



**Population Health Alliance Policy Statement: SNAP, Nutrition Policy, and Food as
Medicine & Health
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The concept of providing nutritional support for Americans dates to the late 1930's with [the first Food Stamp Program](#). Over the ensuing decades, shifting political perspectives and budgetary priorities, including the [One Big Beautiful Bill Act of 2025](#), led to modifications of eligibility, processes, and benefits. However, the intent to provide access to food for those struggling to meet basic nutritional needs remained constant. The [Supplemental Nutrition Assistance Program \(SNAP\)](#) currently provides food benefits to low-income families to help them afford nutritious food essential to health and well-being. Unfortunately, [current stocking standards](#) can lead to unintended consequences, including the [coverage of foods](#) not considered healthy options.

The Population Health Alliance (PHA) supports efforts to align federal nutrition programs with [dietary guidance](#) that promotes fruits, vegetables, whole grains, lean protein, and minimally processed foods. Diet is a major driver of rising rates of obesity, diabetes, heart disease, and other chronic conditions in the United States. Many families lack access to healthy food due to limited local availability or affordability compared to highly processed food. Public policy can help people choose healthier foods and reduce consumption of highly processed foods by supporting practical food choices that people can afford and access in their communities.

PHA has long worked to raise awareness about the high levels of added sugars in beverages and the potential for [excessive sugar consumption](#) to have adverse effects on the health of children, families, and communities. High sugar intake contributes to obesity, diabetes, and dental disease. Policies that promote transparency, consumer education, product reformulation, and access to healthier beverages can improve public health without limiting access to food for low-income families.

PHA believes that nutrition policy is a powerful method to improve population health, reduce the burden of chronic disease, and lower healthcare costs. Public policy, health care organizations, community groups, and the food industry all have a role in improving the food environment and supporting healthier choices for all Americans. PHA looks forward to collaborating with a broad range of stakeholders to accelerate population health improvement through better nutrition policy.