



EMORY
UNIVERSITY
SCHOOL OF
MEDICINE

Department of Medicine

Tools to Support your Community/ System

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Asst. Dean Professional Development



One Example

- Support faculty
- Systems change for underserved
- Introduce Food as Medicine concept and integration in clinical care



Case: Stacie

- New faculty, mentee
- Interest in motivational interviewing, prevention
- Successful intramural grant



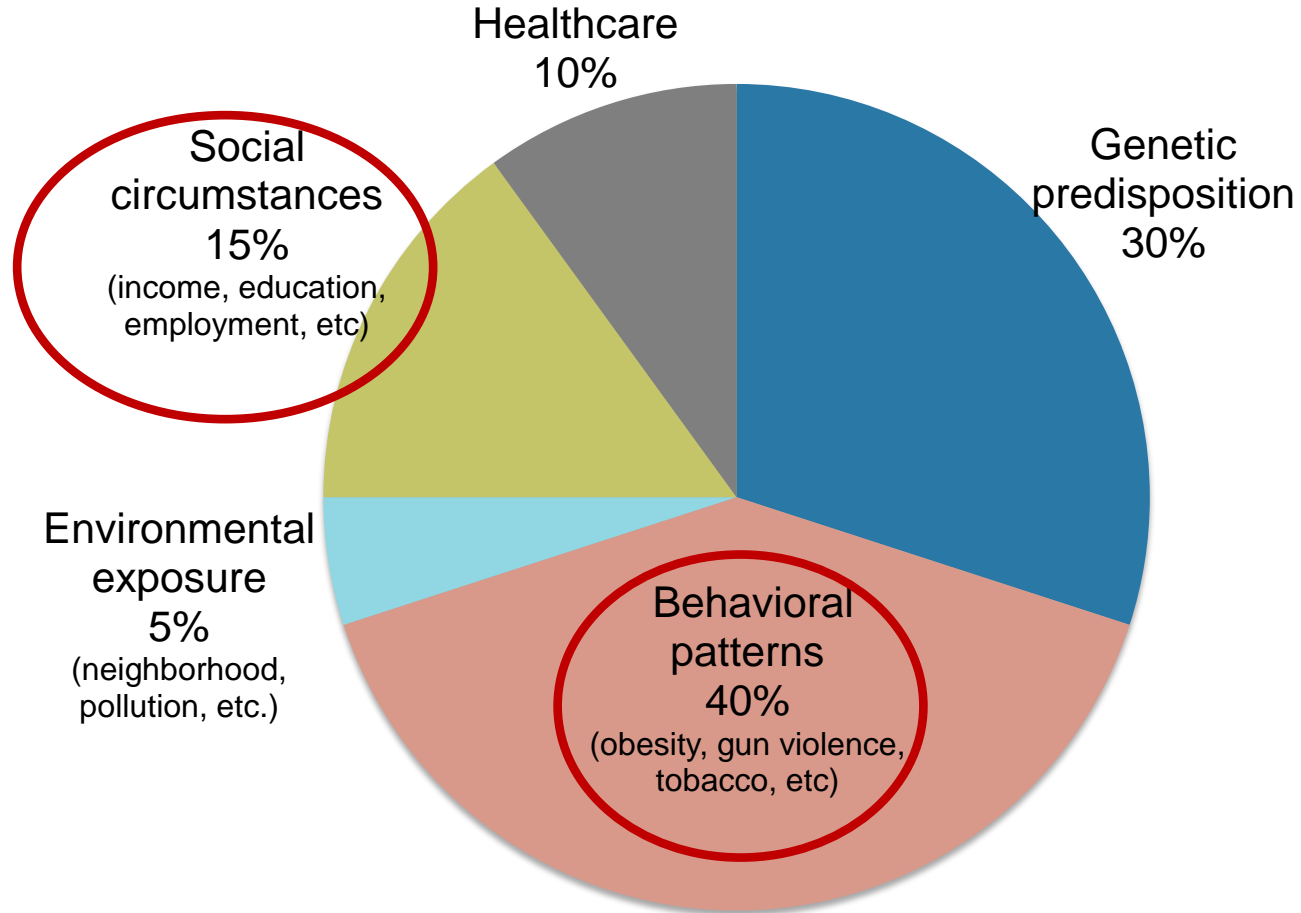
FAME Grant Program

When physicians think of health...

- Diagnosing and treating “a disease”
- Related to great diagnostic and therapeutic skills
- Yes but...



Proportional Contribution to Premature Death



Adapted from: Schroeder S. "We Can Do Better — Improving the Health of the American People" *N Engl J Med* 2007; 357:1221-1228.

Food Insecurity & disease management

- Higher in Georgia (about 20%)
- Grady primary care study >300 pts – 51% food insecure, 62% in DM
- Food insecure adults less likely to:
 - Purchase costly medication



Knight, C.K., et al., *Household food insecurity and medication "scrimping" among US adults with diabetes*. Preventive medicine, 2016. **83**: p. 41-45.

Sattler, E.L.P., J.S. Lee, and V. Bhargava, *Food insecurity and medication adherence in low-income older Medicare beneficiaries with type 2 diabetes*. Journal of nutrition in gerontology and geriatrics, 2014. **33**(4): p. 401-417.

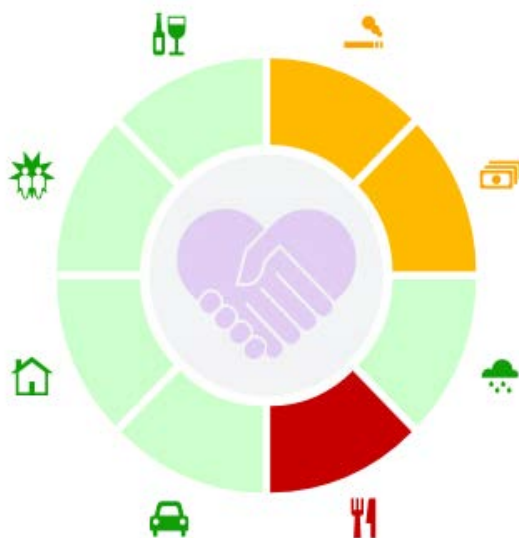
Imagine....

- Instead of prescribing pills and procedures...
- FVRx: apples and oranges...
- Makes intuitive sense but does it work?



Our intervention: FAM program

♥ Social Determinants of Health ↗



- Health professionals screening for SDH (**food**, housing, transport)
- Eligible participants: Adults w/ at least one diet-related illness (HTN, Obesity, DM) & food insecurity



Food Insecurity ↗

Jul 7 2021: Food Insecurity Present



Jul 7 2021: Food Insecurity Present

Worried About Running Out of Food in the Last Year
Often true

Ran Out of Food in the Last Year
Sometimes true



Intervention: Cooking Matters

- Evidence-based hands-on nutrition education and cooking curriculum
- Six weekly classes (2h each)
- Group support



Produce Distribution

1. Produce distributed at each weekly Cooking Matters course
2. Marta Markets
3. Now: FOOD PHARMACY



The Fresh MARTA Market

Market Hours

- West End Station**
Open Tuesdays
3:00 to 7:00 pm, Beginning May 2
- H.E. Holmes Station**
Open Wednesdays
3:00 to 7:00 pm, Beginning May 24
- College Park Station**
Open Thursdays
3:00 to 7:00 pm, Beginning May 25
- Five Points Station**
Open Fridays
3:00 to 7:00 pm, Beginning May 12

1 STOP Enjoy the Convenience of Shopping on Your Way Home!
Bring your Georgia EBT Card to any Fresh MARTA Market at Five Points, West End, H.E. Holmes, and College Park.

2 SWIPE You'll Automatically Double Your EBT Benefits!
Bring your Georgia EBT Card to the Fresh MARTA Markets and we will double your EBT dollars, dollar-for-dollar a terrific way to stretch your food budget!

3 SHOP Choose from a Great Selection of Fresh Produce!
Enjoy easy access to an abundance of fresh, seasonal, locally-grown produce... and get recipes to help you feed your family fresh the best!





- Food pharmacy
- Teaching kitchen
- Healthy Café
 - Employees/
neighborhood
purchases

Data Collected

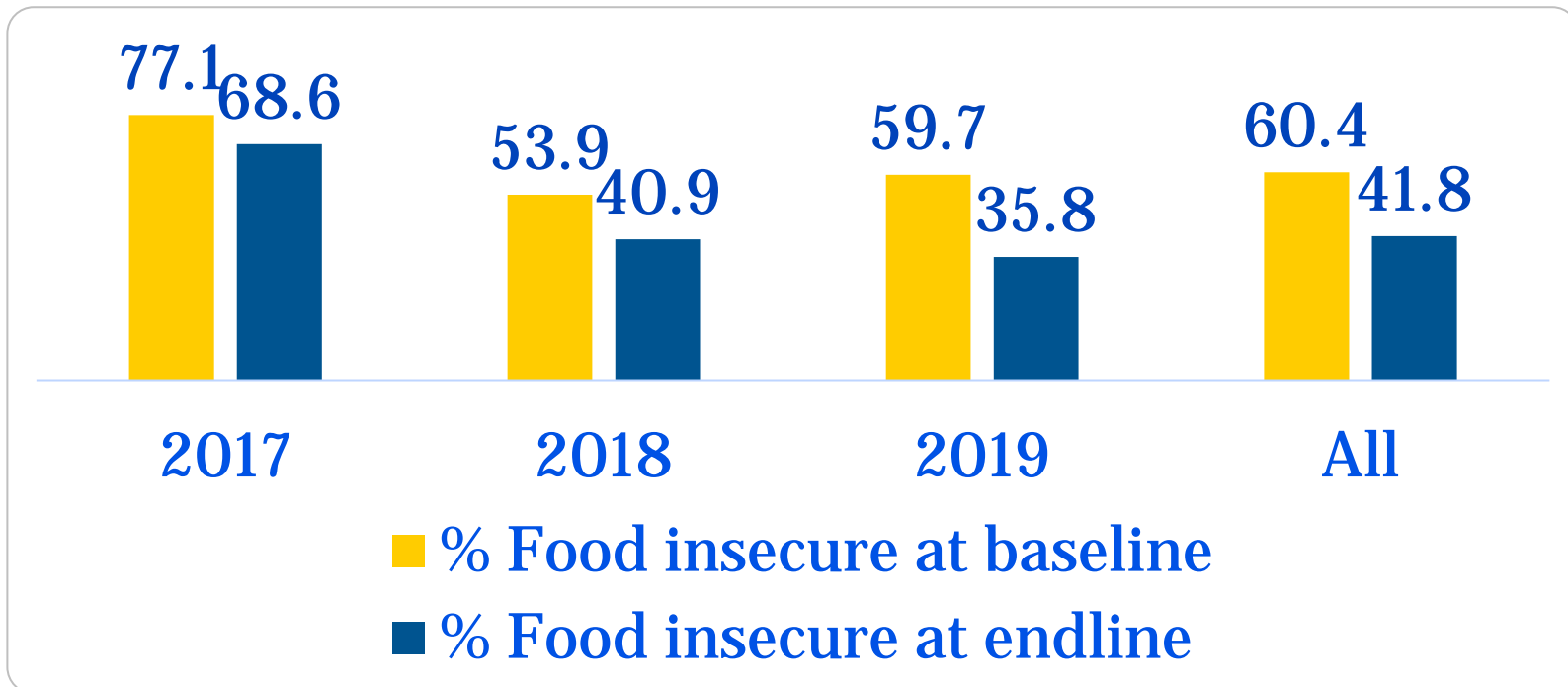
Surveys

- Baseline survey
- 6-week follow-up survey (at the end of Cooking Matters)
- Endline survey (6 months)

Biometrics

- Collected monthly:
 - Height
 - Weight
 - Blood pressure
 - A1C- South Georgia

Results: Diet & nutrition practices improved significantly over the 6 months program



*Data from Grady Health System cohorts 2017-2019, n=271 participants

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Dietary Variable	Baseline Mean ± SD	End line Mean± SD	Adjusted change from baseline to end line β [95% CI]
Daily unique fruit count	1.39 ±1.47	2.39 ±1.45	0.13*** [0.07,0.19]
Daily unique vegetable count	1.99±1.77	2.77±1.69	0.10*** [0.04,0.14]
Healthy food consumption score	3.86±1.29	4.38±1.27	0.38*** [0.23,0.51]
Healthy Beverage consumption score	5.14 ±1.70	4.98±1.44	0.27*** [0.11,0.36]
Healthy Purchase score	5.64 ±1.86	6.70±1.74	0.59*** [0.44,0.67]
Resource management score	6.30±1.95	7.10±1.74	0.61*** [0.44,0.65]

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Results - Health Metrics Improvements



Clinical Variable	Obs.	N	Unconditional Means (95% CI)	Unadjusted Change Over Time (95% CI)	Adjusted for Clinic, Cohort, Sex, Age
BMI (kg/m ²)	1,464	273	36.54 (35.53, 37.56)	-0.2 (-0.1, 0.0)	-0.1 (-0.1, 0.0)
Weight (lbs)	1,464	273	226.7 (220.0, 233.4)	-0.4 (-0., 6-0.2)	-0.49 (-0.6, -0.2)
Waist circumference (in)	1,461	273	45.3 (44., 46.1)	-0.4 (-0.4, -0.3)	-0.4 (-0.5, -0.3)
Diastolic blood pressure	1,460	273	81.8 (80.4, 83.2)	-0.4 (-0.7, -0.2)	-0.4 (-0.7-0.2)
Systolic blood pressure	1,460	273	140.4 (138.1, 142.6)	-1.0 (-1.4, -0.5)	-1.0 (-1.5, -0.6)

Summary

- Food insecurity is associated w/ chronic disease
- Example of supporting junior faculty interest
- Engaging community, foundation and hospital leadership
- Ongoing scholarship, advocacy, teaching opportunities

Questions?



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Best Practices: Convenience

- Location – cooking classes held in community
- Produce -- delivery or pickup at markets within MARTA
- Time of day
- Transportation –
 - Metro Atlanta MARTA cards
 - Rural Georgia- shuttle service and/or gas c
- Make up sessions with RDs
- Childcare provided if needed

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THE QUALITY MATTERS

GEORGIA FRESH FOR LESS

GEORGIA FRESH

EBT

LOCAL GROWN