



# Health Care Food<sup>TM</sup>

Accelerating the Integration of Food Is Medicine in Health Care

The American Heart Association's Health Care by Food<sup>TM</sup> initiative has funded nearly \$1.2 million in clinical trial planning grants. These grants provide direct costs for a one-year project period that allows an investigator time to plan, design and prepare the documentation necessary to compete for federal or other funding to implement a large-scale clinical trial.

At the end of the grant period, researchers will deliver a rigorous and highly competitive proposal for funding from a government agency, industry or foundation.

Title	Principal Investigators	Institution	Population of Interest
Planning a Food is Medicine intervention to improve cardiometabolic health among obesity-related cancer survivors	Erin Van Blarigan	The Regents of the University of California, San Francisco	People with a history of an obesity-related cancer, including bladder, breast, colon, endometrial, kidney, ovarian, prostate, and rectal cancers
Engaging Mothers and families in Promoting Cardiovascular Health Through Sustained Behavior Change (EMPOWER) Trial	Amrik Khalsa	Nationwide Children's Hospital	Will target families with a school-aged child (age 6-11)

<b>Developing a Food Is Medicine Intervention for Cardiovascular-Kidney-Metabolic Health: The WE-THRIVE Study</b>	Bunmi Ogungbe	Johns Hopkins University JHURA	21-70-year-old adults with uncontrolled BP (SBP >130mmHg) AND CKM Stage 2 (hypertriglyceridemia OR hypertension OR metabolic syndrome OR type 2 diabetes OR moderate-to-high risk CKD) AND experiencing social disadvantage (Medicaid-eligible OR uninsured/underinsured OR living in HFPAs)
<b>Designing a multisite RCT to test a food is medicine intervention to prevent gestational diabetes among women at-risk</b>	Shreela Sharma, Jose-Miguel Yamal, Alexandra van den Berg	The University of Texas Health Science Center at Houston	Pregnant individuals at risk of developing GDM, and belonging to a high-risk racial/ethnic group (Black, Hispanic, Native American, Asian American, Pacific Islander)
<b>Planning Food Is Medicine Interventions for Gestational Diabetes</b>	Lisa Bailey-Davis	Geisinger Clinic	<20 weeks' gestation; age >18; singleton; intent to deliver at enrolling health system; no plans to move within 2 years
<b>Dietitian-led motivational interviewing-based nutritional counseling in heart failure</b>	Scott Hummel	VA Ann Arbor Healthcare System	Veterans with HF who have been hospitalized within the previous 12 months
<b>Stepped Care Model for improved engagement and health outcomes among Medicaid adults with hypertension</b>	Alison Gustafson	University of Kentucky	Screened positive for food insecurity; diagnosis of HTN (ICD-I10 code); anti-hypertensive medication reported, age 18+; current patients at UKHealthcare, UofL Health, or ARH; speaks English or Spanish
<b>Planning an Innovative Multi-Site Clinical Trial to Assess Food is Medicine for Sustained Behavior Change</b>	Amanda Shallcross	Cleveland Clinic Foundation	Patients with HF and will include individuals with elevated depressive symptoms

<b>Food Is Medicine Interventions to Reduce Cardiovascular Disease Risk in Children with Food Insecurity and Diabetes</b>	Katelyn Fox	The Miriam Hospital	Families of school-age children (ages 5-12 years) with T1DM and food insecurity
<b>Food is Medicine: Addressing food insecurity and improving maternal and child health</b>	Janet Catov	University of Pittsburgh	<p>Pregnant women with Medicaid (including uninsured with presumptive Medicaid eligibility)</p> <p>Inclusion criteria includes: Medicaid, &lt; 20 weeks gestation with enrollment at the first prenatal visit, singleton gestation, plans to deliver at either a U of Pitt or Maryland hospital, and high-risk (BMI <math>\geq 25</math> kg/m<sup>2</sup> or BP <math>\geq 130/90</math> mmHg).</p>
<b>Remote BP Monitoring and Evidence-Based Nutrition Interventions to Promote Brain Health Equity and Wellness after Stroke</b>	Anjail Sharrief	The University of Texas Health Science Center at Houston	<p>Community-dwelling stroke survivor with a recent (&lt;3 months) ischemic or hemorrhagic stroke or transient ischemic attack</p> <p>Inclusion criteria includes: age <math>\geq 18</math>; presence of hypertension (by clinical history, hypertensive medication use, hospital BP <math>\geq 140/90</math> mmHg on two occasions, or clinic BP <math>&gt; 140/90</math> mmHg at follow-up);</p>
<b>NutriFit4U – Understanding the Role of Medically Tailored Groceries and Personalized Nutrition Counseling</b>	Jing Li, Gretchen Wells, Camille Schneider Worthington	University of Alabama at Birmingham School of Medicine	Adults aged 18-75 years old who are diagnosed with heart failure (HF) (both HF with reduced ejection-HFrEF and HF with preserved ejection-HFpEF), hospitalization due to HF within 3 months, and screened positive for financial constraints.