



Health Care Food™

Accelerating the Integration of Food Is Medicine in Health Care

The American Heart Association's Health Care by Food™ 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	Adults with a history of obesity-related cancer
Engaging Mothers and families in Promoting Cardiovascular Health Through Sustained Behavior Change (EMPOWER) Trial	Amrik Khalsa	Nationwide Children's Hospital	Families with a school-aged child (age 6-11)

Developing a Food Is Medicine Intervention for Cardiovascular-Kidney-Metabolic Health: The WE-THRIVE Study	Bunmi Ogungbe	Johns Hopkins University JHURA	Adults with uncontrolled blood pressure with cardiovascular-kidney-metabolic disease
Designing a multisite RCT to test a food is medicine intervention to prevent gestational diabetes among women at-risk	Shreela Sharma, Jose- Miguel Yamal, Alexandra van den Berg	The University of Texas Health Science Center at Houston	Pregnant individuals at risk of gestational diabetes
Planning Food Is Medicine Interventions for Gestational Diabetes	Lisa Bailey-Davis	Geisinger Clinic	Pregnant individuals at risk of gestational diabetes
Dietitian-led motivational interviewing-based nutritional counseling paired with Food Is Medicine Intervention in heart failure	Scott Hummel	VA Ann Arbor Healthcare System	Veterans with HF
Stepped Care Model for improved engagement and health outcomes among Medicaid adults with hypertension	Alison Gustafson	University of Kentucky	Adults with high blood pressure and food insecurity
Planning an Innovative Multi- Site Clinical Trial to Assess Food is Medicine for Sustained Behavior Change	Amanda Shallcross	Cleveland Clinic Foundation	Adults with heart failure

Food Is Medicine Interventions to Reduce Cardiovascular Disease Risk in Children with Food Insecurity and Diabetes	Katelyn Fox	The Miriam Hospital	Families of school-age children (ages 5-12 years) with type 1 diabetes and food insecurity
Food is Medicine: Addressing food insecurity and improving maternal and child health	Janet Catov	University of Pittsburgh	High risk pregnant individuals with food insecurity
Remote BP Monitoring and Evidence-Based Nutrition Interventions to Promote Brain Health Equity and Wellness after Stroke	Anjail Sharrief	The University of Texas Health Science Center at Houston	Adults with a history of stroke and presence of high blood pressure(
NutriFit4U – Understanding the Role of Medically Tailored Groceries and Personalized Nutrition Counseling	Jing Li, Gretchen Wells, Camille Schneider Worthington	University of Alabama at Birmingham School of Medicine	Adults with heart failure and low-income