

Food as Medicine: The Academy's Strategic Roadmap

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Food as Medicine programs are programs that deliver both medical nutrition therapy and food delivery, and that food delivery can come in multiple different iterations, but the important part is that it covers one of four focus areas that the Academy has identified.

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Those 4 categories are one to encourage health and well-being, two for nutrition security purposes, three for food safety, and four is disease management and treatment.

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Medical nutrition therapy is really the comprehensive way we provide nutrition care, and food as medicine is one intervention that can be utilized to make that happen.

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Culinary medicine has become a very big emphasis for the Food as medicine movement where we are teaching not only how to secure the food, prepare the food, but then how that food aids you in managing your condition or preventing disease.

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The Academy of Nutrition and Dietetics has come out with a new strategic road map for food as medicine programming and the purpose of the strategic road map is to really help put the dietitian at the core of food as medicine programming.

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So what are those four goals? The first is to improve access to RDN services and medical nutrition therapy.

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The second goal that we have is about developing sustainable payment models.

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We know that food as medicine is not going to be successful as a movement if we cannot ensure sustainable and consistent equitable payment models.

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Our third goal is to demonstrate effectiveness using different types of research methodology.

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And then the final goal is to increase interprofessional awareness and education.

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For more information about food as medicine, please refer to our recent publication in the Journal of the Academy of Nutrition Dietetics.