

Medically Tailored Meals

In Solano County



**INNOVATIVE
HEALTH
SOLUTIONS**



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Agenda for the Day

April 28, 2023

- **9:00 - Opening Circle - Group Introductions**
- **Presentation from Innovative Health Solutions and Sustainable Solano**
- **9:40 Question And Answer**
- **Bio break**
- **10:00 - Asset Mapping the EcoSystem of a Medically Tailored Meals Program Group Discussion**
- **10:50 Recap on the conversation, identify next steps, closing remarks**
- **11:00 - Exit**

We honor and acknowledge the Indigenous People of this land...



The Patwin people, the original peoples of this land

The first record of Spanish settlement and victimization of the Indigenous Patwin tribes is dated at around 1910. This land we call home is unceded.

It is crucial to note that the name 'Patwin' is the English name given to them by settlers; we don't actually know what they referred to themselves as.

Their tribal bands called lands from Western Sac all the way to the Vallejo and Napa areas (including Benicia and in some cases near Concord) home for tens of thousands of years.

Topaidihi, a Patwin village, was submerged when the Berryessa Valley was flooded to create Lake Berryessa.

Currently, the Yocha Dehe Wintun Nation are the only federally recognized Native American Nation to include the Patwin people. Their reservation is in Rumsey, CA which is less than 2 hours away. They currently run and own the Cash Creek Casino Resort.

Land acknowledgments are a thoughtful, worthwhile way to honor the memories of Native people who were wrongfully displaced, but we must do more to honor Native rights to their lands. There are many ways we can do this, one of them being returning some of their lands, supporting and respecting their right to stewardship, offering their communities financial support, etc.

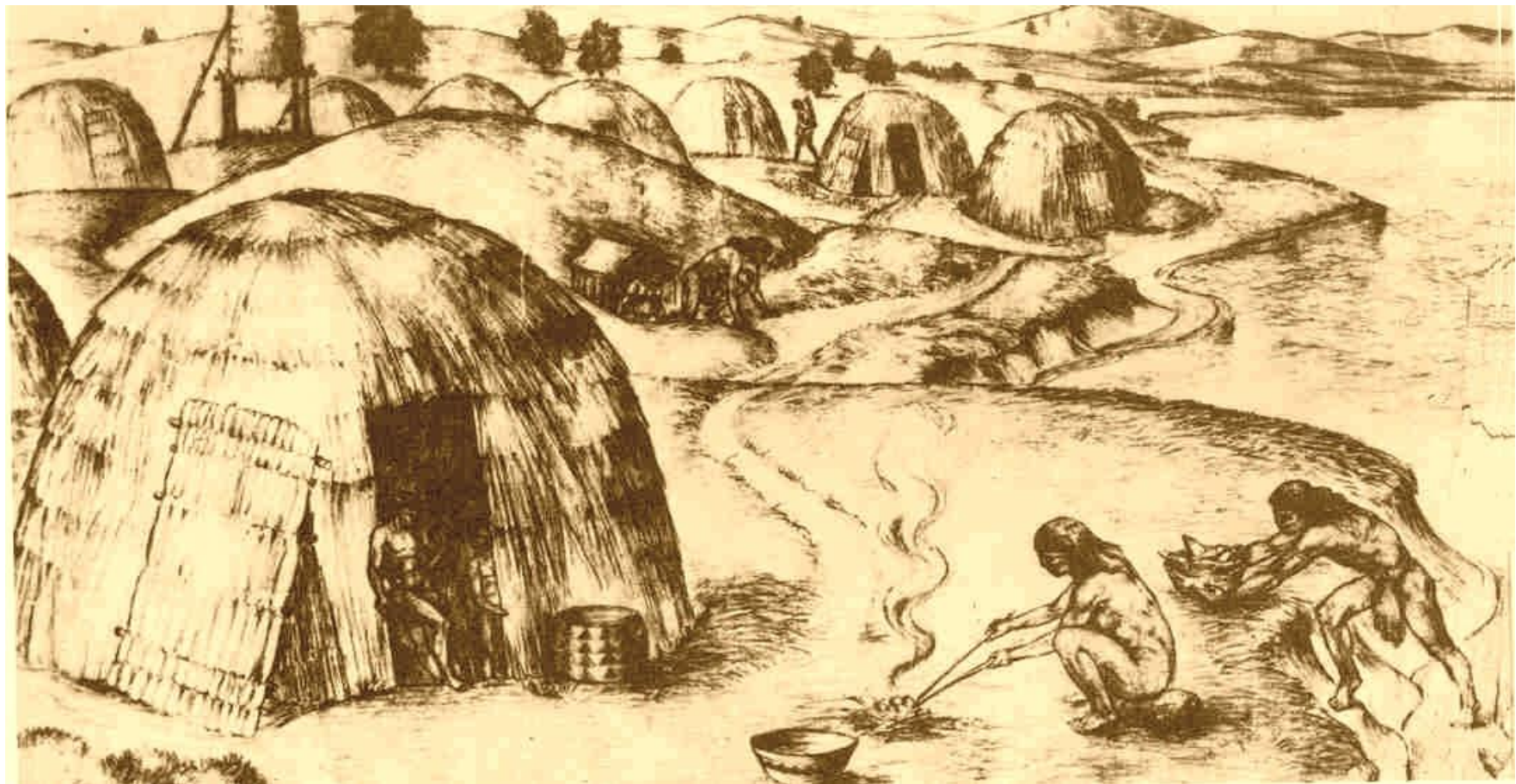
Patwin relationships to this land

The Patwin's main form of sustenance was the highly nutritious acorn. Their lands are abundant with oak trees, which they use to make acorn bread, meal, etc. They grew onions, potatoes, and foraged for pine nuts, blackberries, juniper berries, manzanita berries, elderberries, etc.

They were largely hunter gatherers, using bone harpoons and nets to fish for salmon, suckerfish, and perch. Like many of California's Indigenous peoples, the Patwin used fire when hunting: fresh green shoots following a burn brought hungry game. Intentional fire setting stimulated the growth of blue wild rye, an important native grass, and took care of pests like grasshoppers.

They hunted for animals like deer, mountain lions, skunk, foxes, wolves, etc. and made sure that no part of the animal went to waste; meat was used for sustenance, bones to make hunting weapons, and fur to provide shelter as well as materials for trading which happened often between the Patwin, the Miwok (Sonoma County), Wappo (Napa), and Pomo (Lake County).

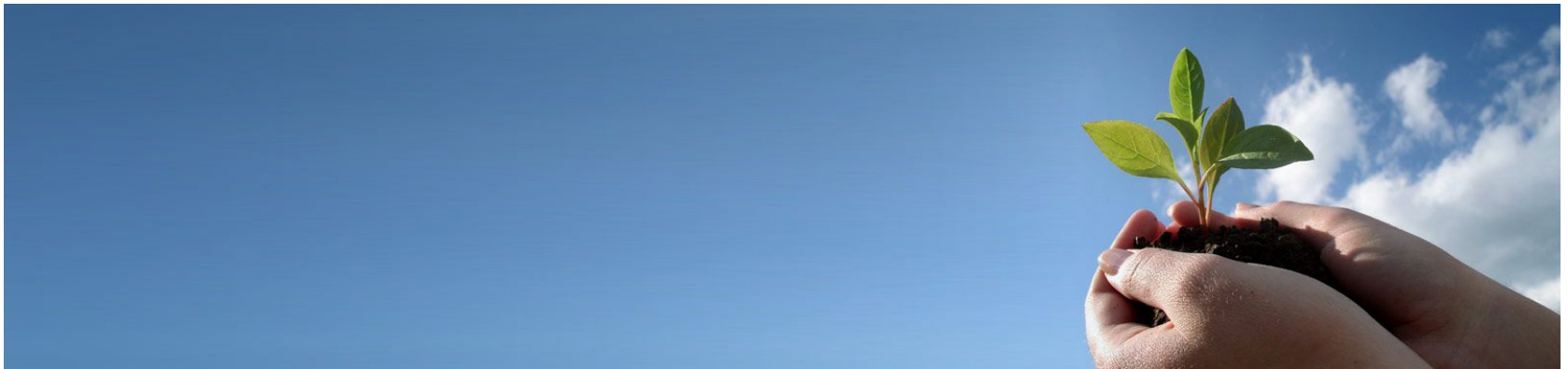




A Question to Ponder

Who are your ancestors?

**Do you know how they
commune(d) with the land?**



Opening Circle - Introductions

- Name
- Organization
- What do you think of when you hear Healing Foods?



Objective for Today's Meeting

- To build community
- To identify capacity to collaborate across sectors to create an economically viable, equitably designed medically tailored meals program in Solano County

The Why...People Care



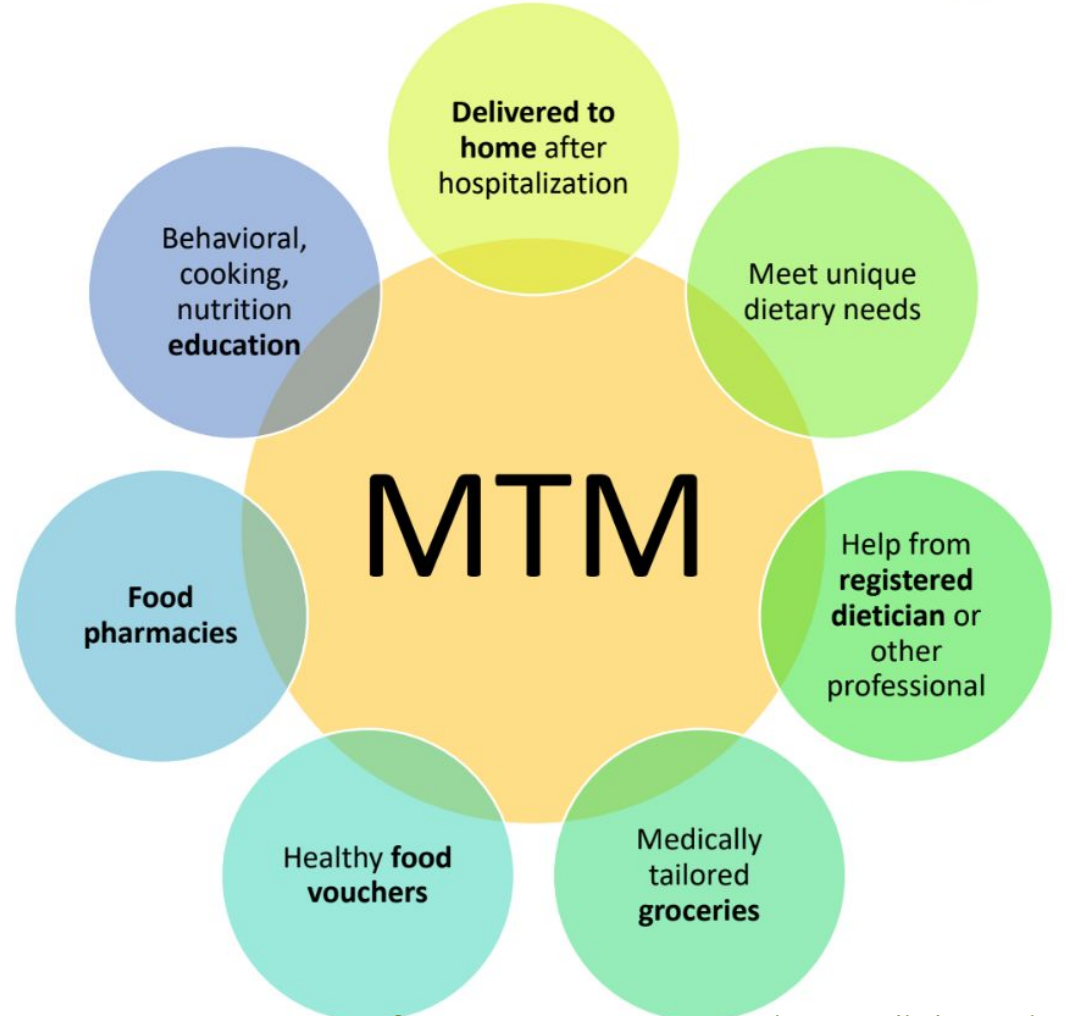
What is a Medically Tailored Meal?

Medically Tailored Meals are delivered to individuals living with chronic and serious illness through a referral from a medical professional or healthcare plan. Meal plans are tailored to the medical needs of the recipient by a Registered Dietitian Nutritionist (RDN) and are designed to improve health outcomes, lower cost of care and increase patient satisfaction.

All meals are healthy and low in sodium and saturated fat.

MTM programs include both:

- 1) home delivered medically tailored meals, and
- 2) nutrition education or therapy





Why do Medically Tailored Meals matter?

- » Address poor health outcomes associated with food insecurity
- » Support complex care needs
- » Support specialized dietary requirements
- » Manage chronic conditions
- » Reduce hospitalizations

Who Can Benefit from Medically Tailored Meals?

Eligible Conditions Include:

- Diabetes
- Congestive Heart Failure/Heart Disease
- Renal Disease
- HIV/AIDS
- Pulmonary Disease
- Cancer
- High-risk pregnancy
- Post-hospital discharge



Target Populations

- One or more complex, chronic or acute illnesses
- Socioeconomically disadvantaged
- Food and nutrition insecure
- Often have mobility challenges



CALIFORNIA
FOOD IS MEDICINE™
COALITION







What are past and current efforts of MTM in Solano County?

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In 2021, IHS received CARES funding by Napa/Solano Area Agency on Aging (N/S AAA) to implement a pilot program as a collaborative project that included MTM with two main goals:

- Improve community health outcomes by empowering older adults through food access, education and support.
- Increase communication and collaboration between health providers and CBOs to foster holistic wellness.
- Patients +60 years old
- Diagnosed with depression, diabetes and/or hypertension

• Receive:

- Medically tailored meals (CERES)
- Bag of produce from FoodRx
- Group walks and arthritis exercise classes
- CalFresh and Title IIIID program
- Goal setting (light touch case management)
- Blood pressure checks

•Locations- Vallejo and Fairfield with Family Health Services



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Area Agency on Aging

CalFresh Healthy Living Program

Solano County FoodRx

Solano Moves- ParkRx

Federally qualified health centers- Family Health Services, Vallejo

Low-income senior housing site- Parkway Plaza, Fairfield

Ceres Community Project (medically tailored meals)



Live longer
Enjoy each day



Feel Better
Increase energy



Be Stronger
Improved heart health



Connect together
Decreased loneliness

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<https://www.youtube.com/watch?v=Ogd1Xmv79So>

HealthRx - Food, Movement and Nature:
Utilizing trauma-informed and client-centered care to improve health outcome for older adults during a pandemic.



Table 1- Intervention Framework

 FOOD	<ul style="list-style-type: none"> • Weekly FoodRx fresh groceries • Bi-weekly senior food pantry • 10 weeks of 7 medically tailored meals per week • CalFresh enrollment referrals
 MOVEMENT	<ul style="list-style-type: none"> • 20 weeks of fall/arthritis prevention classes • Weekly walks
 NATURE	<ul style="list-style-type: none"> • 40 hours of outdoor group classes & fresh air • 3 community events • Monthly activities at parks • Weekly visits to community garden

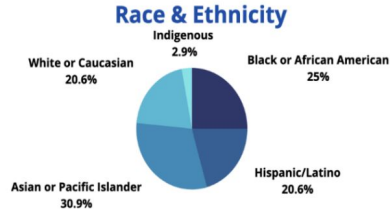
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Outcome

Population Served



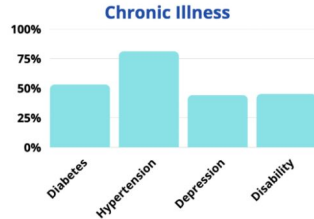
Participants represented a diverse ethnic population. Of the 91 enrolled, 49% were non-native English speakers, 73% were women and the average age was 71. All were low-income and food insecure. The majority of clients suffered from hypertension and half were suffering from some form of depression, sadness or isolation.

Results

In summary, the program had a positive impact on the physical and mental health of the participants. Of the 50 pre/post matched surveys analyzed, the following significant impacts were demonstrated.

- 48% reported an improvement in their overall health
- 48% fewer people reported they were food security
- 44% improved eating habits
 - 98% tried a new food
 - 46% are now using food labels to help when shopping
- 52% are being more active

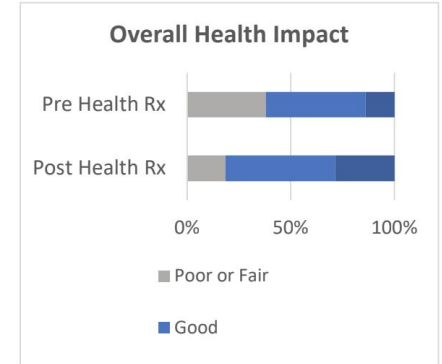
The results also demonstrated a positive impact on hypertension, loneliness and mental health;



- 40% are spending more time in nature and 36% are feeling more energized;
- 73% met a new friend and 43% of them met outside of class time; and
- 39% improved blood pressure based on lowest measurements taken after utilizing mindfulness techniques.

Lastly, there were no COVID cases reported during the 20-week program where the team took strong precautions to use COVID prevention best practices. Overall, participants reported feeling healthy, happy, and food secure. We were able to help 25 sign up for food pantry access and 6 sign up for CalFresh which will help them as they transition away from the program provided medically tailored meals. These efforts have a direct correlation to reducing healthcare utilization costs. Our findings suggest these strategies can achieve positive cost-effective healthcare outcomes due to;

- Improved nutrition;
- Reduction in fall risk;
- Lower hypertension;
- Reduced feelings of isolation and depression; and
- Most importantly, increased food security¹¹



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Medically-Tailored Meals Pilot

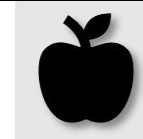


In 2023, IHS received one time ARPA funding by Napa/Solano Area Agency on Aging to implement a MTM pilot project with 50 older adults with diabetes.

Current Partners

- ❖ **Napa/Solano Area Agency on Aging** – Funder
- ❖ **Innovative Health Solutions** – Implementing Agency
- ❖ **Alliados Health** – Community Clinics and Health Workers
- ❖ **La Clinica**- Diabetes Clinic Patients and Case Management
- ❖ **Provisions**- Local Vendor Medically Tailored Meals with local ingredients
- ❖ **Food is Free Bay Area** - Transportation

Table 1- Intervention Framework



FOOD

- Weekly FoodRx fresh groceries
- Bi-weekly senior food pantry
- 10 weeks of 7 medically tailored meals per week
- CalFresh enrollment referrals

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MEDICALLY TAILORED MEAL PROGRAM

Fresh, Ready-To-Eat Meals Customized for You



Dealing with health issues can be overwhelming and confusing, especially if you need to learn a new diet or make lifestyle changes. The **Medically Tailored Meal Program** can help you with food preparation. The meals are designed and created by a Registered Dietitian and a Chef and are tasty, healthy meals in the correct portion size.



The program runs from the week of June 5, 2023, through the week of August 21, 2023.

Once a week for 12 weeks, you will receive:

- 10 ready-to-eat meals (just need to be heated)
- Grocery Box

Eligibility:

- 60 or older and diagnosed with diabetes
- Have had a recent Hgb A1C
- Able to participate for the 12-weeks
- Stably housed and able to refrigerate/freezer and reheat meals
- Live in Solano County

Program Exclusions:

- Lives in a facility that provides meals.
- Has food allergies to milk and milk products, seafood, shellfish, nuts, wheat, or soy.
- Has with renal disease that needs to modify the amount of protein foods eaten.

PICK-UP SCHEDULE

Mondays 12:00–1:30 pm starting June 5th and ending August 21st except the first week in July pick-up will be on Wednesday, July 6th 12:00pm–1:30pm.

LOCATION

La Clínica de la Raza
243 Georgia Street, Vallejo

If you cannot pick up on the scheduled delivery day, please let the La Clínica staff know, and a home delivery can be scheduled.

For questions or more information, call Paola at 707-551-1304 or Alma at 707-346-0202

- 12 weeks - Each week participants will received 10 meals and a grocery box with two meals
- 50 older adults - diabetes patients

Medically Tailored Meals 12-Week Pilot Project for Individuals with Diabetes

Week 1: June 5-9, 2023

	Day 1	Day 2	Day 3	Day 4	Day 5
Meal 1	Vegetable Cheese Frittata, 8oz (allergen)	Porridge with cinnamon, 1 cup and nuts, <u>1oz</u> (allergen)	Vegetable Cheese Frittata, 8oz (allergen)	Porridge with cinnamon, 1 cup and nuts, <u>1oz</u> (allergen)	Grilled Cod Roasted, 3 oz. (allergen)
	Seasonal fresh fruit salad, ½ cup	Banana, 1 medium	Seasonal fresh fruit salad, ½ cup	Strawberries, ½ cup	Asparagus, ½ cup
	Whole wheat bread or roll, 1 Slice or each (allergen)	Milk 1%, 1 <u>cup</u> (allergen)	Whole wheat bread or roll, 1 Slice or each (allergen)	Milk 1%, 1 <u>cup</u> (allergen)	Orange, 1 medium
					Brown rice, ½ cup
					Milk, 1%, 1 <u>cup</u> (allergen)



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Budget

HealthRx CARES Funding	Integrating healthcare and CBOs to support clients in a holistic way to improve health outcomes	<p>Total \$271,181 funding for 1 year</p> <ul style="list-style-type: none"> ○ \$163,181 to coordinate support service ○ \$108,000 for MTM 	<p>Provided services to 91 participants for a 20 week program 10 weeks of 7 MTM Meal cost average \$18 with transportation</p>
MTM ARPA Funding	Provide MTM and Coordination	<p>Total \$210,000 funding for 1 year</p> <ul style="list-style-type: none"> ○ \$160,000 for MTM ○ \$50,000 to coordinate support services 	<p>Coordination with La Clinica to provide MTM and services to 50 diabetes patients 12 weeks of 10 MTM and weekly grocery box Meal cost average \$22 with transportation</p>
Partnership Health Plan Contract	Only to provide MTM	<p>\$9.50 Home Delivered Meal \$41 Nutritional Counseling \$66 Grocery Box</p>	<p>No coordination or transportation reimbursement</p>

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Nature



FOOD



MOVEMENT



NATURE



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Youth Culinary Internships





Internship Goals

- Provide workforce development opportunities for high school ages students
- Pilot cooking in large batches with youth
- Support the local food system
- Provide food nutrition and culinary skills development in a trauma informed space



Focus on Local Food

- Local Farmers
- Using Regenerative Systems
- Ecological Solutions
- Nutrient Dense Food
- Growing the local economy
- Healing the Land

Questions before our break?



Discussion for after break:

1. Why is this important to you and your organization?
2. How can you see your organization functioning within this collaboration? Where do you see your organization on the map?
3. Who is not at the table yet, but has a place in the vision?
4. Are there funding sources/resources you can bring to the group?
5. What are the tension points for you?



Transition to White Board Activity

After Break

**Slides below here are not for
use in presentation**



INNOVATIVE HEALTH SOLUTIONS

Vision

Healthy and equitable communities for all

Mission

Dedicated to improving health outcomes



HEALTHRX

A model of wholistic health, leveraging community partners,
adjunct therapy to primary care, for patients with chronic health
conditions.

WHAT IS HEALTHRX

A collaborative program with two primary goals:

1) Improve community health outcomes by empowering elders through access, education and support:

- supplement CalFresh Benefits with fresh fruits & vegetables
- provide medically tailored meals to model healthful eating
- offer weekly check-ins to set goals and monitor progress
- incentivize attendance to nutrition and physical activity programming
- organize outings to local parks for physical and social-emotional benefits

2) Increase communication and collaboration between healthcare providers and local organizations to foster wholistic wellness:

- increase park and trail usage
- support peer accountability to healthful living
- model and encourage cultural humility to facilitate culturally inclusive care and programming

OUTCOMES

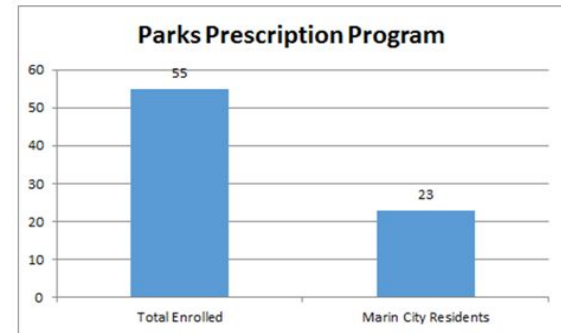
Proven Outcomes

- Longer Lifespan
 - Improved eating habits
 - Increased energy levels
 - Improved heart health
- Improved feelings about health
- Collaboration between organizations

Health Outcomes

- **16% decreased BMI** by an average of 0.94
- **14.5% decreased blood pressure** by an average of 12/4.5
- **7% decreased PHQ-9** by an average of 6 (9 questions)

Marin ParkRx Pilot Program Results



WHO ARE OUR PARTNERS?

Area Agency on Aging

CalFresh Healthy Living Program

Solano County FoodRx

Solano Moves- ParkRx

Federally qualified health centers- Family Health Services, Vallejo

Low-income senior housing site- Parkway Plaza, Fairfield

Ceres Community Project (medically tailored meals)



HealthRx is a collaborative program with two main goals:

- 1. Improve community health outcomes by empowering elders through access, education and support.**
- 2. Increase communication and collaboration between health providers and local organizations to foster holistic wellness.**

HealthRx has four stages:



Assessment



Implementation



Evaluation



Maintenance



- Patients +60 years old
- Diagnosed with depression, diabetes and/or hypertension
- Receive:
 - Medically tailored meals, food pharmacy
 - Group walks and arthritis exercise classes
 - Goal setting
 - Blood pressure checks
- Locations- Vallejo and Fairfield Family Health Services





Movement

CONNECT TOGETHER

LIVE LONGER

FEEL BETTER

BE STRONGER

Nature



HealthRx

HealthRx



Motivational Check-Ins



Implementation

Collaborative Partners:

- Solano Family Health Services
- California Human Development- EAH
 - Parkway Plaza Affordable Senior Housing
- Solano Moves
- Solano County Food Bank
- Napa/Solano Area Agency on Aging
- Ceres
- Solano Transportation Authority- Solano Mobility

PRESCRIBE-WHO
CAN PRESCRIBE?

- Physician
- Nurse Practitioner
- Care Navigator
- Medical Assistant
- Case Worker/Manager
- Mental Health Practitioner
- Health Educator
- Clinic Manager
- Touro Medical Interns

Slide here about current stats of MTM - how is it logistically happening?

Organizer: IHS

Meal Provider: Provisions

HealthCare Provider: La Clinica

Transportation: FIFBA

Slide here about current stats of MTM

- **how is it financially happening?**

Cost of Each Meal: \$10.50

Reimbursed for each meal: 9\$

Funding Streams to pay for meal:

- **AAA (how much?)**
- **Partnership (how much?)**



Youth Culinary Internships





Internship Goals

- Provide workforce development opportunities for high school ages students
- Pilot cooking in large batches with youth
- Support the local food system
- Explore and understand the MTM marketplace in Solano County

Findings:

- ◆ Well received - by students and families
- ◆ Cooking large batches takes time, space, and larger support systems
- ◆ Major adjustment: sent home students with bags of ingredients
- ◆ Solano farmers grow great food!



Questions

