Medically Tailored Meals State Pilot Program
Our MTM Team

Food & Nutrition Services

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MediCal MTM Statewide Pilot

CalFIMC Member Agencies

COMMUNITY PROJECT

Food For Thought
healing with food+love

HEALTHTrust

mama's kitchen

PROJECT ANGEL FOOD

Project Open Hand
meals with love
Program Overview - SERVICE

Clients receive 12 weeks of home-delivered meals

Clients have 4 consultations with a Registered Dietician

Client services conduct wellness checks & make referrals
Program Overview - GOALS
Food and Deliveries

- Daily home deliveries (Monday – Friday)
- Hot and frozen meals; breakfast, lunch and dinner
- RD prepares menu: meets DASH diet, low sodium
- Delivered by current Meals on Wheels drivers
- Wellness checks during delivery
# Sample Menu

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Oatmeal with Fresh Fruit</td>
<td>Cheese Omelet with Cinnamon Apples</td>
<td>Granola, Fruit and Yogurt</td>
<td>Carrot-Zucchini Muffin with Boiled Egg</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Beef Shepherd’s Pie with Sautéed Onions and Dinner Roll</td>
<td>Salmon Filet with Vegetable Caponata and Brown Rice</td>
<td>Cheese Ravioli with Meat Sauce, Broccoli and Dinner Roll</td>
<td>Colorado Style Pork Stew with Red Sauce, Black Beans, Orzo and Dinner Roll</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Chicken Tikka Masala with Rice and Green Peas</td>
<td>Roast Turkey Breast with Gravy, Mashed Potatoes, Green Beans, Corn and Dinner Roll</td>
<td>Red Lentil Stew with Chicken, Carrots, Green Peas and Brown Rice</td>
<td>Ground Turkey with Creamy Noodles, Broccoli and Carrots</td>
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</tbody>
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Medical Nutrition Therapy

- 4 sessions per client
- Pre-pandemic, 2 sessions were in the client’s home. Now all sessions are over the phone.
- Monitor weight
- Assess usual eating habits, health history, physical activity level, and understanding of prescribed diet
- Provide education on diet for HF and other conditions as appropriate
Who is Eligible to Participate?

- Have diagnosis of congestive heart failure (CHF)
- Have had Medi-Cal with no share of costs, for last 12 months, continuously
- Have been admitted to an ER, hospital, or SNF at least once in the past 12 months (some flexibility here)
- Have been to see their primary care doctor or specialist at least once in the last 12 months
- 18+ years old
- Reside in Santa Clara County or Southern San Mateo County
- Are able to store and reheat food
Who is NOT Eligible to Participate?

- People with End Stage Renal Disease or Chronic Kidney Disease stages 4-5
- If life expectancy is less than 12 months
- Enrolled in a program where they receive at least 7 meals a week
- Have had 6 or more hospital admissions in last 12 months. Could be eligible on a case-by-case basis.
- Have severe food allergies
# Chronic Heart Failure Medically Tailored Meals (MTM) Program Referral Form

## Applicant Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
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<tbody>
<tr>
<td>Last Name</td>
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<tr>
<td>First Name</td>
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<tr>
<td>Middle Name</td>
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<tr>
<td>MediCal # (9 digits/letter)</td>
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<tr>
<td>Birth Date</td>
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<tr>
<td>Address</td>
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<td>City</td>
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<td>Zip</td>
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<td>Phone</td>
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<td>Secondary Phone</td>
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<tr>
<td>Gender (circle)</td>
<td>Female, Male, Transgender F, Transgender M</td>
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<tr>
<td>Preferred Language (circle)</td>
<td>English, Spanish, Other</td>
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<tr>
<td>Other Health Conditions (circle):</td>
<td>Diabetes: Y / N</td>
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<td>COPD: Y / N</td>
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<td>Difficulty swallowing: Y / N</td>
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<td>Cancer: Y / N</td>
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<td>Depression: Y / N</td>
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<td>Other:</td>
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<tr>
<td>Ethnicity: Hispanic or Latino?</td>
<td>Y / N</td>
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<tr>
<td>Race (circle all that apply):</td>
<td>American Indian/Alaska Native, Asian/Asian American, Black/African American, Caucasian/White, Native Hawaiian/Other Pacific Islander, Other:</td>
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<tr>
<td>Emergency Contact (other than case worker):</td>
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<tr>
<td>Phone</td>
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<tr>
<td>Relationship to Client:</td>
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## Eligibility Information
The Referral Process

- Medical staff discuss the pilot with the patient prior to discharge or during an outpatient visit. They complete a referral form, get client signature.
- Fax or email securely to The Health Trust, along with labs and list of meds if possible.
- We check eligibility, then contact client to arrange meal start date.
- Turnaround time is quick: usually 2-5 days from time determined eligible to meal start date.
Communication & Feedback

- Health Trust staff email referrers once form has been received to acknowledge receipt of referral and let them know if and when client is enrolled.
- If additional eligibility information is needed, staff communicate with referrers to obtain.
- Every month, a brief report on clients is sent to referrers. We contact referrer with client problems or concerns.
When the Program Ends

- If clients are interested, we enroll them under one of our other Meals on Wheels grants
- Clients continue to receive one meal/day, delivered weekly
- A letter is sent to all clients with information about additional programs and resources offered by the Health Trust and in their local community
Quick Stats (Statewide)

- 161,091 meals and 1,686 MNT sessions to **881 clients**

**The Health Trust has served 165 clients with a goal of at least 72 in FY21**

- 69% completion of full intervention

**The Health Trust completion rate is 71.5%**

- Average: 8.4 weeks and 1.9 MNT sessions per client

*Official program evaluation by Mathematica to be completed in 2022.*
10-Question Survey of clients across all CalFIMC Agencies

Provides self-reported data on perceived health, ability to manage condition, fruit & vegetable intake and hospital/ER readmissions.

**Asked:**
- At intake (Survey 1)
- At the end of the intervention / 90 days later (Survey 2)
- Three months after the intervention ends (Survey 3)
In general would you say that your health is excellent, very good, good, fair or poor?
How many times have you been admitted to the hospital or visited the ER since you started to receive meals?

Between Survey 1 and Survey 2:
29% of clients reported being admitted to the hospital or visited the ER (3-month self-reported readmission rate)

Between Survey 1 and Survey 3:
51% of clients reported being admitted to the hospital or visited the ER (6-month self-reported readmission rate)
Why Medically Tailored Meals?

32% DECLINE IN HEALTH CARE COSTS
In a 2013 study, data showed a 28 to 32% decline in overall health care costs among patients receiving complete medical nutrition for six-months.

63% REDUCTION IN HOSPITALIZATIONS
A study published in January 2017, showed a 63% reduction in hospitalizations when complete medical nutrition was provided for six-months.

50% IMPROVED DRUG ADHERENCE
The same study also showed an improvement of up to 50% in prescription drug adherence among persons with diabetes or HIV/AIDS.
HEALTHTrust
Building health equity together.