

Highmark Blue Cross Blue Shield

IMPROVING HEALTH WITH ACCESS TO FOOD

www.highmark.com

Highmark Blue Cross Blue Shield (Highmark) collaborates with and supports the Center for Inclusion Health—Allegheny Health Network’s (AHN) Healthy Food Centers to bridge the meal gap in a ‘food as medicine’ approach. The Center for Inclusion Health focuses on socially marginalized and vulnerable populations in times of acute and on going need in its communities. The Healthy Food Centers exist at five AHN hospital sites.

The Healthy Food Center has positively impacted Highmark’s target population by increasing food security, access to nutritious food sources, and improving health outcomes, such as, blood sugar management, better awareness of health status, and developing a relationship between staff and patients. One of the most important outcomes Highmark has seen is that by providing healthy foods, education and support, the company enables and empowers the patient to live a healthy lifestyle.

Patient survey results showed that after six months of participation, fewer people were struggling accessing healthy foods, more people felt comfortable preparing fruits and vegetables, and more people understood how what they eat related to their health.



PROGRAM IMPACT:

5 Healthy Food Center sites*

16,000
People served*

160,000
Meals served*

*Since March 2018

“The Healthy Food Centers are a wonderful example of how, by working together, we can ensure a brighter future for our neighbors who are food insecure. This partnership with the AHN’s Healthy Food Centers is critically important in making sure people have access to nutritious food when they need it and where it’s convenient for them to get it.”

— Lisa Scales, president and CEO, Greater Pittsburgh Community Food Bank

