

# Indiana State Nutrition Action Committee (SNAC)



**FOOD IS MEDICINE™**  
— COALITION —

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# Outline

FIMC Introduction

What is Food is Medicine/MTMs?

FIMC Research and Healthcare Innovation

FIMC Policy

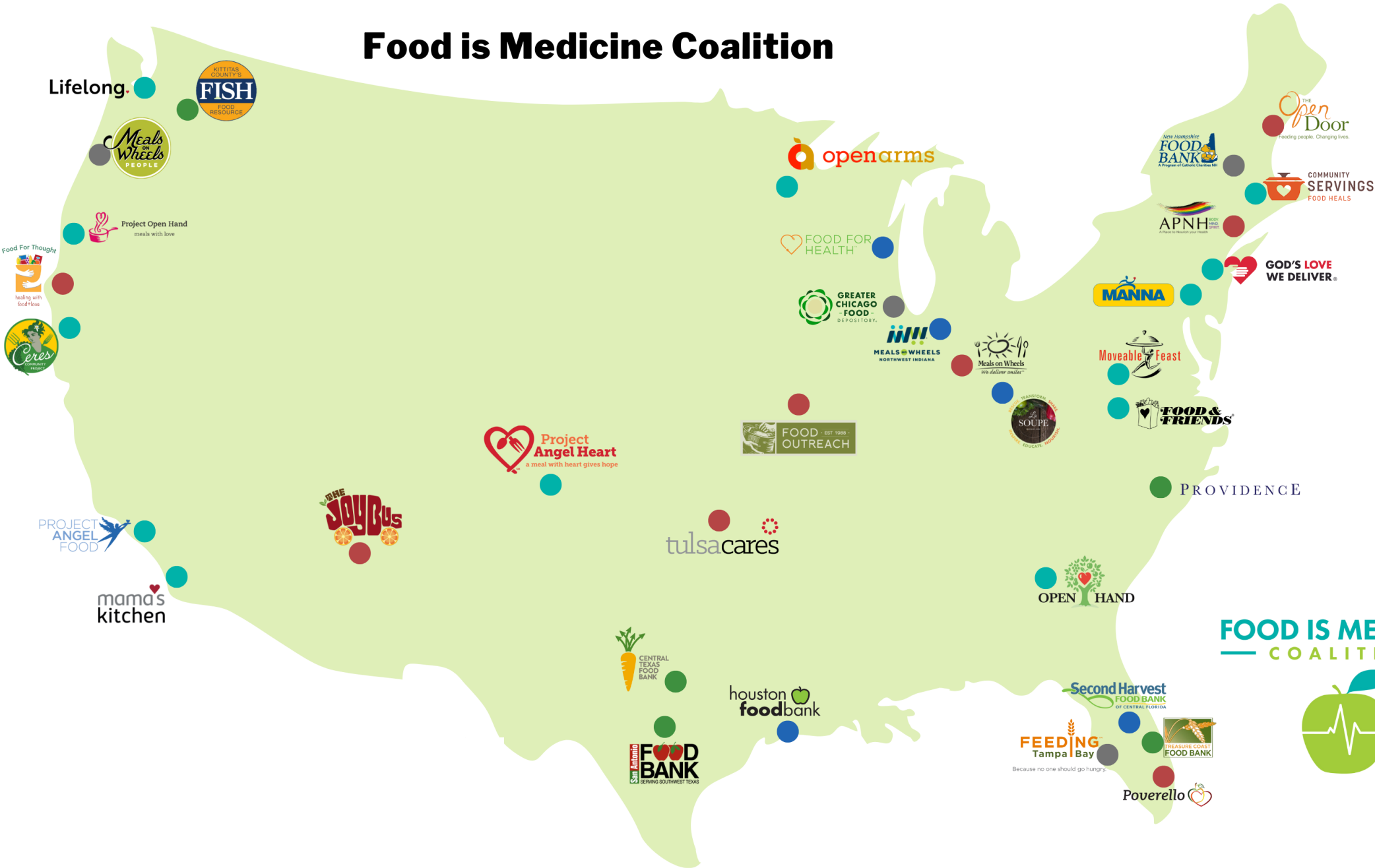


We are a national association of medically tailored meal and grocery providers.

## Our Purpose

- To **provide a complete, evidence-informed, medical food and nutrition intervention** to critically and chronically ill people in our communities
- To **advance public policy** that supports access to food and nutrition services for people with severe and/or chronic illnesses
- To **promote research** on the efficacy of food and nutrition services on health outcomes and cost of care
- To **share best practices** in the provision of medically tailored meals and of nutrition education and counseling

# Food is Medicine Coalition



# Programs

**FIMC Accelerator** – A focused, 12-month training program to refine, replicate, and scale the MTM model in new geographies

## FIMC Membership

- Working Committees – Clinical, Research, Policy, Healthcare Partnerships, Operations, Development
- FIMC National Symposium
- Technical Assistance and more

**FIMC Accreditation (forthcoming)**

**5+5**

5 new MTM providers graduated and 5 new programs enrolled in the FIMC Accelerator

**30+**

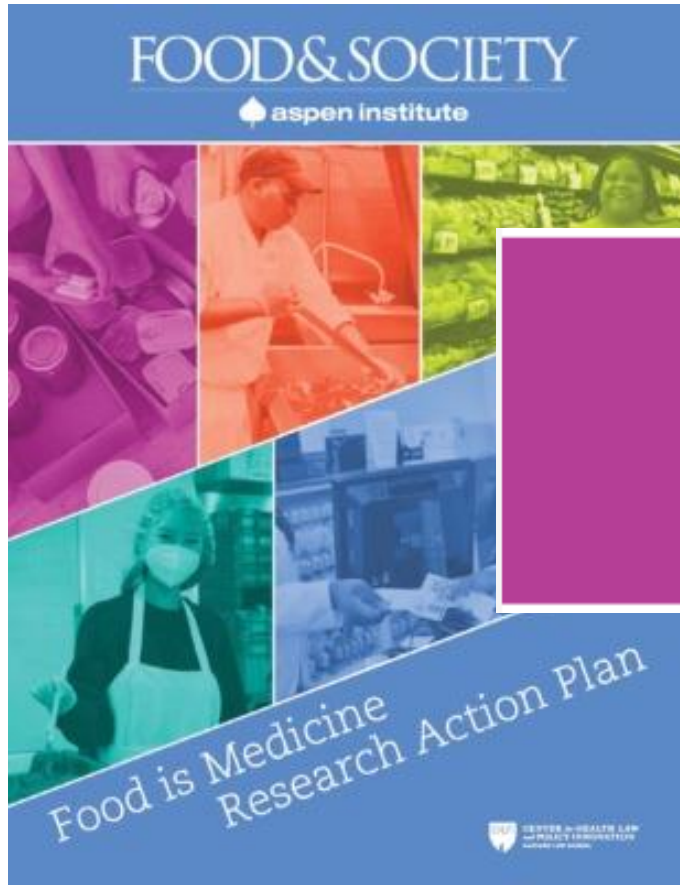
new technical assistance sessions through our Technical Assistance Series and National Symposium

**400**

attendees at our annual symposium



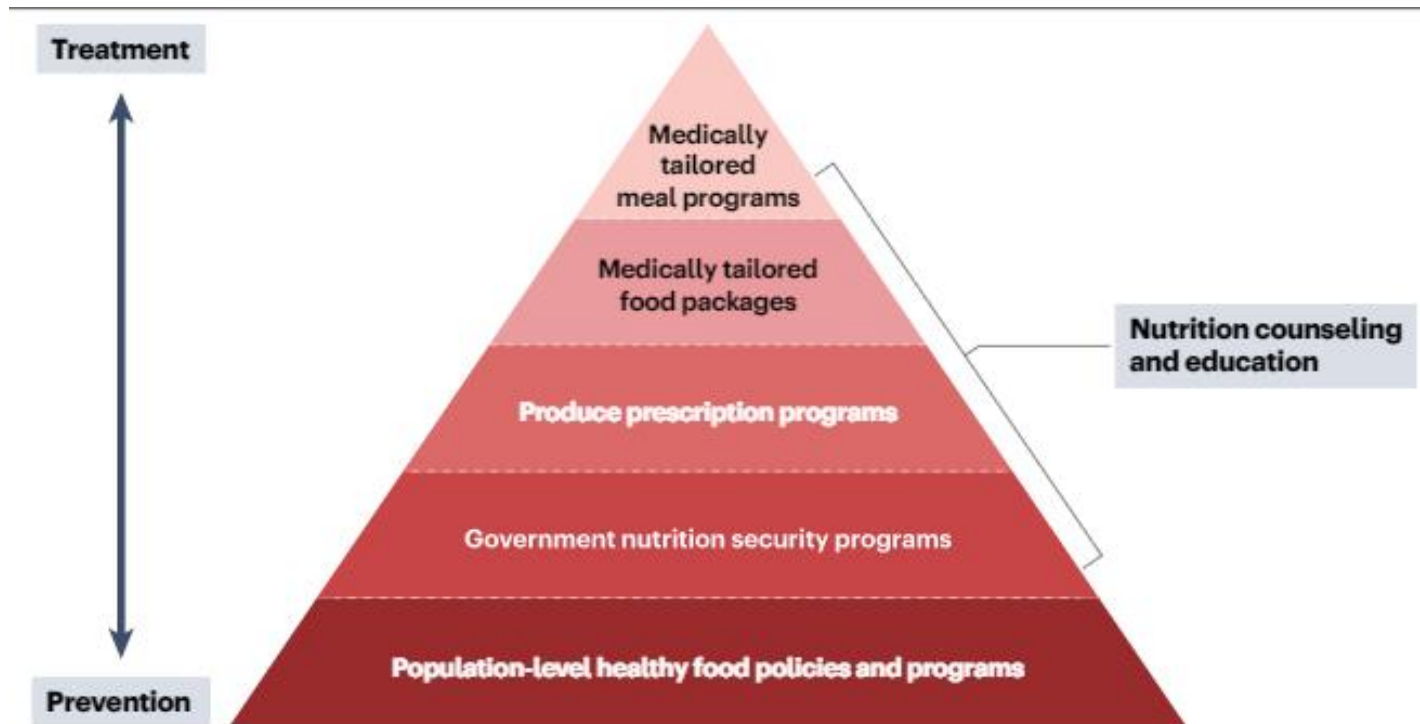
# What is Food is Medicine?



In this Action Plan, “Food is Medicine interventions” are a spectrum of programs and services that respond to the critical link between nutrition and health. Food is Medicine interventions include:

- The provision of foods that support health, such as medically tailored meals or groceries, or food assistance, such as vouchers for produce
- A nexus to the health care system

# An evolving concept



**Fig. 1 | The Food is Medicine pyramid.** An evolving framework of programs and interventions in healthcare and population health to integrate food-based nutrition interventions at multiple levels for specific health needs of different focus populations. Nutrition security programs include the Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and school meals. Figure adapted and updated from Food is Medicine Massachusetts (<https://foodismedicinema.org/food-is-medicine-interventions>).





# What is a Medically Tailored Meal?







## What are Medically Tailored Meals (MTMs)?

MTMs are medically appropriate meals delivered to the homes of individuals living with complex severe or chronic illnesses who are too sick to shop or cook for themselves.



## Who is eligible for MTMs?

Recipients with complex - often diet-related - severe and chronic illnesses are eligible to receive MTMs after being referred by a medical professional or health care plan.



## What makes MTMs different from other meals?

MTM plans are individually tailored to the medical needs of recipients by Registered Dietitian Nutritionists (RDNs) according to the [FIMC MTM Nutrition Standards](#). Dietary restrictions are often layered to accommodate multiple co-morbid conditions.



## How frequently do recipients receive MTMs?

Recipients receive 10-21 meals per week depending on nutrition need for a minimum of 12 weeks. Recipients are reassessed for eligibility at least every 6 months.



### What additional support do recipients receive?

MTMs are paired with one-on-one nutrition counseling or Medical Nutrition Therapy with an RDN.



### What is the goal of MTMs?

MTM meal plans are designed to **improve recipients' health outcomes, lower health care costs, and increase patient satisfaction.**



### How do MTMs benefit their recipients?

MTMs positively impact the health of individuals living with complex severe and chronic illnesses, prevent unnecessary emergency department visits and hospitalizations, and ensure essential nutrition access for individuals with complex illnesses across the country.

# RESEARCH

Peer-reviewed research<sup>2</sup> has demonstrated that for individuals with complex health conditions, medically tailored meals (MTMs) led to:

**16%**

Net Reduction in  
Health Care Costs

**72%**

Fewer Skilled Nursing  
Facility Admissions

**70%**

Drop in Emergency  
Department Visits

**JAMA  
Network Open**  
Tufts MTM Study

If all eligible patients received MTM, nearly

**1.6 million**  
hospitalizations  
could be avoided



**\$13.6 billion**  
could be saved in  
just the first year



Multiple studies underway across the country, including:

- Project Angel Food's study partnering with Native Americans
- Community Servings' third NIH grant
- Open Hand Atlanta's focus on older Americans with Urban Institute

# SERVICE GAP

- Despite research → system-wide gaps
- No dedicated federal funding stream, save for people living with HIV: Ryan White HIV/AIDS Program
- Access to MTMs is largely funded through private philanthropy across the country with most FIMC agencies raising the majority of their budgets each year.
- MTMs are not generally a reimbursable benefit for enrollees in state Medicaid programs unless the state has elected to cover them through a waiver or special program.
- Similarly, while Medicare Advantage plans have the option to cover meals as a supplemental benefit for certain populations, Medicare Parts A and B provide no such coverage.
- The COVID-19 pandemic only highlighted this gap

# FIMC Healthcare Innovation

FIMC Agencies lead the field in participation in healthcare innovations projects and receiving reimbursement for services for Medicaid, Medicare and Duals populations in various states.

And yet....they remain on the margins of innovation.

## Medicaid

- Section 1915 Waivers—Home and Community Based Services
- Section 1115 Demonstration Waivers
- Dual Eligible Demonstrations
- In Lieu of Services option
- Community First Choice Option
- Value Based Payment Reform
- Delivery System Reform

## Medicare

- Medicare Advantage (Part C)
- Medical Nutrition Therapy

# PUBLIC POLICY

## H.R. 5370

The Medically Tailored  
Home-Delivered Meal  
Demonstration Pilot Act

Promoted by President Biden in the National Strategy on Hunger, Nutrition and Health



Awareness  
about MTM and  
the intervention

50+

Cosponsors  
to date



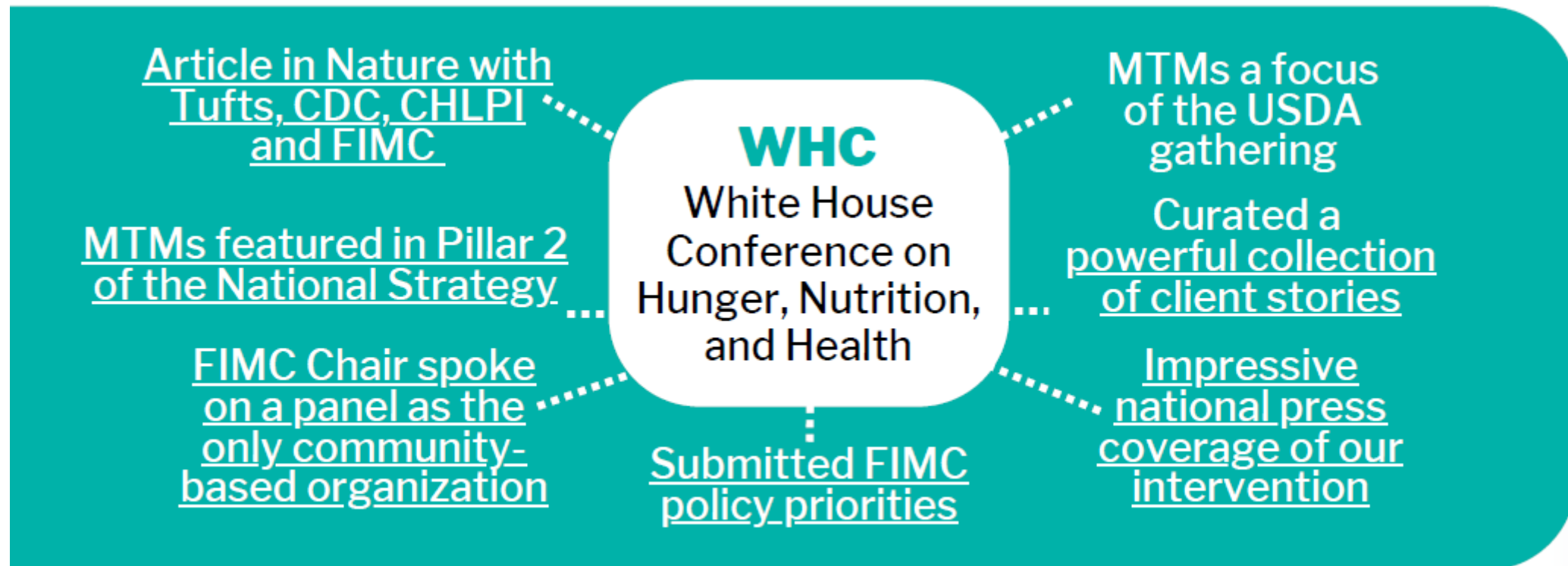
Policy comment letters urging incorporation of social determinant of health (SDH) screenings and attention to health related social needs (HRSN)



Tremendous movement in states toward reimbursing MTM, including Oregon and Massachusetts waivers



# The White House Conference



# What now?

## Media coverage

- Ketchum reported on their recent panel, "[A Guide for Aligning Communications Around Food is Medicine.](#)"
- Stat explores the question, [Can food be medicine?](#) The article discusses integrating food into medical practice and spotlights leaders in the health movement.
- Wall Street Journal dug into [states allowing Medicaid money to be spent on food.](#)
- Axios reported on how [Medicaid for food is drawing mixed reviews.](#)

## CMS Guidance

## NIH Centers of Excellence Concept

## FIM National Summit in April

**Get Involved!** You can join the FIMC listserv at the bottom of every page of the website. We look forward to seeing you at our Quarterly Meetings!



# Medically Tailored Meal Intervention

Meals on Wheels of Northwest Indiana

SNAC March Webinar– March 2, 2023



**MEALS on WHEELS**  
NORTHWEST INDIANA



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# Meals on Wheels of Northwest Indiana

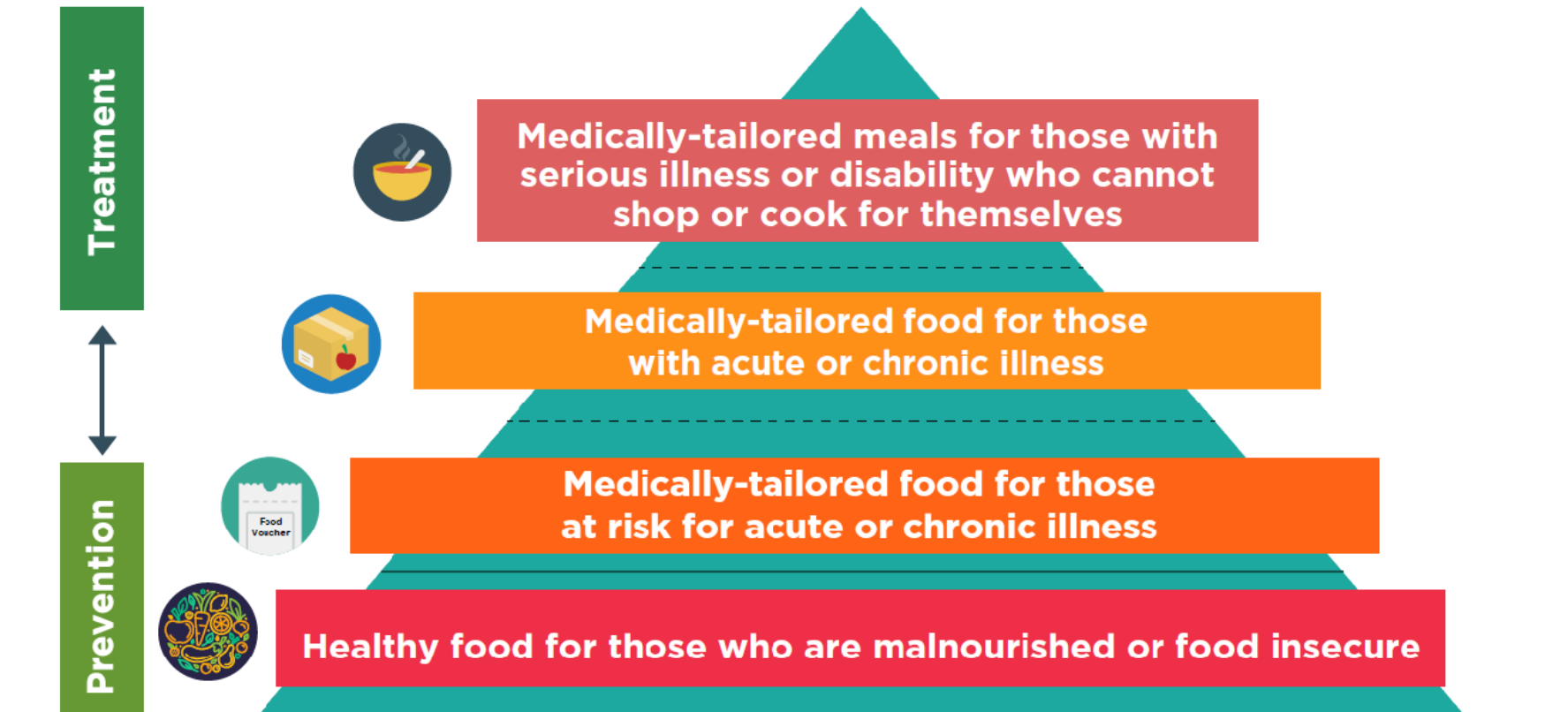
- Who we are
- History
- Evolution of Therapeutic Meals to Medically Tailored Meal Intervention



# Concepts & Terminology

- Food Is Medicine
- Medically Tailored Meals
- Medically Tailored Meal Intervention

# Food Is Medicine

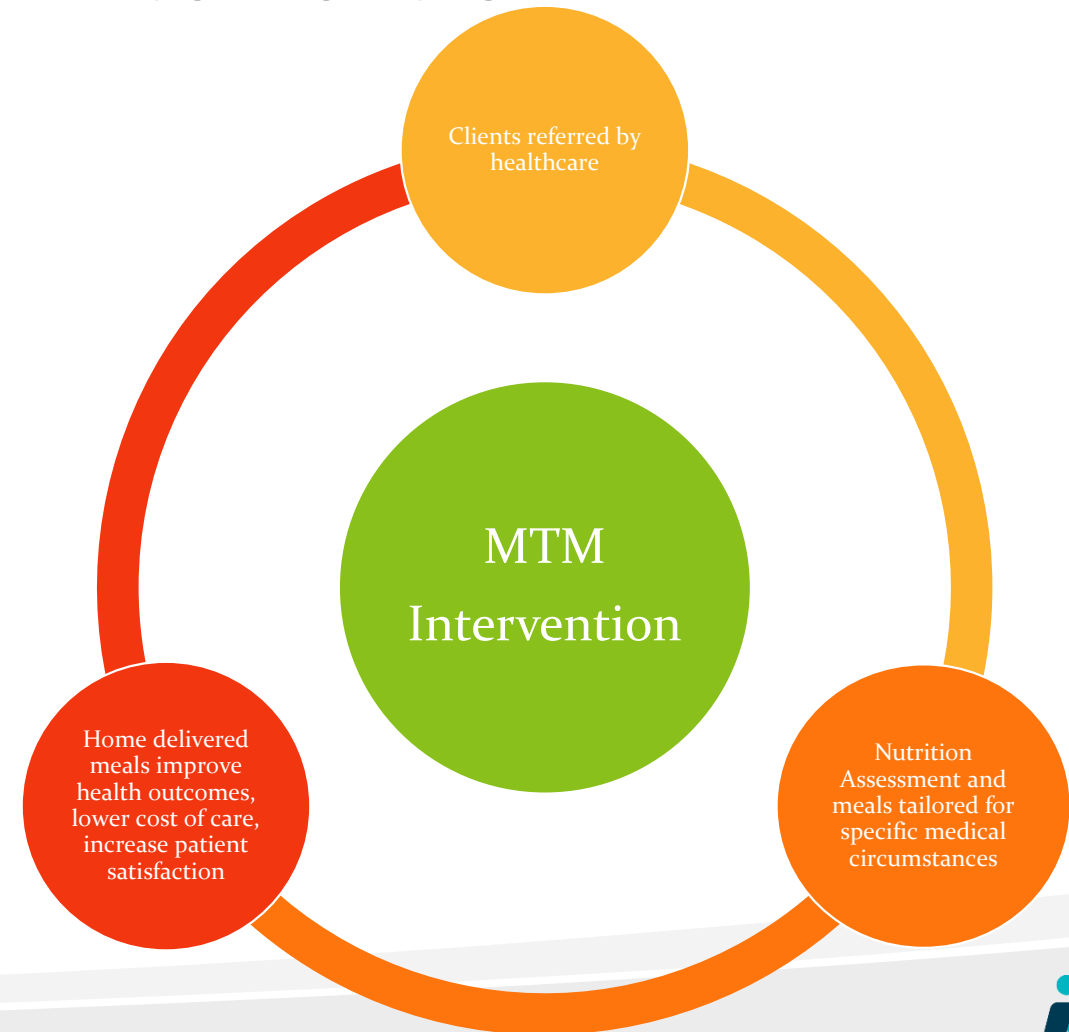






# Medically Tailored Meal Intervention

- What is MTM?
- History of MTM
- MTM Nutrition Standards
- Who needs MTM?
- Why MTM approach is unique



# Medically Tailored Meal Intervention



•Clients are referred by medical personnel/health plans



Nutrition assessments are conducted by Registered Dietitian Nutritionist (RDN)



Meals are individually-tailored for specific medical circumstances and cooked from scratch in our kitchen



Meals are home-delivered in our refrigerated vans



Clients enjoy healthy, great tasting meals, and the support of our staff and community



Clients see improvement in health and reductions in medical spending in as few as 12 weeks

Ongoing nutrition education and counseling



# MTM Intervention – Treatment vs. Prevention

- Client Relationship Management
- Nutrition Guidelines
- Menu Development
- Delivery
- Meal Packaging
- Communications
- Client Services
- Nutrition
- Research
- HIPAA and Confidentiality

# Questions?



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# Contact

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