



Food Is Medicine Action Survey FY2025: Results and Analysis

Introduction

In 2024, the "Food is Medicine" movement continued to gain traction, emphasizing the critical role of nutrition in preventing and managing chronic diseases.

As of February 2025, the U.S. Department of Health and Human Services (HHS) continues to advance its "Food is Medicine" initiative, which aims to integrate nutrition interventions into healthcare to improve health outcomes and reduce food insecurity. The inaugural HHS Food is Medicine Summit was held on January 31, 2024, in Washington, D.C., bringing together policymakers, advocates, researchers, and various stakeholders to discuss the importance of food as a component of healthcare and strategies to promote its adoption.

Ref: <https://odphp.health.gov/>

The Food is Medicine Institute at Tufts University hosted its 2nd Annual Advocacy Day on Capitol Hill in March 2025, bringing together stakeholders to promote FIM priorities in federal policymaking. Furthermore, Tufts launched the Food is Medicine National Network of Excellence, collaborating with healthcare organizations like Kaiser Permanente and CVS Health to standardize and expand FIM interventions.

Ref: <https://tuftsfoodismedicine.org/2nd-annual-food-is-medicine-advocacy-day-march-12-2025>

In addition to HHS's efforts, the Food as Medicine Summit, organized by Grey Green Media, is scheduled for June 4-5, 2025, in Chicago, Illinois. Now in its fifth year, this summit serves

as a key event for stakeholders in the Food as Medicine field, offering networking opportunities and an industry-shaping agenda.

Ref: <https://www.foodmedicinesummit.com>

These initiatives reflect a growing recognition of the critical role that nutrition plays in health and the importance of integrating food-based interventions into healthcare systems.

The Cook's Nook first set out in late 2023 to understand how organizations are prioritizing Food is Medicine in the context of broader national conversations about the Social Determinants of Health (SDoH) and health equity. We created the Food is Medicine (FIM) FY2024 Action Survey to help us accomplish this. We had amazing responses, and we did it again for the year 2025. In the following, you will find detailed analysis and report of our FIM FY2025 survey. Thanks to all who participated in the survey!

Characteristics of FIM 2024 Action Survey Respondents

Organization Type (Figure 1) reveals key insights into the distribution of participation across various sectors.

Community Based Organization (CBO) had the highest percentage of respondents in the survey, accounting for 64.29% of total participants. This indicates that the CBO sector had the most substantial representation in the survey, suggesting a strong level of interest, engagement, or direct involvement in Food Is Medicine initiatives. The significant presence of CBO respondents may reflect their active role in integrating food-based interventions into healthcare or their vested interest in the intersection of nutrition and health outcomes.

Following CBOs, the second most represented group was Hospital System / Healthcare Providers, who made up 21.42% of the respondents. While notably lower than the CBOs, this percentage still highlights a meaningful level of participation from healthcare sectors,



indicating their growing recognition of Food Is Medicine principles in patient care and hospital-based programs.

The remaining three sectors, **Payer Provider; Benefits Provider or Benefits Platform; and Governmental**; all shared the same percentage of 14.28, positioning them after CBOs and Hospital System / Healthcare Provider. Their equal representation suggests a more uniform but smaller level of participation compared to the leading groups. This distribution highlights the varying degrees of interest and engagement among different organization types.

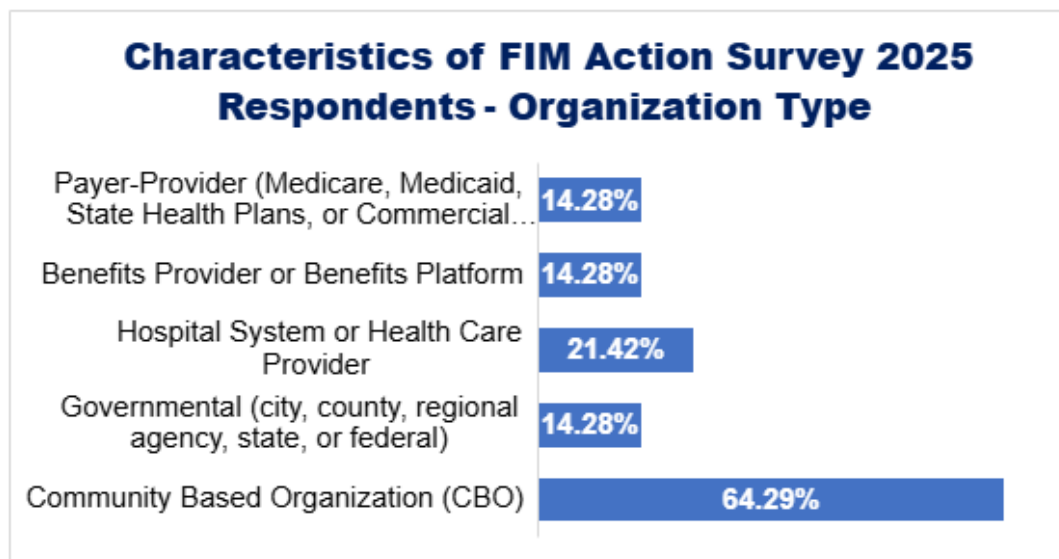


Figure 1: Characteristics percentages of FIM Action Survey 2025 respondents by Organization Type.

Health Equity and Social Determinants of Health (SDOH)

In response to the areas of **Health Equity and Social Determinants of Health (SDOH)** that organizations were most interested in addressing in 2025, the **highest number of respondents** selected **Nutrition Access and Quality** as the primary area of focus. This indicates a strong organizational commitment to ensuring access to healthy food as a fundamental component of health equity. The emphasis on nutrition aligns with the growing recognition of food as medicine and its role in preventing chronic diseases and improving overall well-being.

Following closely behind, organizations showed a strong interest in **Targeted Population Health Programs**, suggesting a focus on tailored interventions designed to meet the unique needs of specific demographic groups. These programs likely aim to address disparities in healthcare access, chronic disease management, and preventive care.

The next prioritized areas were **Healthcare Access and Quality, Transportation Initiatives, and Housing Stabilization** reflecting the critical need to enhance both medical services and the means for individuals to access them. These findings emphasize the pressing need to not only improve the availability and effectiveness of medical services but also to address the fundamental barriers that prevent individuals from accessing the care they need.

Limited transportation options, particularly in low-income and rural communities, often serve as a significant obstacle to healthcare access. Individuals without reliable transportation may struggle to attend medical appointments, pick up prescriptions, or access essential health-related services. This challenge disproportionately affects vulnerable populations, highlighting the importance of integrating transportation solutions into health-focused initiatives to promote greater health equity.

Similarly, housing stability plays a crucial role in overall health and well-being. This response underscores the crucial link between stable housing and overall health outcomes, as secure living conditions are fundamental to maintaining well-being and accessing healthcare



services. Housing instability is often associated with higher rates of chronic illness, mental health challenges, and difficulties in adhering to medical treatments, making it a vital focus area for organizations engaged in Food Is Medicine and related health initiatives.

Following these priorities, **Education** emerged as the next area of focus, with 42.86% of respondents recognizing its importance. This finding reflects the critical role of education in shaping health literacy, empowering individuals to make informed decisions about nutrition, disease prevention, and healthcare navigation. Increased investment in education can help bridge knowledge gaps, particularly in underserved communities, ensuring that individuals have the information and resources necessary to take proactive steps toward better health.

The lowest-ranked areas, **Emergency Services** and **Post-hospitalization and Coordination**, received the same percentage of responses. This indicates that while these areas remain relevant, they may not be the primary focus for most organizations in 2025. Overall, the survey results suggest a strong organizational shift toward preventive and community-based health solutions, with a primary emphasis on nutrition, targeted interventions, and access to care, rather than focusing solely on hospital-based treatment and care coordination.

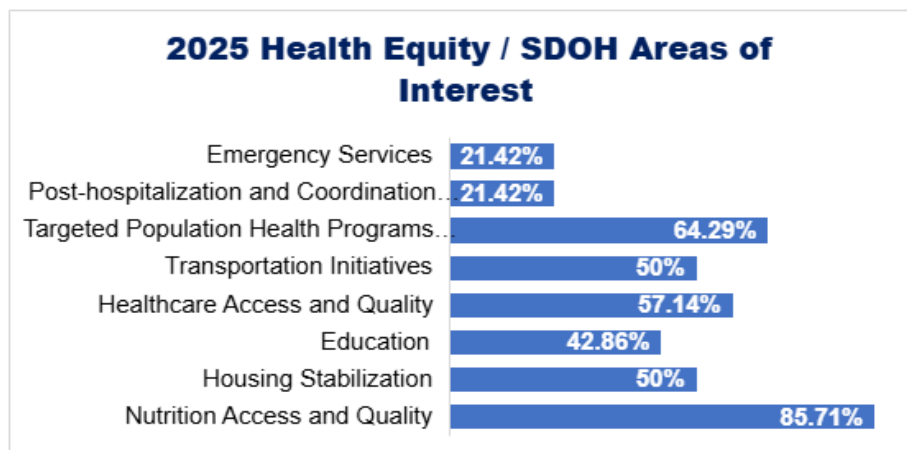


Figure 2: Areas of Health Equity / Social Determinants of Health (SDOH) the organizations interested in addressing in 2025

Top 5 Key Initiatives

In response to our survey question on the **five key initiatives** that organizations are prioritizing in 2025 (Figure 3), the data highlights a strong focus on **Food Security and Nutrition Access Initiatives**, as well as broader efforts to address Social Determinants of Health (SDOH).

The top priority **Food Security and Nutrition Access Initiatives**, selected by 80% of respondents and overwhelming majority, underscores the critical role that nutrition plays in overall health and well-being. It also reflects a growing commitment among organizations to implement programs such as food prescription initiatives, medically tailored meals (MTMs), and expanded access to fresh, healthy foods. This aligns with national efforts to integrate **Food is Medicine** strategies into healthcare and public health interventions.

Developing Access to SDOH resources ranked second, with 55% of respondents choosing it as a key initiative. This indicates that more than half of the organizations recognize the importance of addressing non-medical factors—such as housing, employment, education, and transportation—that significantly impact health outcomes. Many organizations are likely working on expanding partnerships and infrastructure to connect individuals with these critical social support services.

Creating Targeted “Food as Medicine (FIM)” pilots and **Developing Clinical and SDOH impact models** both received 20% of responses, indicating a growing but still developing interest in experimental or pilot programs. These initiatives focus on testing and scaling innovative interventions that integrate nutrition-based treatments into healthcare settings. SDOH impact models, in particular, suggest that organizations are working to measure and understand the effectiveness of addressing social determinants in improving health outcomes.

The lowest-ranked initiatives, **Building Targeted Medically Tailored Meals (MTMs) Programs** and **Building cost of care / Return on Investment (ROI) models**, were each selected by **7% of respondents**. While MTMs are a recognized tool in Food is Medicine strategies, their lower ranking suggests that fewer organizations have the capacity or resources to implement them at scale. Similarly, the lower focus on ROI models may indicate that, while measuring financial returns is important, most organizations are currently prioritizing direct intervention and service expansion over financial outcome assessments.

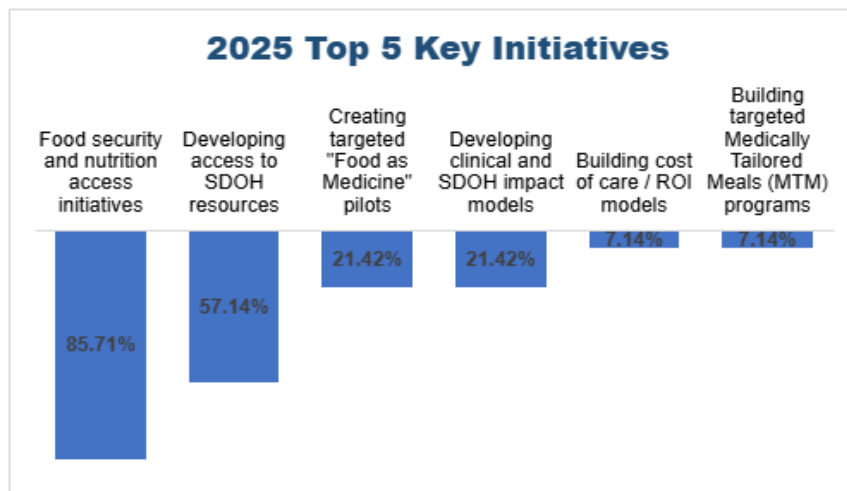


Figure 3: Top 5 key initiatives that the organizations are focused on in 2025

Key Takeaways:

The survey results suggest that food security and access to SDOH resources are the dominant focus areas in 2025, reflecting a shift toward proactive, preventive health measures. Meanwhile, targeted pilots and impact models are gaining traction, and while MTMs and ROI assessments remain relevant, they are not yet a primary focus for most organizations. This highlights a collective move toward scalable nutrition and SDOH-based interventions, with an emphasis on improving access to essential resources at a community level.

Expected level of Investment

The majority of respondents (Figure 4) selected **less than \$100,000** for expected level of investment for SDOH / Health Equity / FIM Program for 2025, followed by those who anticipated investing **between \$100,000 - \$250,000**. This indicates that while there is some interest in nutrition-based health interventions, many organizations remain cautious with their financial commitments

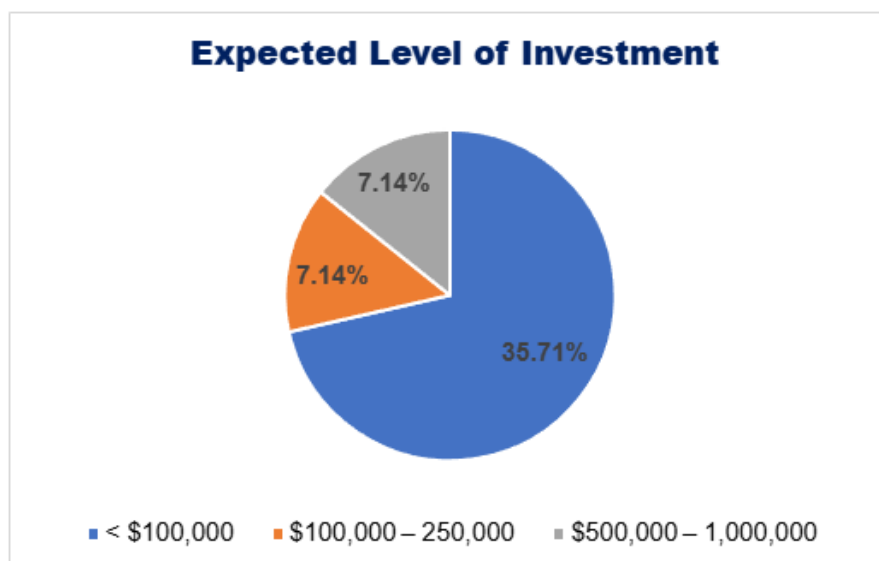


Figure 4: Level of investment for SDOH/Health Equity/FIM Program for 2025

Expected Launch of Program

The expected program launch timeline (Figure 5) shows that 21% of respondents planned to launch before the end of 2024, with another 21% targeting the second half of 2025. Meanwhile, 13% of respondents aimed for a launch in both the first and second quarters of 2025.

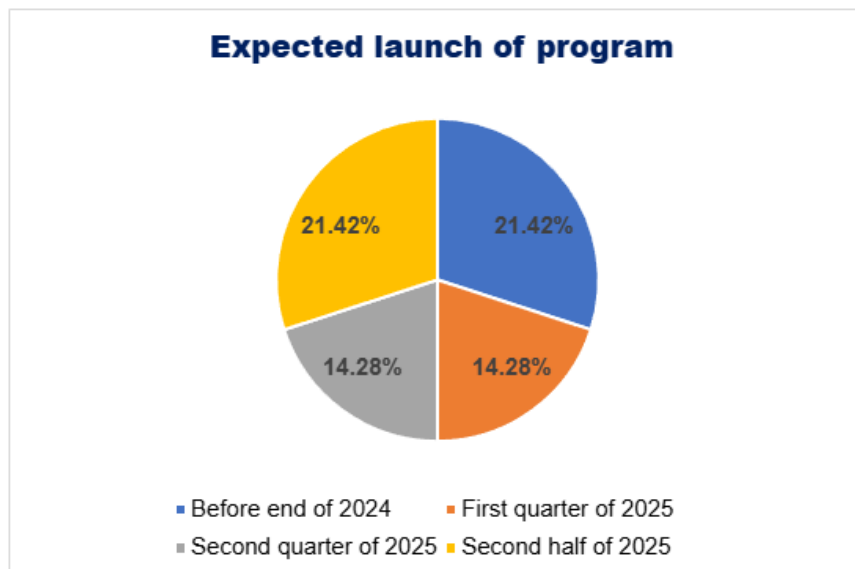


Figure 5: Expected launch of FIM program

Overall summary:

The Food Is Medicine Action Survey FY2025 highlights that organizations are placing a strong emphasis on food security and nutrition access, prioritizing these initiatives as essential strategies for improving health outcomes. Additionally, a majority of the respondents are focused on implementing food security and nutrition access programs, reinforcing the critical role of nutrition in healthcare. Beyond these top priorities, organizations are also concentrating on enhancing healthcare access and quality, developing targeted healthcare programs for specific populations, expanding access to social determinants of health (SDOH) resources, and addressing key issues such as housing stabilization and transportation. These findings reflect a comprehensive approach to integrating food and

healthcare solutions to create more equitable and effective health interventions. When it comes to investment, most respondents plan to allocate under \$100,000, followed by between \$100,000 - \$250,000. In terms of program launch timelines, 21% expect to launch before the end of 2024, a period that has already passed, with another 21% aiming for the second half of 2025, while 13% plan for the first and second quarters of 2025. This suggests a growing focus on nutrition-driven healthcare solutions, with an emphasis on expanding access to essential resources, though with cautious financial planning and varied timelines for implementation.

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