



HEALTHTrust
Because everyone's health matters.



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Food is Medicine and California State Medically Tailored Meals Pilot



CALIFORNIA
FOOD IS MEDICINE™
— COALITION —

The Power of Food to Prevent and Treat Disease

Objectives for Today

- Discuss unlikely partnerships between; health, housing, and healthcare sector
- Define medically tailored meals
- Review research supporting the value of medically tailored meals
- Provide an overview of the Medically Tailored Meals Pilot Program intervention



“Let food be thy medicine and medicine be thy food” (Maybe Hippocrates, maybe 2,500 years ago)

For your consideration

- How can it be that the food and nutrition “sector” and the Healthcare “sector” are considered “unlikely partners”?
- When planning livable communities, including housing of every type, why is more time, energy, and resources consumed by planning elements such as “where can dogs be walked?”, “where can people smoke?”, and “artificial or real plants inside the lobby”? Than “how can we help ensure everyone has access to the food and nutrition that they most need for their own highest quality of life?”





Portion of healthcare spending attributed to individuals with chronic health conditions [CDC]



Older adults with **at least one** chronic disease
Older adults with **at least two** [NCoA]



1 in 3

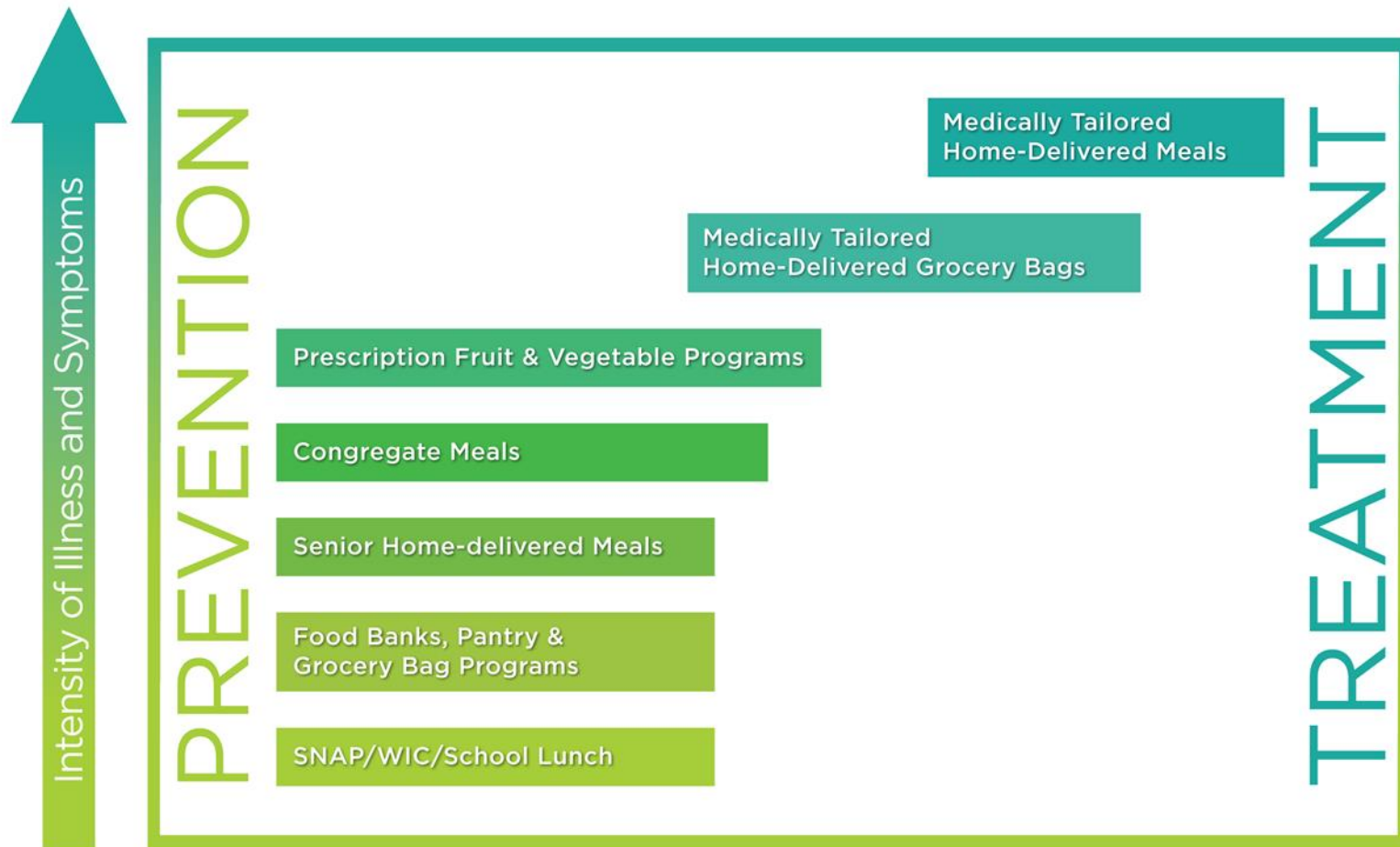
People enter the hospital malnourished

↑
57%

Predicted rise in chronic illnesses by 2020 [WHO]

Food Nutrition Services

FNS CONTINUUM OF CARE



What are Medically Tailored Meals

- Medically Tailored Meals are meals that are designated by Registered Dietitians as an appropriate part of a treatment plan for an individual with a defined health condition or combination of health conditions.
- Nutrition content shall adhere to the heart healthy guidelines of the Therapeutic Lifestyle Change (TLC) Diet and with the Evidence-based Nutrition Practice Guidelines from the Academy of Nutrition and Dietetics Evidence Analysis Library.
- Registered dietitians also collaborate with kitchen staff or subcontracted meal preparers to ensure meals adhere to nutrition guidelines and all other meal guidelines noted in this section



What are Medically-Tailored Meals (MTM)

- Home delivery of freshly prepared meals or groceries tailored to specific medical needs
- Overcomes additional barriers
 - Complexity of diet
 - Need to shop and prepare foods
- Includes a Medical Nutrition Therapy (MNT) Intervention. Each client receives clear, detailed evidence-based plan of care to ensure achievement of guideline determined medical therapy goals, effective management of co-morbid conditions, follow-up with healthcare team as appropriate
- MNT follows the Nutrition Care Process for Medical Nutrition Therapy



Recent Research



By Seth A. Berkowitz, Jean Terranova, Caterina Hill, Toyin Ajayi, Todd Linsky, Lori W. Tishler, and
Darren A. DeWalt

Meal Delivery Programs Reduce The Use Of Costly Health Care In Dually Eligible Medicare And Medicaid Beneficiaries

DOI: 10.1377/hlthaff.2017.0999
HEALTH AFFAIRS 37,
NO. 4 (2018): 535-542
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The People-to-People Health
Foundation, Inc.

- Retrospective evaluation of Community Servings participation using claims
- Compared with similar individuals who did not participate, and adjusting for pre-intervention values:
 - 30% lower ED use
 - 50% lower hospitalization rates
 - \$220/month lower healthcare costs (including program costs)



- Prospective intervention with pre/post design
- Saw improvements in food security, nutritional intake, adherence to medications, and reduced depressive symptoms and diabetes distress

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Home-Delivered Meals Postdischarge From Heart Failure Hospitalization

The GOURMET-HF Pilot Study

Scott L. Hummel , Wahida Karmally, Brenda W. Gillespie, Stephen Helmke, Sergio Teruya, Joanna Wells, Erika Trumble, Omar Jimenez, Cara Marolt, Jeffrey D. Wessler, Maria L. Cornellier and Mathew S. Maurer

De

Cir

Food as Medicine: Reducing Health Care Costs with Comprehensive Medical Nutrition Therapy

Control Group Analysis:

- Overall average monthly healthcare costs for MANNA clients were 31% lower
- For people with HIV/AIDS, the mean monthly costs were 55% lower
- Average monthly inpatient costs were \$219,639 for the comparison group and \$132,441 for MANNA clients (40% less)
- MANNA clients had half the number of inpatient hospital stays and those stays were 37% shorter than the comparison group
- Those who were hospitalized were 23% more likely to be discharged to home rather than long-term care or subacute care facility

Pre/Post Analysis:

- Among all MANNA clients, average monthly healthcare costs dropped from \$38,937 to \$28,183 (28% drop)
- Average monthly inpatient costs dropped from \$174,320 to \$121,777 (30% drop)



16%

net healthcare
cost savings



28%

reduction in
hospitalizations



50%

increase in
adherence



28%

reduction in
hospitalizations



11

new studies on the impact of MTM
are in progress across the country
at FIMC agencies

Senate Bill No. 97

Approved by Governor July 10, 2017. Filed with Secretary of State July 10, 2017

Medically Tailored Meals – State Medical CHF Pilot

- SEC. 22. Section 14042.1 is added to the Welfare and Institutions Code, to read:
Selected Citations
- 14042.1. (a) No earlier than January 1, 2018, the State Department of Health Care Services shall establish a Medically Tailored Meals Pilot Program to operate for a period of three years, or until funding is no longer available for the program, whichever date is earlier.
- (2) The program shall provide medically tailored meal intervention services to Medi-Cal participants with one or more of the following health conditions: congestive heart failure, cancer, diabetes, chronic obstructive pulmonary disease, or renal disease.
- (4) The program shall be conducted in the following counties: Alameda, Los Angeles, Marin, San Diego, San Francisco, San Mateo, Santa Clara, and Sonoma.



Medically Tailored Meals – MediCal CHF Pilot

Medically Tailored Meals – 12 Weeks of Daily Nutrition



Medically Tailored
Meals



Wellness Checks



Home Delivery

All Meals for 12 weeks including 14 prepared meals and breakfast components

Medically tailored for CHF patients

Periodic wellness checks during delivery



KAISER PERMANENTE®



- **Medically Tailored Meals** are meals that designated by Registered Dietitians as an appropriate part of a treatment plan for an individual with a defined health condition or combination of health conditions. *For this program, agency dietitians design meals for by for persons with Congestive Heart Failure guided by the following evidence-based guidelines of the Academy of Nutrition and Dietetics.*
- **Nutrition content** shall adhere to the heart healthy guidelines of the Therapeutic Lifestyle Change (TLC) Diet and with the Evidence-based Nutrition Practice Guidelines from the Academy of Nutrition and Dietetics Evidence Analysis Library.
- The **Dietary Approaches to Stop Hypertension (DASH) Diet meal pattern** shall be used to ensure nutrition completeness of the overall meal plan, unless medical needs require otherwise.
- Registered dietitians also **collaborate with kitchen staff** or subcontracted meal preparers to ensure meals adhere to nutrition guidelines and all other meal guidelines noted in this section.





Project Open Hand
meals with love



HEALTHTrust

mama's kitchen

