






# Health Impact of Medically-Supportive Food and Nutrition

Healthy food and adequate nutrition are a fundamental part of preventing, managing, and reversing chronic disease. CalAIM's October 2019 proposal recognizes the value and health benefits of food supports and includes medically tailored meals (MTM) and home delivered meals as a covered benefit. Building on this great progress, CalAIM can generate *more* cost savings and improve health further by incorporating a broader spectrum of medically supportive foods into its proposal, including:

-  Healthy food boxes, groceries, or meals
-  Healthy food vouchers and food prescriptions
-  Nutritional support when paired with medically supportive food

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

## Health Impact

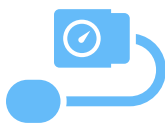
of non-MTM food interventions

↓ HbA1c  
avg blood sugar



0.5-2.1% pts<sup>1,2,3,4</sup>

↓ Blood Pressure



-16 mmHg<sup>6</sup>

↓ BMI



-0.4-0.7 kg/m<sup>2</sup><sup>5,6</sup>

↓ Preterm Birth



37% reduction<sup>7</sup>


↓ Depression  
clinical depression score (PHQ9)




up to 47% reduction<sup>5,6</sup>

## Healthcare Savings

from non-MTM food interventions

↓ ~75%   
fewer ED visits<sup>8</sup> and admissions<sup>6</sup>

↓ 38%   
reduction in emergency transportation<sup>8</sup>

# \$40-100B+

massive potential net savings<sup>9</sup>

## Benefits

to expanding medical food support beyond MTM

### Culturally Relevant



Allows patients to access culturally diverse foods beyond what might be prepared as part of medically tailored meals

### Sustainable



Less prescriptive diets/meals promotes culinary practice and long term nutritional change

### Health Investment



Allows for broader reach of patients earlier in disease course - promoting prevention and greater value

### Cost Effective



Reduces overhead of meal prep and delivery

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**If one considers fresh healthy food to be the equivalent of a drug covered by insurance and provided by the health care system, then this is essentially a disease management program – just more successful than most.**

Andrea T. Feinberg, MD referring to the Geisinger Health System "pharmacy" program

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