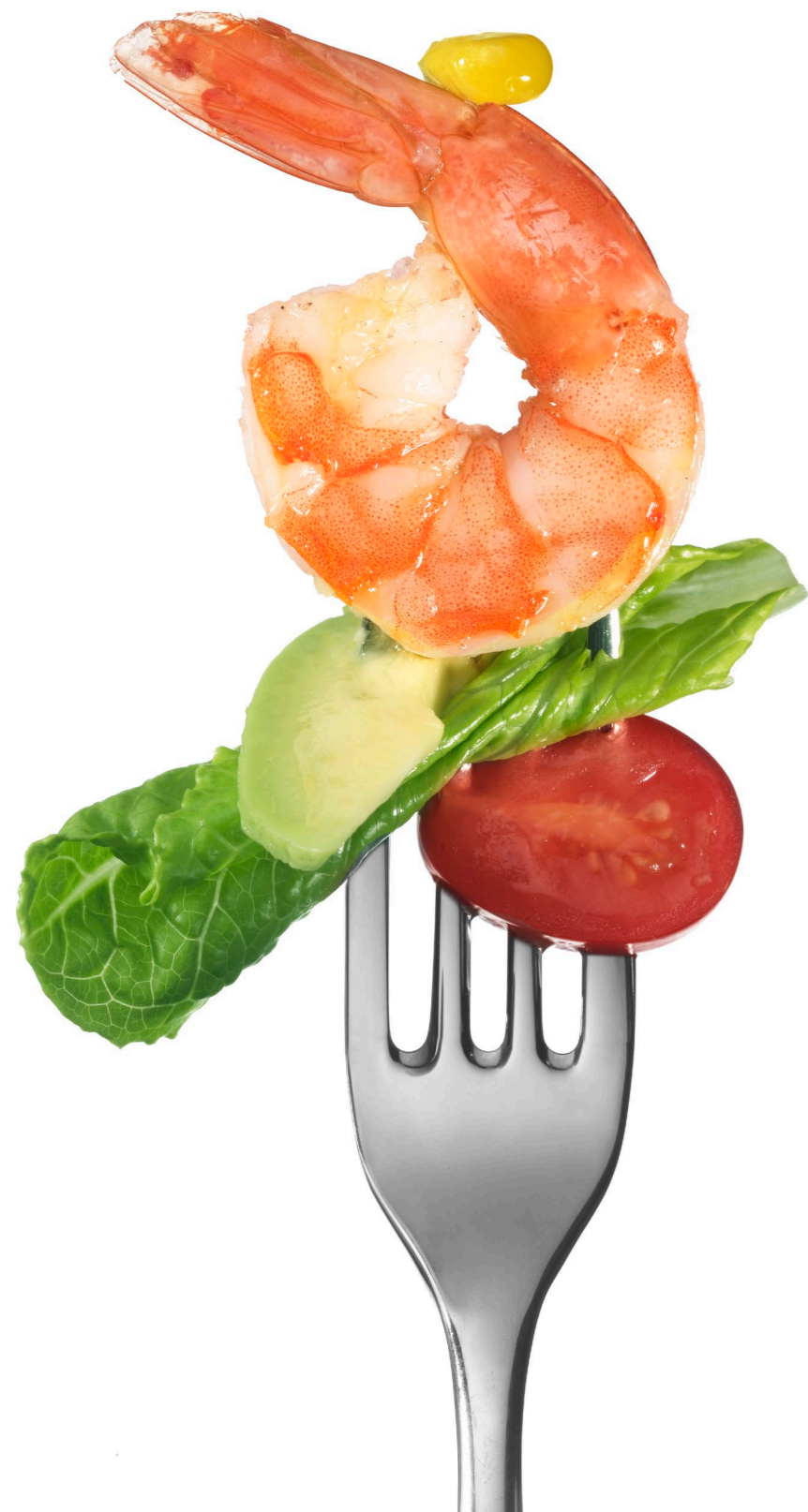


Lindsay Tuck
MPH

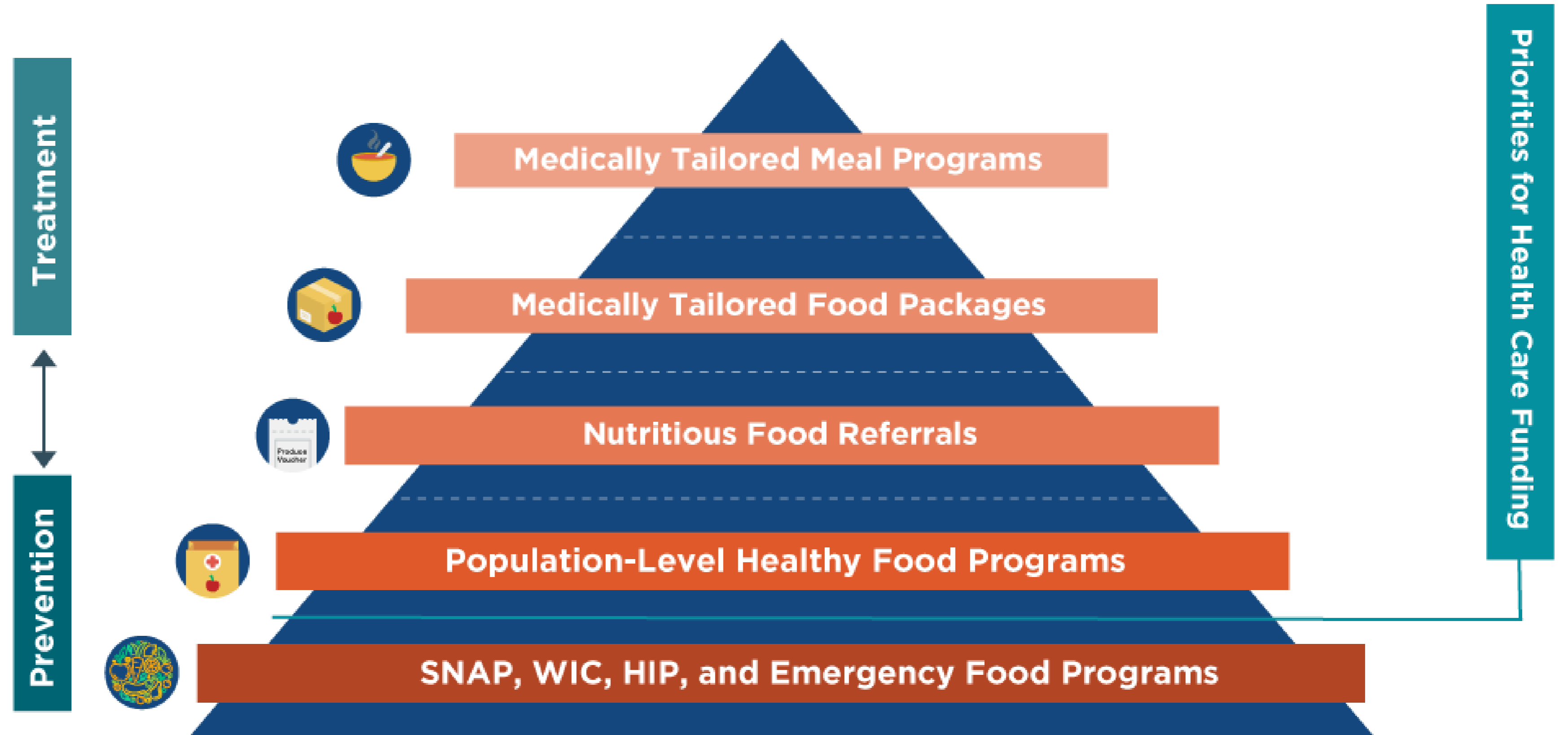


foodminds

Food is Medicine Defined



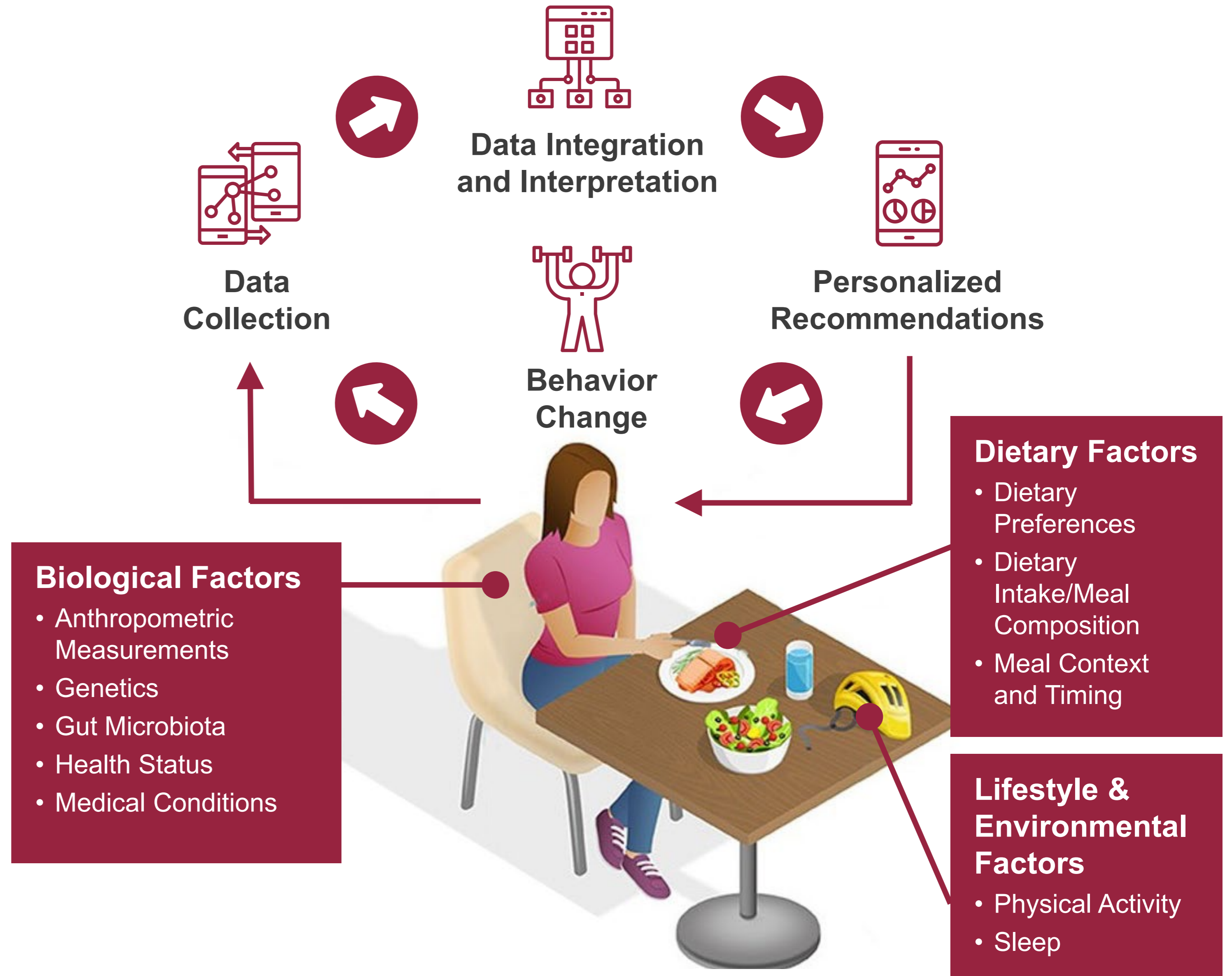
FOOD IS MEDICINE PYRAMID



foodminds

Precision Nutrition Approach

Focuses on the **individual**, rather than groups of people, to deliver more preventative and practical dietary advice than 'one-size-fits-all' guidelines, leverages human variability to design tailored dietary interventions to optimize health and improve quality of life. Precision Nutrition assumes that each individual may have a different response to specific foods and nutrients.

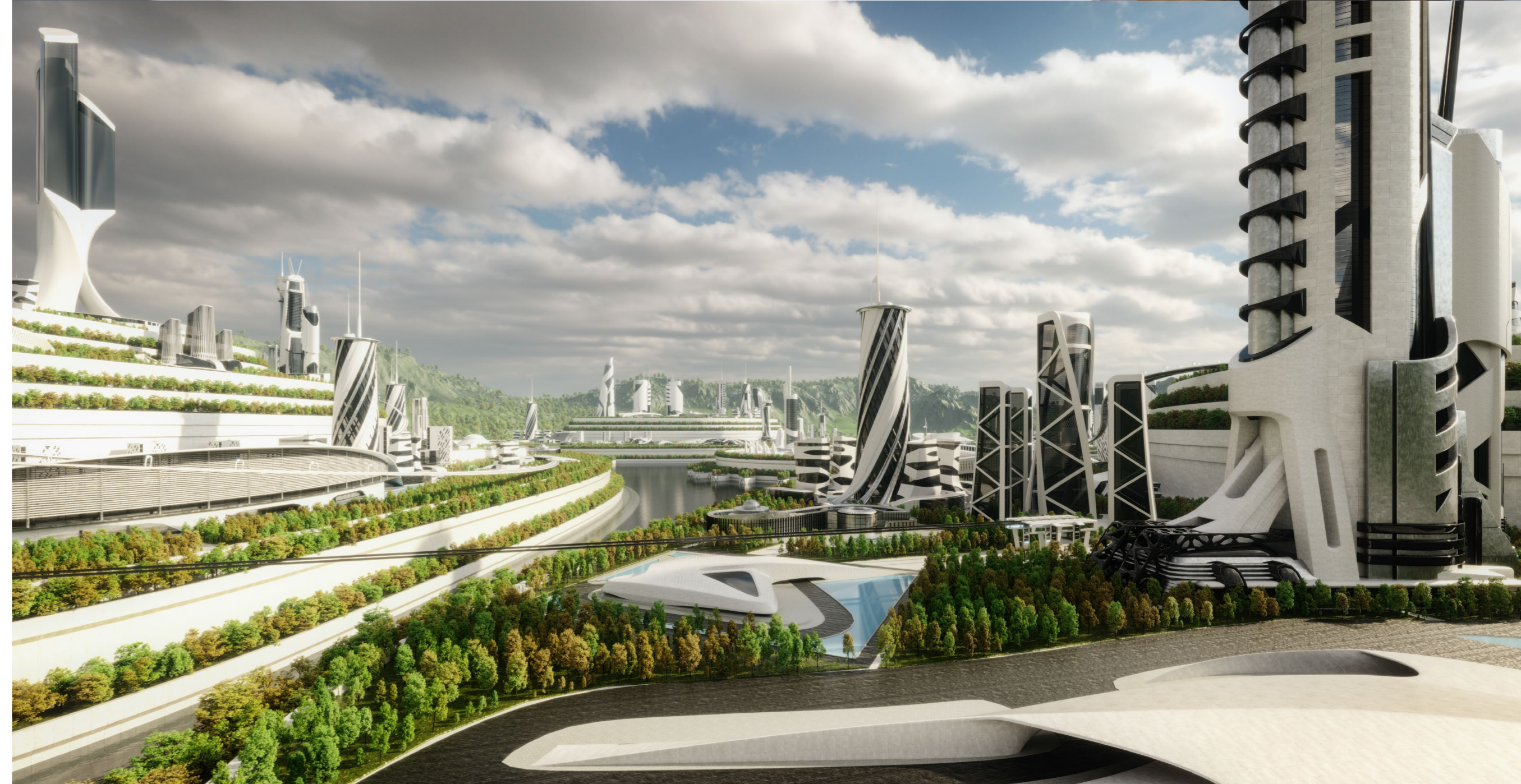


foodminds

Food is Medicine + Precision Nutrition



Meet the Jetsons!



Events



Organizations

Food is Medicine Initiative

A collaboration of the American Heart Association and The Rockefeller Foundation



Thought Leaders



Dariush Mozaffarian, MD
Tufts University



Alissa Wassung
Food is Medicine Coalition



Holly Nicastro, PhD
Nutrition for Precision Health,
All of Us Research Program,
NIH



José M. Ordovás, PhD
Tufts University

foodminds

Seafood has an Essential Role Across the Spectrum of FIM Activations

Food as Medicine initiatives and innovations are in rapid development, with significant public and private sector investment. Seafood has a role to play and an opportunity to engage with thought leaders in all facets of Food is Medicine.



Healthy Food Prescription Programs



Healthy Food Delivery & Benefits Programs



Medically Tailored Meals & Groceries



Culinary Medicine Programs



Retail Interventions

“The focus of most healthy food prescriptions so far has been on fruit and vegetables. Other dietary components, including nuts, beans, whole grains, and fish are recognized as important for cardiometabolic health and the impact of including these dietary components remains to be evaluated.”



REVIEW



Healthy Food Prescription Programs and their Impact on Dietary Behavior and Cardiometabolic Risk Factors: A Systematic Review and Meta-Analysis

Saiuj Bhat,¹ Daisy H Coyle,² Kathy Trieu,² Bruce Neal,^{2,3} Dariush Mozaffarian,⁴ Matti Marklund,^{2,5} and Jason HY Wu²

¹School of Medicine, The University of Western Australia, Crawley, Australia; ²The George Institute for Global Health, University of New South Wales, Sydney, Australia; ³School of Public Health, Imperial College London, London, United Kingdom; ⁴Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA, USA; and ⁵Bloomberg School of Public Health, Johns Hopkins University, Baltimore, MD, USA

foodminds

Goal:

Establish Seafood
as Essential in Food is
Medicine and Precision
Nutrition Initiatives



foodminds

Thank you!

Contact

Dr. Maya Maroto

MMaroto@FoodMinds.com