

Medically-Supportive Food and Nutrition: Where are we now?



Ideas + Action
for a Better City

Medically Supportive Food and Nutrition Spectrum

Referrals to Food Resources
(Pantries, WIC, SNAP)

Produce Prescription
(F&V Vouchers)

Food Pharmacy

Medically Tailored Meals



Pre-diabetes

High-risk Pregnancy

Uncontrolled Diabetes

Congestive Heart Failure

Low Touch

High Touch

*This is an example of conditions and interventions not a comprehensive view

Evidence suggests that a broad range of healthy food support beyond medically-tailored meals can improve health:

HbA1c (average blood sugar)

dropped 0.5-3.1% pts^{1,2,3,4}

BMI

reduced by 0.4 to 0.7 kg/m²^{5,6}

Blood Pressure

fell by 16 mmHg⁶

Preterm Birth

odds reduced by 37%⁷



HEALTH CARE SAVINGS



44-77% fewer ER visits and admissions^{6,8}



38% reduction in hospital transportation⁸



\$40-100+ billions in potential net savings⁹

Benefits

- 1 Culturally Relevant
- 2 Sustainable
- 3 Healthy Investment
- 4 Cost Effective

The Opportunity in California

Administrative Pathway to Covering Medically-Supportive Food & Nutrition

CalAIM: California Advancing and Innovating Medi-Cal

In Lieu of Services (ILOS): Flexible wrap-around services provided as a substitute, or to avoid, other Medi-Cal covered services such as ER utilization, a hospital or skilled nursing facility admission, or a discharge delay.

Meals/Medically Tailored Meals

Description/Overview

Malnutrition and poor nutrition can lead to devastating health outcomes, higher utilization, and increased costs, particularly among members with chronic conditions. Meals help individuals achieve their nutrition goals at critical times to help them regain and maintain their health. Results include improved member health outcomes, lower hospital readmission rates, a well-maintained nutritional health status and increased member satisfaction.

1. Meals delivered to the home immediately following discharge from a hospital or nursing home when members are most vulnerable to readmission.
2. Medically-Tailored Meals: meals provided to the member at home that meet the unique dietary needs of those with chronic diseases.
3. Medically-Tailored meals are tailored to the medical needs of the member by a Registered Dietitian (RD) or other certified nutrition professional, reflecting appropriate dietary therapies based on evidence-based nutritional practice guidelines to address medical diagnoses, symptoms, allergies, medication management, and side effects to ensure the best possible nutrition-related health outcomes.
4. Medically-supportive food and nutrition services, including medically tailored groceries and healthy food vouchers.

So how do we operationalize this work?

- Capacity building for potential MSF&N ILOS providers
 - contracting expertise
 - billing infrastructure
 - protected health information compliant data transfer
- Encouraging health plans to opt-in
 - showing the benefits
 - supporting matchmaking between non-traditional providers & health plans

Questions?