FOOD IS MEDICINE

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**FOOD IS MEDICINE PYRAMID**

**Prescribed medically-tailored meals** for those diagnosed with serious illness or disability who cannot shop or cook for themselves

**Prescribed medically-tailored food** for those diagnosed with acute or chronic illness

**Prescribed medically-tailored food** for those diagnosed as at risk for acute or chronic illness

Healthy food for those who are malnourished or food insecure

**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
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).
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 countries across the state
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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