



## IMPACT-FIM: Individual-participant Meta-analysis for Prevention and Cardiometabolic Treatment through Food is Medicine - February 2025

### FAST FACTS:

- Globally, it is estimated that 11 million people die prematurely every year due to poor diets.
- FIM interventions include 'Medically Tailored Meals', 'Medically Tailored Groceries' and 'Produce Prescription' programs.
- In the US, over 14 million people could qualify for medically tailored meals, which estimates suggest could avert ~1.6 million hospitalisations per year and save US\$13.6 billion annually in healthcare costs.

### BACKGROUND:

- Food is Medicine (FIM) programs are expanding globally, integrating increased access to nutritious food - via direct provision or vouchers/coupons - into routine health care delivery and financing to prevent, manage, or treat diet-related conditions.
- FIM strategies are being used to prevent, manage or treat a range of diet-sensitive and chronic diseases, including diabetes, cardiovascular disease, hypertension, cancer, kidney disease and pregnancy complications.
- Clinical trial evidence suggests FIM can improve health and equity, catalysing program growth; yet meta-analyses show varied models and different effects across clinical outcomes.
- We established IMPACT-FIM, a clinical trialist consortium, to harmonise analyses and pool data across studies, identifying who benefits most, which conditions see greatest effect, and the common features of successful programs.

### AIMS:

- To harmonise and pool data from FIM trials with at least 50 participants to generate stronger evidence on implementation models and effects on key patient-level outcomes across diverse FIM strategies.
- To perform individual participant data meta-analyses that synthesise implementation details and estimate effects of FIM strategies on cardiovascular events; modifiable risk factors such as blood pressure, haemoglobin A1c, body mass index, and total and LDL cholesterol; and dietary patterns and food security.
- To build an international network of FIM researchers, stakeholders, and policymakers capable of generating, sharing and applying future evidence.

### METHOD:

- Trialists will be invited to join the IMPACT-FIM international consortium, contribute collectively to co-develop research questions, contribute to analyses, and jointly publish peer-reviewed papers.
- Invited trialists will also work with the operations team to harmonise variables and outcomes from their research.
- Participants will conduct new analyses within each of their trials using a pre-specified approach – thus harmonising analyses across trials – and then submit the summary data for pooling at The George Institute for Global Health.

### IMPACT:

- IMPACT-FIM will annually convene a collaborating community of researchers that will inform the future of FIM research in this rapidly evolving field.
- IMPACT-FIM will create a resource of up-to-date and harmonised data on implementation and effects of FIM trials overall and across key subgroups.
- Findings will inform clinical practice, guidelines and policy decisions – with significant potential to improve FIM programs that could reach millions of people at risk or with diet-related disease.

# IMPACT FIM

PROJECT CYCLE:  
2025 - 2027

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