

The Power of Food as Medicine

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We know that good nutrition can help people in so many ways.

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It can prevent and treat chronic conditions.

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It can help someone to have a healthy pregnancy.

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It can help fortify somebody after discharge from an inpatient stay so they don't readmit to the hospital.

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And it can really strengthen older adults so they can remain independent and living in their homes and communities for as long as possible.

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Food as medicine is so important because it's really taking those end to end nutrition solutions that include food and integrating that in a better way into the healthcare system.

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Someone can receive both the evidence based counseling and education along with the food to put it into practice.

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So it really is both of those things that empowers people.

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You help give them knowledge, but also these resources to improve their health, their nutritional status, their quality of life.

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It really puts people first and considers their physical health, their food insecurity, their nutrition and security when creating that care plan.

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We've seen patients improve their A1C and blood pressure, maintain their weight or even lose weight and change their behaviors around food as well.

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It's more than just mailing somebody food.

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There's that community aspect.

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So they're dietitians that develop relationships with clients or patients or drivers, develop relationships, volunteers.

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It's about that connection and community piece just as much sometimes as as the food itself.

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Dietitians play so many exciting roles in the food as medicine space.

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So among healthcare providers, we are the nutrition experts and that's what's exciting.

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Dietitians really are front and center to the services and they bring that expertise that combines food and nutrition, planning those menus, teaching cooking skills, teaching new healthy behaviors for folks so that they have a better relationship with food as well.

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And then the dietitians are really helping clients set those goals and helping them reach their health outcomes, no matter what that is.