

## **Accountable Food Is Medicine (AFIM)**

A clinically integrated, outcomes-based Food is Medicine model

AFIM is a Food is Medicine program rooted in accountability—to patients, providers, farmers, and payers. It combines clinical care, nutrition education, and nutrient-dense, locally grown food to reverse chronic conditions like Type 2 diabetes while generating significant healthcare cost savings.

### **What Makes AFIM Different?**

- Provides culturally relevant education and regenerative, nutrient-dense food to support patient healing.
- Keeps medical providers informed of patient progress and clinical needs.
- Verifies farmer practices that support nutrition and soil health.
- Tracks outcomes and reduces costs, making it a model payers want to cover.

### **How It Works**

\*Based on the proven FreshRx Oklahoma model\*

1. Patients are referred by physicians or care teams.
2. AFIM screens for readiness and collects baseline health data.
3. Patients receive 12 months of food and education at no cost.
4. Participation is tracked monthly; health metrics collected quarterly.
5. Participants graduate or may be re-enrolled based on outcomes.

### **Core Roles (can be scaled by site size)**

- Program Director / Clinical Director – Oversees operations and clinical outcomes. Often an RN.
- Education Director – Leads nutrition and cooking classes.
- Outreach & Intake Coordinators – Manage referrals, enrollment, and support.
- Produce Manager – Coordinates sourcing and delivery of regenerative food.
- Community Health Workers / Navigators – (Optional) Address barriers, provide support, and improve engagement.
- This compliment of staff could serve at least 200 patients a year. Adding another care manager, intake coordinator and two CHWs could double the number of patients served.

### **Built for Health Insurance Coverage**

AFIM is structured for integration into value-based care and reimbursement models:

- Bundled payment model covering food, education, and clinical oversight
- Reimbursement tied to outcomes (e.g., A1c, BP, weight improvements)
- Bonus incentive payments for achieving or exceeding health targets
- \$12,000 annual savings per patient (FreshRx Oklahoma independent review)