

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

Missouri

Date of Analysis: 2026

Total population	6,245,000
FIM-eligible population¹	902,000
Annual FIM expenditure at scale	\$1,062,348,000



Potential expenditure in **local food system**

—
\$443,874,000



Potential revenue for **local farmers**

—
\$68,809,000



Potential increase in **state GDP** from local spending

—
\$932,136,000



Potential **jobs** created from local spending

—
6,510

Impact of locally sourced FIM on Missouri'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
\$68,809,000	\$55,475,000	560	233,000

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	\$252,511,000	\$13,302,000	\$169,431,000
MTGs	\$342,936,000	\$30,711,000	\$150,994,000
PRx – Vouchers	\$211,232,000	\$1,901,000	\$10,878,000
PRx – Boxes	\$255,669,000	\$22,896,000	\$112,571,000

State health demographics

Population	Size (% of total population)
Population with diet-relevant chronic conditions	3,129,000 (50%)
Population with food insecurity	793,000 (13%)
Population with diet-relevant chronic conditions, at or below 185% FPL	902,000 (14%)

Insured populations

Insurance type	Size (% of total population)
Medicaid	1,105,000 (18%)
Medicare	1,055,000 (17%)
Private	4,272,000 (68%)

Farm demographics

Population	Number / index
Small family farms	76,600
Mid-sized family farms	4,900
Total farms	85,700
Acres of farmland	26,900,000
Availability of locally sourced food	38.32 / 100
Agricultural commodity diversification	28 / 76
Expected agricultural capacity for local sourcing²	30%

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¹ 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.

² Rationale: Missouri had an average score 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](#). Additional details on methodology and recommendations are available in the full report.