

# Food is Medicine **IMPACT Fund**

Food is Medicine (FIM) programs, including prescriptions, medically tailored groceries and medically tailored meals, are increasingly demonstrating their ability to improve health outcomes and reduce health care costs for people living with diet-related chronic conditions. This Fund brings together longtime and new FIM supporters alike, pooling capital to move beyond individual efforts and drive impact at scale.

## **The problem**

Chronic diet-related diseases, including heart disease, stroke, and diabetes, are the leading causes of death in the United States, especially in low-income communities. Poor diets currently cost the United States \$1.1 trillion annually in health care spending and lost productivity.

## **A Ripe Opportunity**

FIM programs have the potential to positively impact health, bolster more resilient food systems, and bring economic benefits from state agencies to small and mid-sized farms. Collaborative, philanthropic investment is needed to move a solution with this kind of potential from possibility to a scaled reality.

For the many stakeholders working on FIM, coordinated dollars can make the investments go further and realize solutions sooner. That's why leading FIM funders have launched the Fund – to amplify resources and make it possible for increased and diversified capital to flow to four main pillars of tools that can help transform food and health systems across the country.

## **Read more:**

<https://rfcatalytic.org/project/food-is-medicine-impact-fund/>

The Food Is Medicine (FIM) Impact Fund aims to improve health outcomes for millions of Americans with chronic, diet-related conditions by expanding access and insurance coverage to effective Food is Medicine programs.

## **Tools for Impact**



### **Policy & Advocacy**

Work to make FIM a covered benefit in Medicaid and other public health programs so that access is not limited by what someone can afford.



### **Infrastructure**

Investing in the systems and support that help FIM programs move from promising pilots to reliable, accessible care.

### **FIM State Officer Program (2026–29)**

The FIM State Officer Program will support up to ten U.S. states in hiring dedicated FIM leaders for three years to expand and strengthen FIM programs. These leaders will support policy design, program implementation, and cross-state coordination — ensuring nutritious food is central to health care and disease prevention nationwide.



### **Narrative**

Raising awareness so that patients, providers, and policymakers know FIM programs exist, understand their value, and champion their expansion.



### **Research & Evaluation**

Building the evidence that proves FIM works, giving healthcare systems and policymakers the data they need to act.

### **FIM Awareness & Enrollment Campaign (2026-28)**

Research indicates that a lack of awareness about FIM remains one of the biggest barriers to adoption, yet that the majority of Americans believe that FIM programs can help them make healthier choices. The FIM Fund therefore supports efforts to broaden access and awareness so that more people can benefit from FIM.

