

Partnering for Impact Through Food is Medicine

July 21, 2026

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<https://oneop.org/learn/160143/>

About OneOp

Supporting your work so you can better support military families.



Who We Are

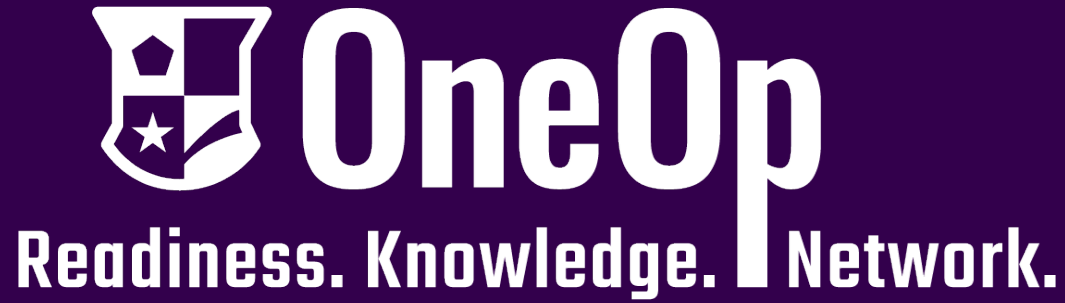
A DoW & Cooperative Extension partnership supporting professionals who serve military families.

Our Mission

Strengthening military family service providers through accessible, research-informed learning.

What We Offer

Free, online professional development through webinars, podcasts, courses, and more.



The views expressed in this presentation do not necessarily reflect the official policy of the Department of War, U.S. Department of Agriculture, U.S. Government or OneOp. The mention of any entity or product is for informational purposes only.

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Today's Presenters



Pamela Schwartz, MPH

Executive Director, Community Health
Kaiser Permanente



Lisa Kimura, MBA

Community Health Lead
Hawaii Region
Kaiser Permanente



Emily Emmons

Executive Director
Ho'ola Farms

Learning Objectives

Webinar Overview

This webinar will explore a successful partnership between Ho'ola Farms, a nonprofit working to strengthen the local food system in Hawaii, and Kaiser Permanente. Attendees will learn how this collaboration strengthens the community and works to address social determinants of health, improve patient outcomes and reduce healthcare costs.

1

Understand the core components of Food is Medicine programs.

2

Explore key strategies for building and sustaining partnerships between healthcare providers and community-based organizations.

3

Identify potential community partners in their own location or workplace to collaboratively address social determinants of health in the military families they serve.

Partnering for Impact Through Food is Medicine

Pamela Schwartz, MPH

Executive Director, Community Health
Kaiser Permanente

No disclosures.



Kaiser Permanente: largest integrated health system in the U.S.

12.9M
people
get care + coverage
from Kaiser Permanente



40
Hospitals + 609
medical
offices



25K +
physicians
deliver high-quality care
to Kaiser Permanente
members



240K +
employees
improving the health
of people + communities

78K +
nurses
are at the center
of our care



*All metrics are current as of March 31, 2026

Our Commitment to Community and Social Health

- As our communities become healthier, healthcare becomes more affordable and accessible for all.
- Good health includes having a safe place to live, healthy food, enough money to pay the bills, strong social connections, and other essentials.
- Kaiser Permanente wants to help our members and all sixty-eight million people living in our communities meet these basic needs, especially at a time when so many people need support.





Our Approach at Kaiser Permanente

We strive to improve health outcomes and reduce health disparities by addressing factors impacting total health for our members, within our communities, and the systems that support health across the nation.

- Systems: Partner with public, nonprofit, and private sector entities to improve policies and systems
- Communities: Strengthen community organizations to improve access to quality support services in KP communities
- Individuals: Connect patients to support services within and outside KP's system 10

2022 Kaiser Permanente Social Health Survey

25%

of members **face
food/nutrition
insecurity**

49%

of members covered
by Medicaid plans
**face food/nutrition
insecurity**

Diet-Related Disease in the U.S.

More U.S. adults **sick** than healthy:

- **1 in 2** have diabetes or prediabetes
- **3 in 4** have overweight or obesity
- **14 in 15** have suboptimal cardiometabolic health

Sick American **teenagers**:

- **1 in 4** have prediabetes
- **1 in 4** have overweight or obesity
- **1 in 6** have fatty liver disease

Poor nutrition **each week**:

- Kills **10,000** Americans
- Causes **1,500** new cancers
- Causes **16,000** new cases of diabetes

Annual **economic costs**:

- **\$1.1 trillion each year** in healthcare spending and lost productivity
- Strained **federal and state budgets**
- Less competitive **U.S. businesses**
- Reduced **military readiness**

Kaiser Permanente Food Is Medicine Center of Excellence

The vision of the KP Food Is Medicine Center of Excellence (CoE) is to accelerate the integration of food and nutrition into health care, reduce hunger, and improve prevention and treatment of diet-related diseases.

The CoE supports our care and service teams with information, programs, and tools that promote the use of nutritious food in the prevention and treatment of diet-related diseases.



Food Is Medicine Portfolio



Medically Tailored Meals

Delivered healthy meals daily to recently hospitalized patients with certain chronic conditions.

Outcomes:

Over 116,000 meals delivered to 2,100 members. In NCAL, researchers found that heart failure patients were less likely to be re-hospitalized.



Produce Rx

Randomized control trial that delivered weekly produce boxes to Medi-Cal patients with uncontrolled diabetes for 6 months, testing impact of convenient access to healthy food on health outcomes and costs.

Outcomes:

7,200 food boxes delivered to 450 members. Researchers found significant reduction in blood sugar levels after 6 months.



Produce Rx: KP Enrich

Randomized control trial to test providing funds to patients on Medi-Cal with diet-related disease to choose healthy items from Instacart for home delivery.

Outcomes:

Study underway, with over 950 participants in NCAL & SCAL. Outcomes expected in 2026.



Government Programs

Outreach by text, email, and phone to support enrollment in SNAP and WIC, and connections to Medi-Cal Community Supports.

Outcomes: Outreach to nearly 6 million members since 2019 and helped with applications for nutrition benefits for nearly 140,000 members.

Medi-Cal Community Supports: Over 22k members received meals/groceries since 2024.



Produce Rx: Watts Produce Rx Program

Program launched to integrate Produce Rx to address diet-related chronic disease into care delivery workflows.



Member Nutrition and Culinary Skills

Lifestyle Medicine and Center for Healthy Living physicians offer a variety of cooking classes for members experiencing diet-related disease.



Clinical and Staff Training

Multiple efforts exploring what's possible with Continuing Medical Education and the School of Medicine are underway.

NCAL: Northern California
SCAL: Southern California
Medi-Cal: California's Medicaid Health Care Program

Food Is Medicine Network of Excellence

Officially launched in 2025, the **Food Is Medicine Network of Excellence (NOE)** serves to develop, convene, and share best practices in Food is Medicine to improve well-being, equity, and efficiency in health care.

The network will lead the nation in collaborative efforts to integrate nutritional interventions that both transform and adapt to existing treatment models, harnessing the latest in research and training to enhance patient care and education as well as raise rates of patient buy-in and participation.

Founding Members



Gerald J. and Dorothy R. Friedman
School of Nutrition Science and Policy
FOOD IS MEDICINE INSTITUTE



Empowering Health Care with Food is Medicine Solutions

A guide for clinicians, health system leaders, and communities to design, implement, and sustain Food is Medicine programs.

Developed by the Food is Medicine Institute and Kaiser Permanente.

Explore the Toolkit

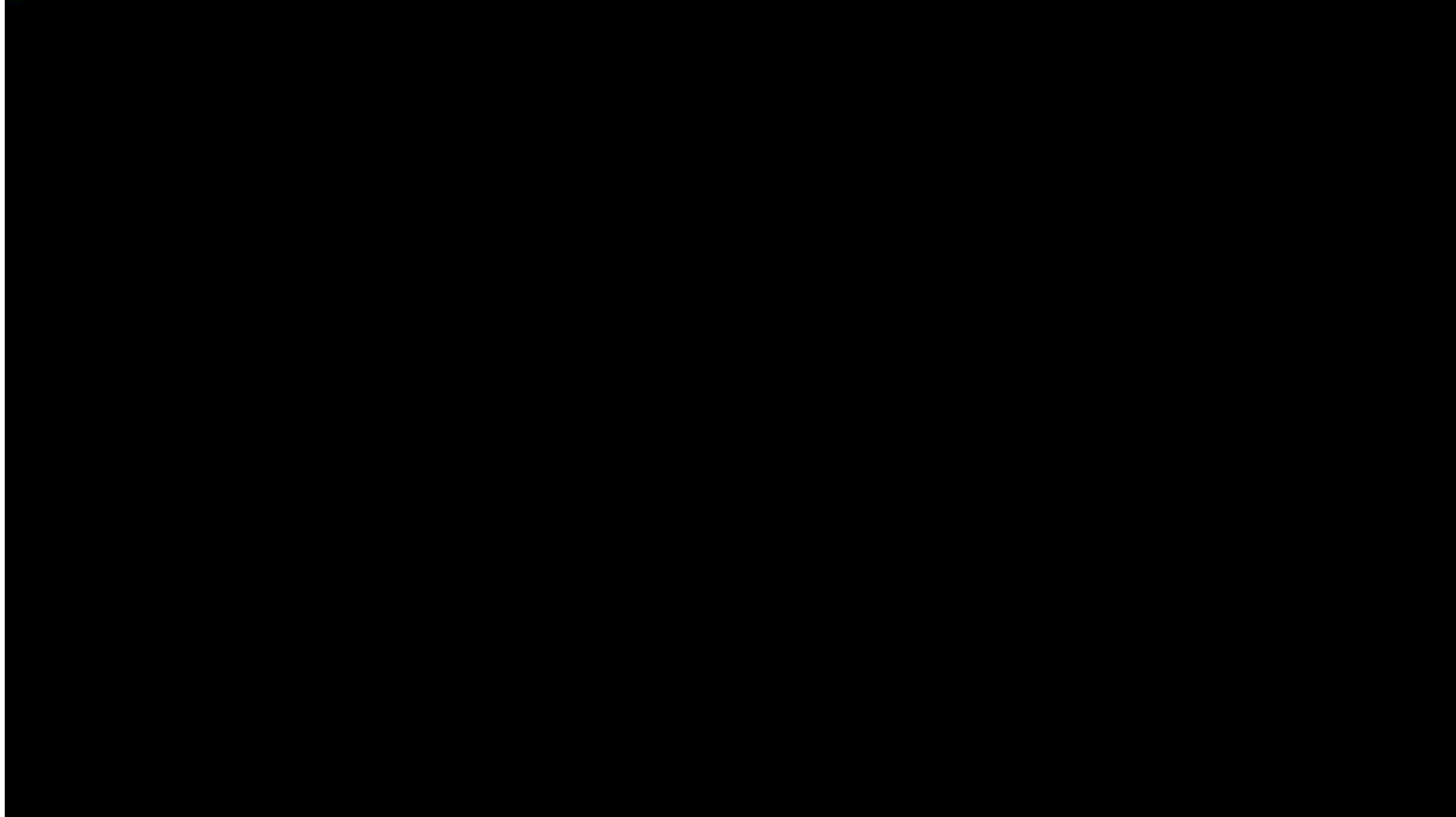
Food Is Medicine Toolkit

Released in May 2026, the Food Is Medicine Toolkit brings together the latest evidence, practical guidance, and operational tools to support clinicians and health system leaders looking to integrate nutrition-based interventions into care.

This resource highlights the following:

- The research behind FIM programs
- Program design grounded in patient needs and clinical evidence
- Clinical and administrative tools built for everyday use
- A framework for measuring and sustaining impact

Food Is Medicine video: Melanie's Story



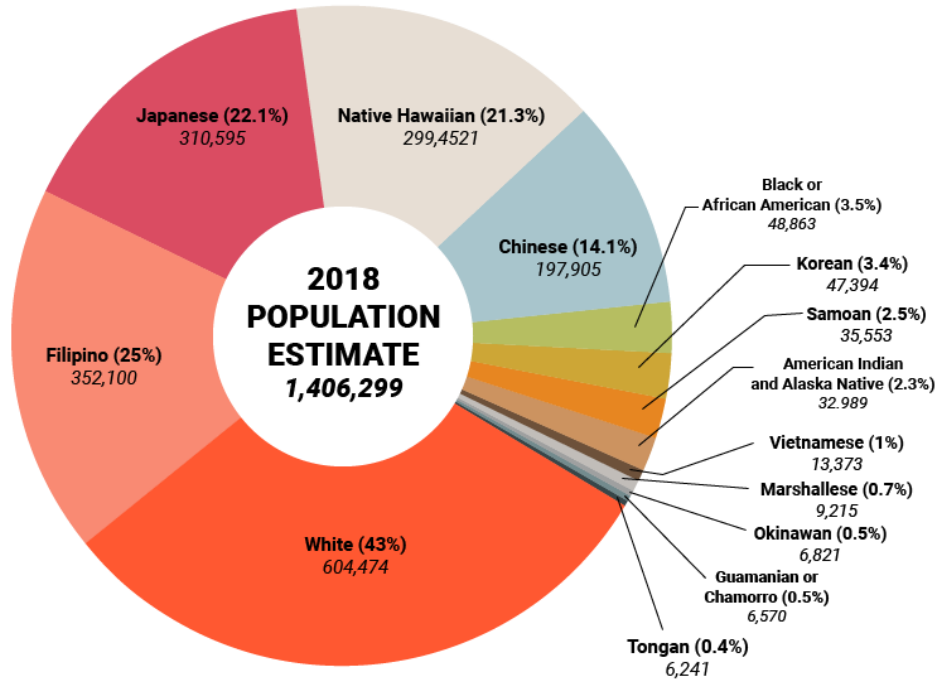
Food is Medicine Strategies in Hawaii

Lisa Kimura, MBA
Community Health Lead
Kaiser Permanente, Hawaii

OneOp Food is Medicine Webinar
July 21, 2026

No disclosures

POPULATION ESTIMATES BY RACE GROUP

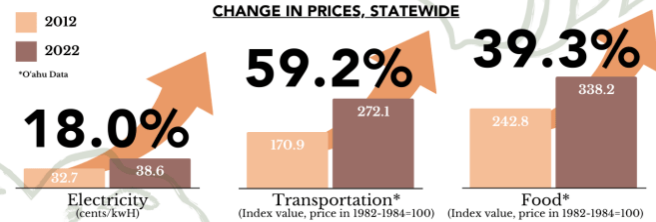


Source: U.S. Census Bureau
American Community Survey 1-Year Estimates for 2008 through 2018

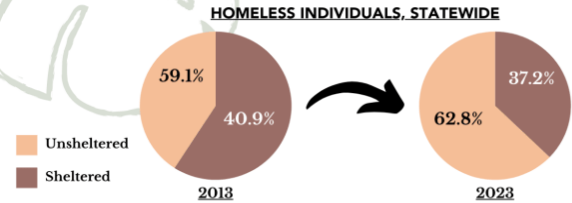
Chart: Honolulu Civil Beat

THE NEED FOR SOCIAL SERVICES: STATEWIDE

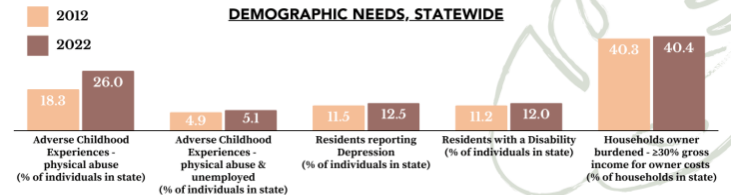
As the cost of living increases,



more residents struggle to make ends meet,



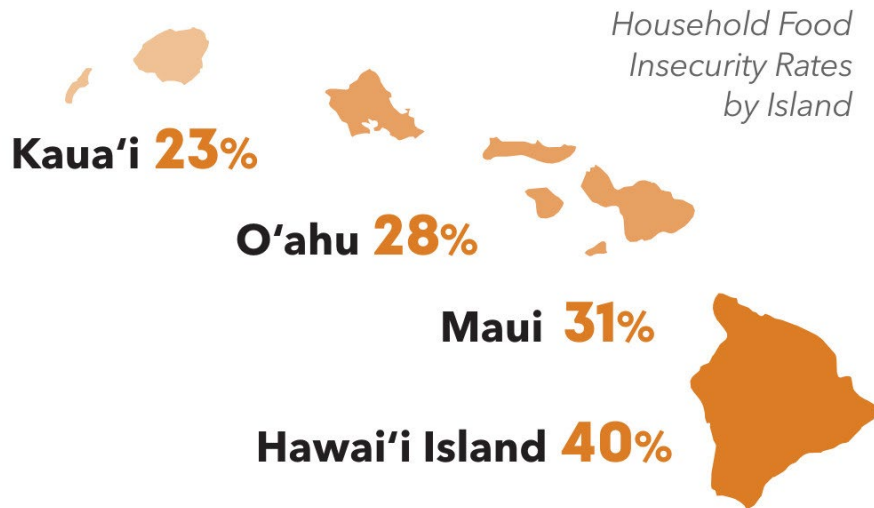
and more are depending on the safety net
that community-based non profit organizations provide.



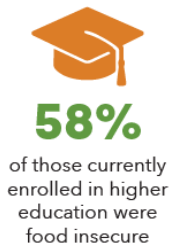
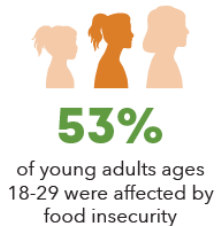
Hawai'i True Cost Coalition

www.hitruccost.com

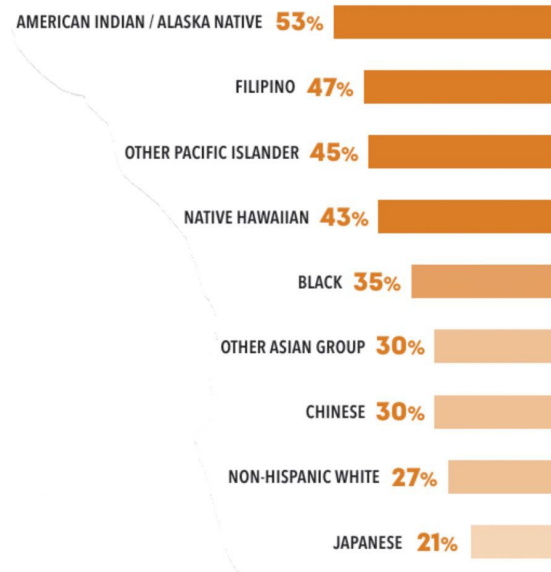
1099 Alakea Street, Suite 2530
Honolulu, Hawaii 96813
(808) 447-1840



DEMOGRAPHICS AT HIGHER RISK



Food Insecurity Rates by Race and Ethnicity



Grantmaking Portfolio

Partners, Programs, Funding Awards (Program year: 2026)



Hawaii Good Food Alliance

\$50,000

Ai Pono: Advancing
Health Equity
through Culturally
Relevant Food



The Food Basket, Inc.

\$275,000

SNAP Nutrition
Incentives for CSA
Produce



Aloha Harvest

\$43,000

Increasing Access
to Healthy Food on
Oahu

Grantmaking Portfolio Cont.

Partners, Programs, Funding Awards (Program year: 2026)



Hawaii Foodbank

\$295,000

Kupuna Fresh
Produce
Distribution



Maui Food Bank

\$200,000

Emergency Feeding
for Maui



Elepaio Social Services

\$50,000

Access to Healthy
Produce on the
Waianae Coast: Oahu

Collaborations

- Funder Hui: Food Security Working Group
- Maui Recovery Funders Collaborative
- Dept of Human Services: SNAP / Kau 'Ai Pono
 - Nutritious food boxes, vouchers, or gift cards to eligible members to supplement their diets with healthy fruits, vegetables, and proteins



Looking Ahead: Partnerships

- Incorporating FIM under the Medicaid 1115 waiver
- Supporting Farm-to-Families produce programs with local Food Banks
- Increasing access to fresh, culturally appropriate foods
- Leveraging partnerships with local agriculture to increase food & nutrition security
- Focus on sustaining access to food benefit programs (SNAP, WIC, school lunch programs)





Questions?

Contact:

Lisa Kimura
Lisa.X.Kimura@kp.org

Ho'ōla Farms

Ho'ōla [*ho·'ōl*] to deliver from peril; to recover from sickness; to cure a disease; to heal.

Mission:

Ho'ōla Farms was established in 2015 to provide natural agriculture educational training and hands-on experiences for military Veterans and first responders, their families and caregivers, and the community in hopes of creating a more sustainable future and well-being for all.



- Agriculture Training
- Food Access Programs
- Community Connection

No disclosures

Patient Zero



Co-Founder - John Emmons

Former elementary school teacher
Army & DOD
TBI & PTSD, Chronic Migraines

Co-Founder - Emily Emmons

Military spouse, mother, caregiver,
business owner

Our Programs

- Victory Gardens for Veterans
- Intro to Grow
- Groundwork to Grow
- Hawai'i Farm to Car
- Hilo Food Hub
- Food is Medicine / Produce Prescription



Local Impact

Ten Year Highlights · 2015–2025

- \$1,646,799 — Returned to farmers, producers, and the community
- 463+ Veterans and Caregivers served
- 527 Small farmers and producers supported.
- 7,438 — Food is Medicine bags distributed *including DOE & V4V
- \$422,372 — SNAP & DaBux spent on local food



Food Is Medicine: Produce Prescription Rx

- Our Food is Medicine program connects fresh, locally grown food with community members who have limited access to nutritious meals — including kūpuna, keiki, Veterans, caregivers, and low-income families.



*Every bag and box is sourced through Hawai'i Farm-to-Car directly from over 130 Hawai'i Island farmers and producers.

How We Source

Hawai'i Farm-to-Car is our online farmers market connecting 130+ local Hawai'i Island farmers directly to consumers.

Every dollar feeds both families and the farmers who grow for them.



Local, Fair, & Fresh

- Farmers receive fair, direct payment for their crops
- Families receive fresh, culturally relevant local food
- Every Food is Medicine dollar supports the local food economy



Our Partnership Models



Done-for-You

Ho'ōla Farms manages sourcing, logistics, and distribution end to end.

Collaborative Distribution

Ho'ōla sources and packs. The partner handles sign-ups and local delivery.

Sourcing Only

Ho'ōla provides the food. The partner manages everything else.

Veggies for Veterans

2025 In partnership with Kaiser Permanente and the Hilo VA CBOC (Community Based Outpatient Clinic)

- 90 Veterans managing chronic conditions
- 720 bags of fresh local food delivered
- 3,500+ lbs of produce and protein
- November 2024- May 2025
- Bi-weekly deliveries
- Each bag valued at \$40+



***Every bag and box is sourced through Hawai'i Farm-to-Car directly from over 130 Hawai'i Island farmers and producers.**

DOE FOOD BOX PROGRAM

In partnership with Hawai'i Food Hub Hui, the Department of Education, and Kua O Ka Lā New Century Public Charter School



- 450 unique families served
- 1,825 individual people reached
- 5,204 boxes of food delivered
- 52,040+ lbs of Hawai'i-grown food distributed
- 17 weeks of local food distributed to local families



Participant Testimony

"As a Veteran, I know firsthand how hard it can be to stay healthy, grounded, and productive—especially while navigating physical, emotional, or financial challenges. The care and consistency of this program not only helped me eat better, but also reminded me that I am part of a community that values and supports me. That sense of connection is just as nourishing as the food itself."

— Lyman Houghton, Veteran

Shared Purpose

- The most sustainable partnerships are not built through formal agreements alone. They grow from shared values.
- Before we enter any partnership, we ask one question:

Do we care about the same outcome?



Photo: Kua O Ka Lā Charter School Principal

Know Your Lane

- Know What You Do Best — And What Your Partner Does Best
- **Ho'ōla Farms:** Local food sourcing, procurement, packing, and distribution logistics
- **Healthcare and institutional partners:** Patient and client relationships, outreach, enrollment, and care coordination
- Teamwork really does make the DREAM WORK



Use Existing Infrastructure

You don't always need to build new infrastructure. Find where trust already exists.

The best distribution partners already have the community's trust — and a place where people are already showing up.

The VA CBOC was the right partner because:

- Veterans were already coming through the clinic doors.
- Care teams were educated & organized
- Social workers had trusted relationships with Veteran participants

Don't Reinvent the Wheel...

When you are looking for partners, look for three types:

- **Healthcare providers** who already have clinical relationships with Veterans and military families and understand what chronic conditions.
- **Community anchors** — schools, community centers, places of worship, community health workers — where military families are already showing up
- **Social service organizations** connected to caregivers and family members who are often invisible in the healthcare system but carrying enormous weight at home.

Food Is Medicine

John was our patient zero.

Join us in delivering this healing modality to more veterans, military members, and their families.

CONNECT:
emily@hoolafarms.org
www.hoolafarms.org
808-756-6026



Questions?





The Academy

*Building Strong Communities for
Military Family Readiness*

Join our 4-week series
on building strong
partnerships &
leveraging resources
for military families!



OneOp.org/mfra

Webinar Schedule

August 5, 2026 | Partnerships that
Strengthen Military Families

August 12, 2026 | Network for
Military Nutrition Readiness

August 19, 2026 | Child Care Access &
Military Spouse Employment

August 26, 2026 | Building Strong
Communities: A Panel Discussion

Claim Continuing Education Credits



Continuing Education

Approved for **1.5** CE credits from the following organizations:

- American Association of Family & Consumer Sciences
- Commission on Dietetic Registration
- National Commission on Health Education Credentialing
- Certificate of Attendance



Evaluation

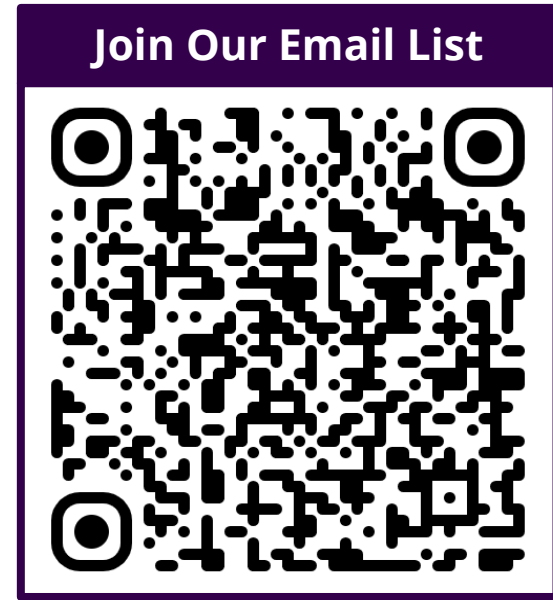
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- Conversations with experts who support military families
- Practical insights to strengthen connection and collaboration



Practicing
Connection

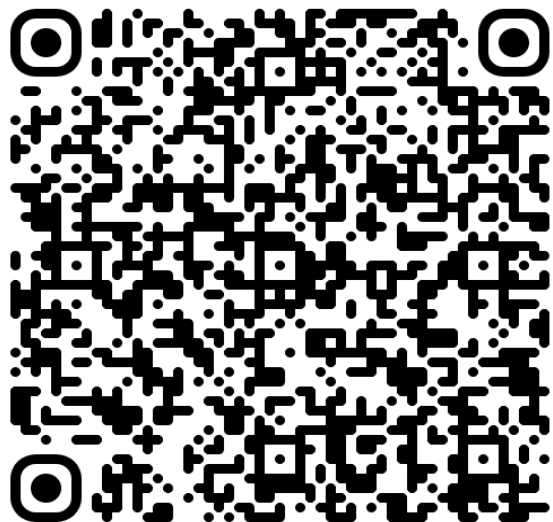
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Resources

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