



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL



COMMUNITY  
SERVINGS  
FOOD HEALS



MASSACHUSETTS  
GENERAL HOSPITAL

## **Food As Medicine for Diabetes (FAME-D) Frequently Asked Questions (FAQs)**

### **What is the FAME-D Study?**

FAME-D is an IRB-approved study (UNC IRB#: 20-2847) funded by the National Institutes of Health that includes Community Servings as the study site. Community Servings is working in partnership with the University of North Carolina School of Medicine and Massachusetts General Hospital to examine the impact of increasing access to healthy foods on health outcomes for people with diabetes and food insecurity.

### **Are you asking us to be a study site or participate in research?**

No. Community Servings is the study site and all research activities will occur there. We are simply asking for you to send clinical referrals to our program as you have been. Our research team will then determine whether applicants are eligible for the study or another one of Community Servings' programs.

You can still refer patients to Community Servings through the usual referral processes (if you have referred to Community Servings before). Patients will continue to have access to Community Servings programs without study involvement.

### **How does Community Servings' involvement in this study affect patients we refer?**

Because of the study, Community Servings has more capacity to serve individuals with less severe illness than usual. This means that people who might not otherwise have received services can be included.

### **How might my patient benefit from participating in the study?**

Everyone who enrolls in the study will have increased access to healthful food. Participants will be randomly assigned to either receive medically tailored meals from Community Servings or a \$30/month food subsidy which can be used to purchase healthy food.

Participants will also receive an honorarium for their time. They will be offered two \$20 gift cards; the first after their six month study session and the second after their twelve month study session.

### **How can patients be referred?**

Potential participants can be referred to Community Servings using the normal referral process, or, to make things easier, the new one page Community Servings Referral Form. This is a fillable PDF that can be faxed to (617) 522-7770 to the attention of Jessica OR securely emailed to [research@servings.org](mailto:research@servings.org).

### **How long does the study last?**

Participants will be involved in the study for one year. The active intervention will be completed after six months. Follow-up questionnaires and labs will be collected six months after the intervention is over to determine the impact of the intervention.

### **Will I know if my patients are enrolled in the study?**

Yes, those that enroll will consent to share their enrollment and any clinical results gathered by the study's VNA with their primary care provider.