



**COMMUNITY
SERVINGS**

DELIVERING MEALS
DELIVERING HOPE

FOOD AS MEDICINE

**Medically-Tailored Home-Delivered Meals, Nutrition Counseling, and Nutrition Education:
a Low Cost Intervention for Critically and Chronically Ill Older Adults**

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The Food as Medicine Model

Medically tailored meals, delivered to a client's home in combination with nutrition counseling and education can have a dramatic impact on the health and wellness of older adults who are critically & chronically ill.

When food insecure older adults are ill, one of the first things to deteriorate is good nutrition. This can make recovery, stabilization and their ability to live at home much more difficult, if not impossible.

Studies show that older adults at nutritional risk tend to make more visits to physicians, hospitals and ERs. Malnourished older patients are readmitted more frequently than those who are well-nourished.*

HEALTH AND WELLNESS IMPACTS

Medically-tailored diets help manage medical treatments and enhance ability to fight disease. Nutrition education promotes self-management.

- Reduced hospitalizations.
- Improved food security.
- Reduced anxiety and stress.
- Increased ability to live independently and at home.

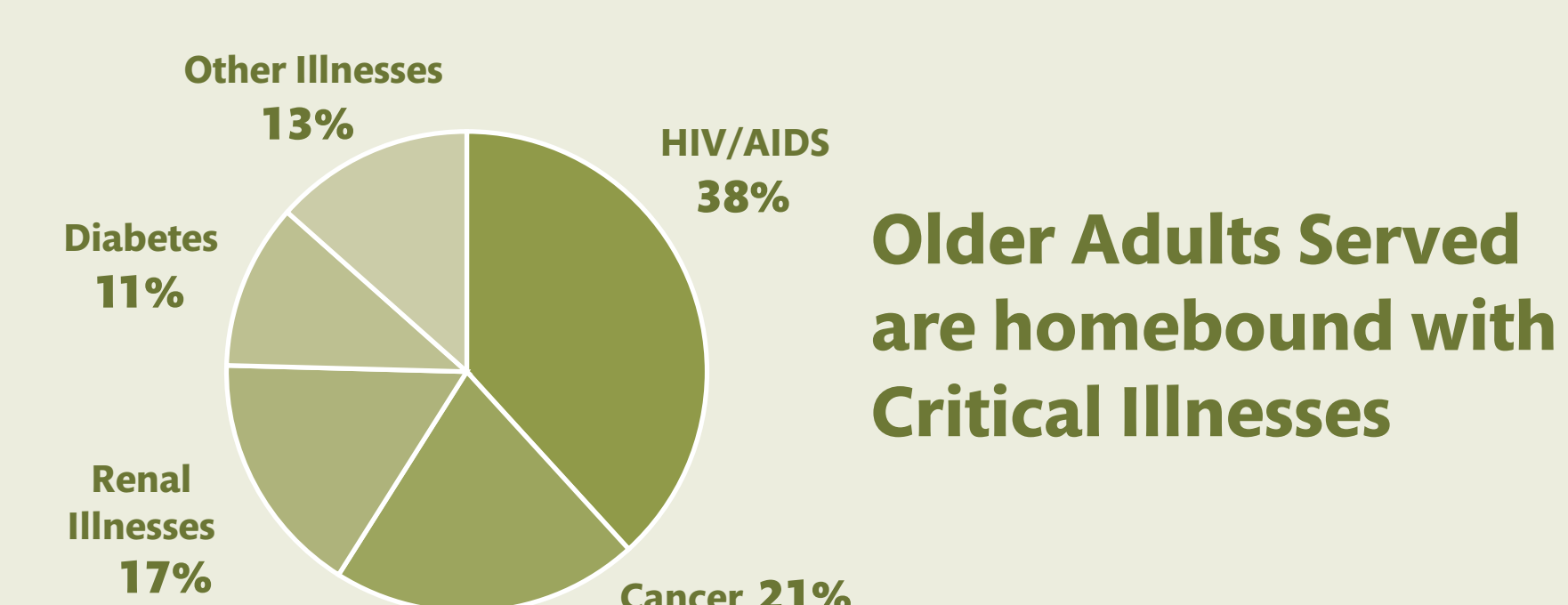
*http://nutritionandaging.fiu.edu/aging_network/malfact2.asp

Current Service to Older Adults

460
older adults
served/year



60+ Population: Number of Clients



**Older Adults Served
are homebound with
Critical Illnesses**

73%
live alone with no
caregiver in household

92%
live in poverty

MEDICALLY TAILORED NUTRITION CARE

135,000
Special therapeutic
meals home-delivered
annually to older adults

**Special diets
accommodated:**
Bland—mild and low
in sodium
Children's Menu
Chopped/Soft
Diabetic
Low Fat/Low Cholesterol
Low Fiber
No Citrus/Tomatoes
No Dairy
No Eggs
No Fish/Shellfish
No Nuts
No Poultry
No Red Meat
Low vitamin K
Regular
Renal
Vegetarian

1,000
Hours of nutrition
counseling and education
annually to older adult
clients

205
Referring health and social
service agencies



Health Care Reform

THE OPPORTUNITY

Our "Food as Medicine" model can improve health and wellness, reduce hospitalizations & nursing home admissions and realize substantial Medicaid healthcare savings on a broad scale for older adults.

COMMUNITY SERVINGS FOOD & HEALTH POLICY

Pilot partnerships with Managed and Accountable Care Organizations and Senior Care Options programs to provide medically-tailored meals to patients.



**Our Registered Dietitian prepares for on-site
nutrition education workshop with kitchen staff.**



For more information about Food As Medicine see:
http://servings.org/about/news_item.cfm?news_id=399

Research & Evaluation

A survey of referring medical and social service professionals found that:

95% believed that our meals program improved the health of their clients.

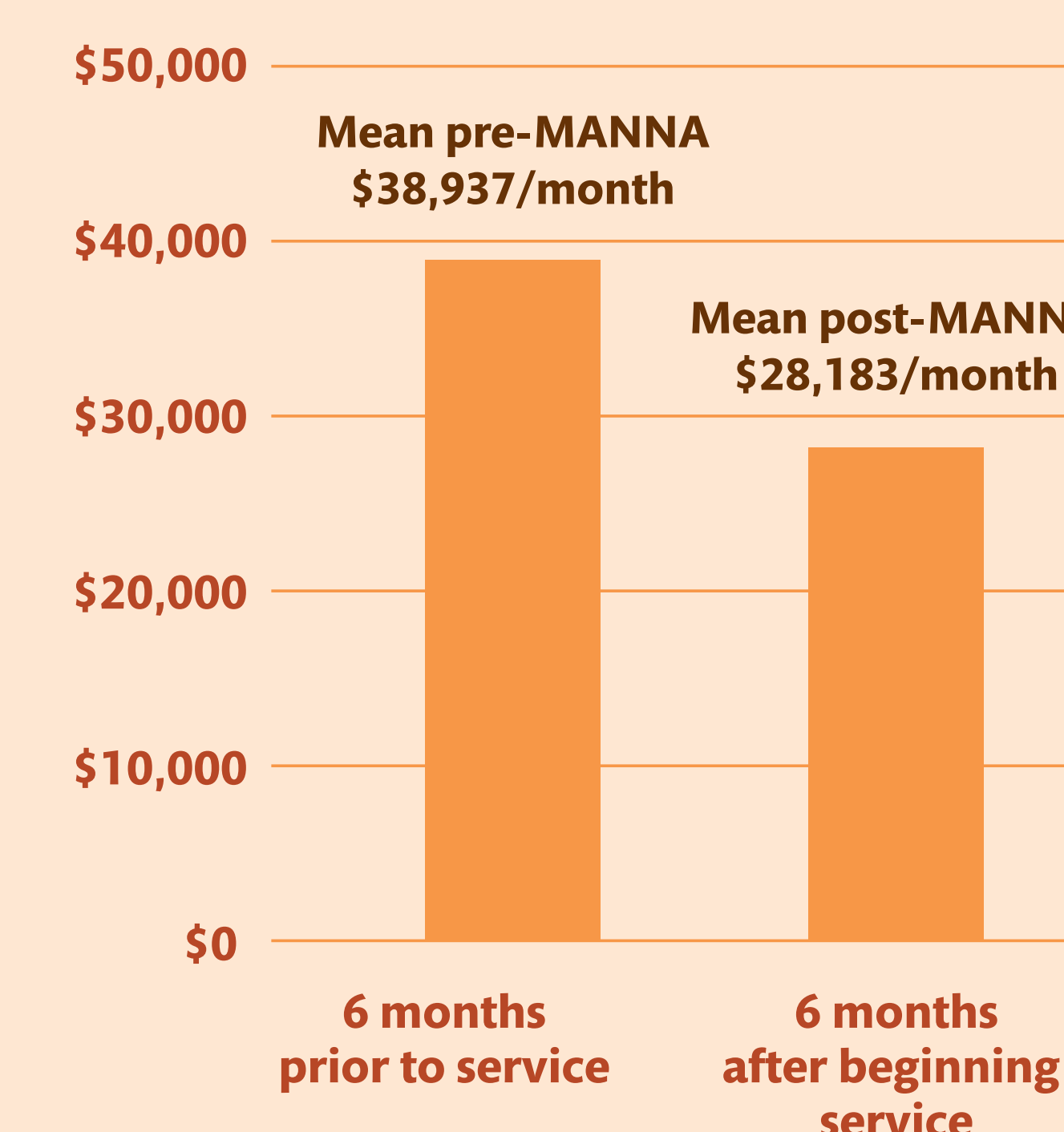
66% believed the program resulted in decreased hospitalizations of their clients.

94% believed the meals program improved clients' access to healthy food.

(Food as Medicine: Medically Tailored Home-Delivered Meals Can Improve Health Outcomes For People With Critical And Chronic Disease." Community Servings. 2013)

Results from a study* by MANNA,
a nutrition service agency in Philadelphia, PA

AVERAGE MONTHLY HEALTH CARE COSTS



*Gurvey J et al. Journal of Primary Care & Community Health 2013