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How has the Food as Medicine policy space evolved over the last year? What still needs to happen to move the needle?

There is a lot of momentum in the food as medicine policy space, especially in the wake of the Biden-Harris National Strategy on Hunger, Nutrition and Health! There is also increasingly likely (and in some cases, already realized) avenues for funding. And so much new data! But we are still missing some of the fundamentals: How are

the data systems in different sectors going to talk to each other? What dose and duration of an intervention is necessary for long-term impact? Which organizations are best situated to provide services if we are prioritizing scale, or prioritizing cultural appropriateness, or prioritizing local economies?

What research do we have which demonstrates the effectiveness of implementing Food as Medicine approaches?

I consider WIC (the Special Supplemental Nutrition Program for Women, Infants and Children) to be the model food as medicine program. We know that WIC improves outcomes for pregnant people and their babies—both in the short term and the long term—and

we know that WIC has been successfully implemented at scale. This means that all of these other food as medicine programs are likely to be successful too if they produce similar improvements in food security and dietary intake. But we still have to prove it! There is an enormous amount of research being conducted now that tests this hypothesis in different populations using different research methods and different intervention approaches.

How can we continue to inspire change and commitments?

Whether we realize it or not, the work being done now is creating a system. In order to inspire change, we need to be able to look at the system we created in 20 years and say that it is a good one. And that means we created a system that works for the people who are using

it—both community members and health care providers.

What are you looking forward to at the Food as Medicine: Policy Summit?

I am looking forward to working with many partners to help envision and create this system!

Hilary Seligman will be sharing her insights at the Food as Medicine: Policy Summit this November (29-30th) in Washington, DC. She is speaking on the panel discussion with open Q&A: Demonstrating the Effectiveness of Food as Medicine Approaches on Specific Disease States