

# Local Food is Medicine

**A State-Specific Snapshot of the Economic Opportunity**



This two-pager outlines the state’s economic opportunity through local Food is Medicine (FIM) implementation. It estimates the impact of enrolling all eligible patients in FIM programs and prioritizing local providers and food sourcing wherever feasible. It is intended to help practitioners and policymakers understand how FIM program choices can keep healthcare dollars in the local economy.

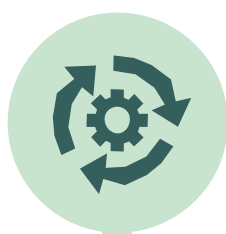
The full report and the economic model underlying this analysis are available on [The Rockefeller Foundation website](#).

State

## Massachusetts

Date of Analysis: 2026

<b>Total population</b>	7,136,000
<b>FIM-eligible population<sup>1</sup></b>	593,000
<b>Annual FIM expenditure at scale</b>	\$698,625,000



Potential expenditure in **local food system**  
—  
**\$276,819,000**



Potential revenue for **local farmers**  
—  
**\$30,167,000**



Potential increase in **state GDP** from local spending  
—  
**\$525,955,000**



Potential **jobs** created from local spending  
—  
**4,060**

### Impact of locally sourced FIM on Massachusetts’s farmers

Revenue for local farmers	Revenue for local small and mid-sized farmers	Number of small and mid-sized farms supported	Acres impacted by FIM
\$30,167,000	\$15,942,000	160	67,000

## Breakdown of potential FIM spending by type

FIM intervention type	Total expenditure	Expenditure on locally sourced food	Expenditure in local food system (food, processing, logistics, fulfillment)
MTMs	\$166,057,000	\$5,832,000	\$108,506,000
MTGs	\$225,523,000	\$13,464,000	\$92,565,000
PRx – Vouchers	\$138,911,000	\$833,000	\$6,737,000
PRx – Boxes	\$168,134,000	\$10,038,000	\$69,010,000

## State health demographics

Population	Size (% of total population)
Population with diet-relevant chronic conditions	3,131,000 (44%)
Population with food insecurity	664,000 (9%)
Population with diet-relevant chronic conditions, at or below 185% FPL	593,000 (8%)

## Insured populations

Insurance type	Size (% of total population)
Medicaid	1,684,000 (24%)
Medicare	963,000 (14%)
Private	5,217,000 (73%)

## Farm demographics

Population	Number / index
Small family farms	6,050
Mid-sized family farms	Data undisclosed
Total farms	6,900
Acres of farmland	470,000
Availability of locally sourced food	37.25 / 100
Agricultural commodity diversification	18 / 76
Expected agricultural capacity for local sourcing <sup>2</sup>	20%

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<sup>1</sup> We use individuals that have diet-related chronic conditions and fall at or below 185% of the federal poverty level to estimate the FIM-eligible population.

<sup>2</sup> Rationale: Massachusetts scored below average in its agricultural commodity diversification, as measured by Tauer (2018), and below average in its availability of locally sourced food, as measured by the Escoffier Availability of Locally Produced Food index. This percentage can increase with investments in agriculture and food systems infrastructure. Additional details on methodology and recommendations are available in the full report.