



The American Heart Association's **Health Care by Food™** initiative is empowering employers to improve employee health by implementing evidence-based, cost-effective food is medicine strategies through shared learning, data-driven insights, and cross-sector innovation.



The need and opportunity are great: An estimated 90% of the \$4.9 trillion annual cost of health care in the U.S. is spent on medical care for chronic diseases, and for many of these diseases, diet is a major risk factor.¹



The American Heart Association is **supporting employers** by **providing guidance and strategic consultation** to design and implement food is medicine (FIM) programs to improve effectiveness, scalability, and integration with benefit design. We can advise on:

- Defining a strategic approach to FIM
- FIM program design
- Employee engagement and retention strategies
- Learnings from other FIM initiatives
- Recommended metrics and evaluation tools to track health improvements, health care utilization, employee satisfaction, and cost effectiveness
- The role of employers in advancing food is medicine
- Developing employer-specific food is medicine action plans

To complement our technical assistance to employers, the American Heart Association will convene **quarterly Employer Learning and Action Network sessions** to support collaborative learning and innovation. These meetings will be structured to engage stakeholders, share insights, and best practices, and provide opportunities for networking.

A curated **centralized data and resource repository** will be available on the **[HCXF Knowledge Hub](#)**. This hub will help employers identify effective program models and success factors to drive impact and continuous improvement

For more information, contact Lisa Erck at lisa.erck@heart.org.

Supporting employers through targeted technical assistance and peer-to-peer learning on food is medicine adoption.