

CENTER *for* HEALTH LAW
and POLICY INNOVATION

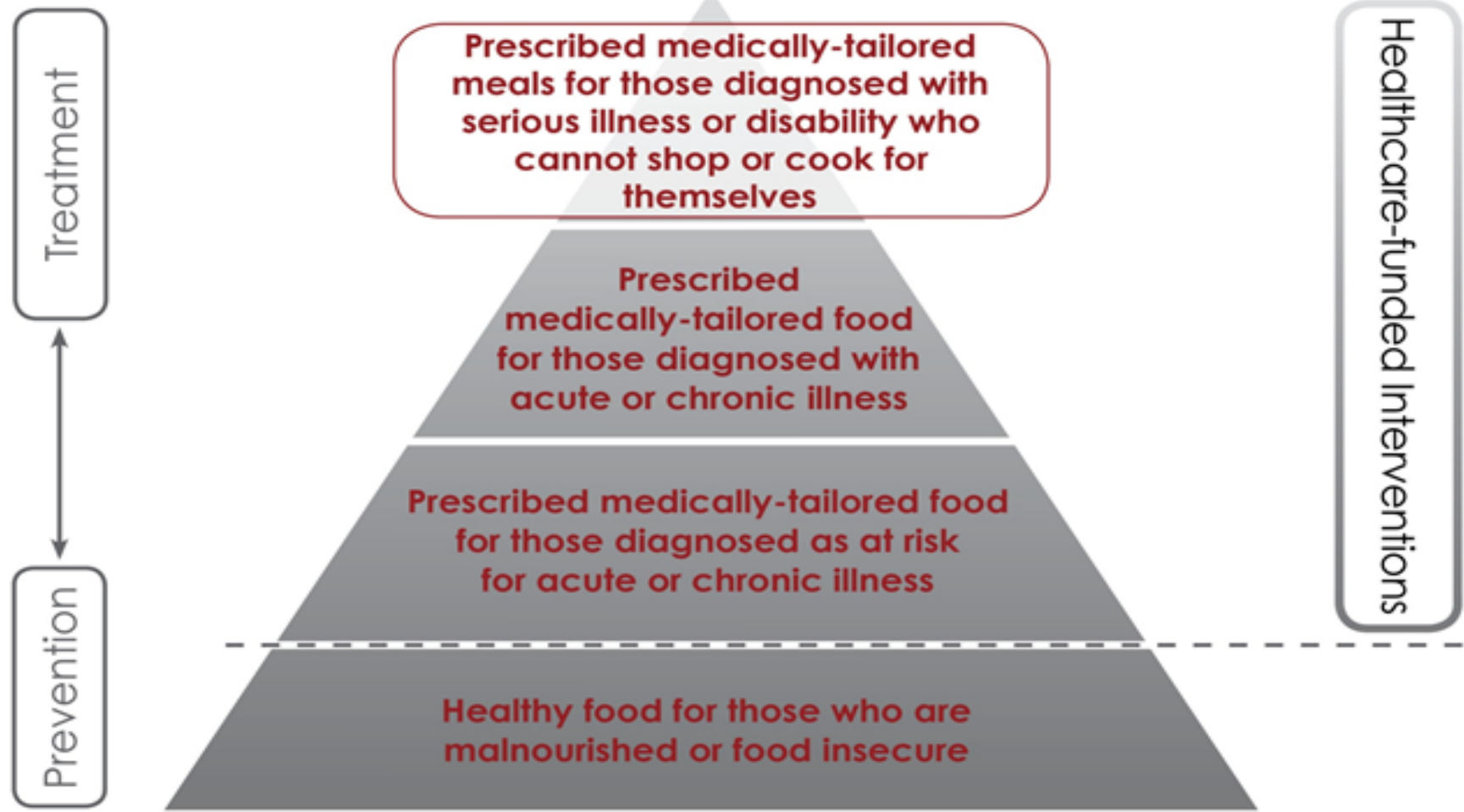
HARVARD LAW SCHOOL

FOOD IS MEDICINE

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FOOD IS MEDICINE PYRAMID



Medically-tailored Food: Food designated by a Registered Dietitian as an appropriate part of a treatment plan for an individual with a defined health condition or combination of conditions

RESEARCH

❖ Medically-Tailored Meals:*

❖ MANNA Medicaid Study (2013):

- ❖ Medicaid Managed Care members with 3+ chronic conditions
 - ❖ **28%** reduction in Medicaid Managed Care member costs (study cohort; pre-service and post-service)
 - ❖ **50%** fewer hospital admissions (vs. control group)
 - ❖ **Shorter** stays when admitted (vs. control group)
 - ❖ **23%** more likely to be discharged home (vs. control group)

❖ MANNA Private Insurance (2017):*

- ❖ Health Partners Plans (PA) →) for members with uncontrolled diabetes
 - ❖ **32%** drop in hospital admissions
 - ❖ **8%** drop in ED visits

❖ Medically-Tailored Food Boxes:*

❖ Feeding America Study (2015):

- ❖ Food bank clients with diabetes
 - ❖ ↑ glycemic control
 - ❖ ↑ medication adherence
 - ❖ ↑ fruit/vegetable consumption
 - ❖ ↑ self-efficacy
 - ❖ ↓ food/medication tradeoffs

* 11 new studies in progress on medically-tailored meals. Other studies in progress across the continuum.

* Jill Gurvey et al., *Examining Healthcare Costs Among MANNA Clients And A Comparison Group*, 4 J. OF PRIMARY CARE & COMMUNITY HEALTH, 311-312 (2013).

* Seligman et al., *A Pilot Food Bank Intervention Featuring Diabetes-Appropriate Food Improved Glycemic Control Among Clients in Three States*, 34 HEALTH AFFAIRS 11, 1956-1963 (2015)

EARLY INNOVATORS: PUBLIC AND PRIVATE INSURANCE

- ❖ **Hundreds of contracts between medically-tailored meal providers and health plans nationwide**
 - ❖ Managed long-term care recipients in Medicaid (waiver programs)
 - ❖ Dual eligible (Medicare & Medicaid)
 - ❖ Program of All-Inclusive Care for the Elderly (PACE) programs
 - ❖ Medicare Advantage hospital-discharge programs
 - ❖ Additional contracts for nutritional counseling/grocery programs
- ❖ **Health Partners Plans (PA)**
 - ❖ Initially for a limited number of patients living with uncontrolled diabetes. Now program upper limit expanded to increase # members served and additional health conditions added
- ❖ **California Medi-Cal Medically-Tailored Meal Demonstration Pilot**
 - ❖ State legislature appropriated \$6 million over three years to test administration of medically-tailored meals on beneficiaries with certain health conditions in 7 densely-populated counties across the state

CALL TO ACTION

- 1. Promote opportunities to replicate and expand innovative Food is Medicine initiatives within Medicaid and Medicare**
- 2. Create pilot programs to demonstrate the power of the Food is Medicine model through CMMI and Farm Bill initiatives**
- 3. Promote Food is Medicine research at NIH and CDC**

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