Hunger is a Health Issue

Creating Connections for Client and Community Health
“Let food be thy medicine and medicine be thy food”

–Hippocrates, 431 BC
United States and population health:

We spend more per capita on health care than any other high-income country.

We compare poorly with these others on key population health indicators like life expectancy and child survival.
7 out of 10 Americans who die each year
die of a chronic disease.

Most are diet-related.

---Center for Disease Control and Prevention, 2013
Top Diet-Related Diseases

Americans affected--in millions

- Stroke
- Osteoporosis
- Cancer
- Heart Disease
- Diabetes
- High Blood Pressure
- Obesity
Choices food insecure clients make:

- 69% had to choose between food and utilities
- 67% had to choose between food and transportation
- 66% had to choose between food and medical care
- 57% had to choose between food and housing
- 31% had to choose between food and education

“Community Health and Nutrition in America,” Feeding America, 2015
The odds of becoming a “high-cost user” of health care are 46% greater for those living with food insecurity.

<table>
<thead>
<tr>
<th>Food security status</th>
<th>Increase in health care cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marginal food insecurity</td>
<td>23%</td>
</tr>
<tr>
<td>Moderate food insecurity</td>
<td>49%</td>
</tr>
<tr>
<td>Severe food insecurity</td>
<td>121%</td>
</tr>
</tbody>
</table>

Estimated annual health related costs of hunger and food insecurity in the US:

$160.7 billion

John T. Cook and Ana Paula Poblacion, “Estimating the Health-Related Costs of Food Insecurity and Hunger,”

www.hungerreport.org
What does $160 billion look like?

$160 billion is more than ALL annual state and federal spending on higher education.
Healthcare’s new “triple aim” makes room for considering the social determinants of health

- Improve patient experience
- Improve health outcomes for the population
- Reduce per capita costs
Food Insecurity

Community Intervention (Food Banks)

Cycles of Food Adequacy/Inadequacy

Poor Self-Management Capacity

Competing Demands

Worsening of Competing Demands

Increased Health Care Utilization

Poor Diabetes Control

Increased Diabetes Complications

Traditional Hospital Intervention

Traditional Clinic Intervention

Connecting the dots: Hunger and Health
Who is AgeOptions?

- Area Agency on Aging for Suburban Cook County
- Administers grants for many services funded by the Older Americans Acts, including:
  - Congregate Meals
  - Home Delivered Meals
Who Am I?

- Phillip Lanier, MSW
- Nutrition Outreach Specialist
- Sometimes...
- An Exciting New Position
Why Do I Exist?

Hard to overcome the barriers to connecting vulnerable populations with nutrition:

• Transportation
• Stigma
• Food Quality
• Menu Choice
• Awareness
Why Do I Exist?

We realized we need to turn this list on it’s head:

- **Awareness**
- Menu Choice
- Food Quality
- Stigma
- Transportation
Awareness is Low

Case managers interviewed at recent Case Management Society of America Chicago convention knew there was a home-delivered meal program other than Meals on Wheels!
How Do We Do It?

• Start with Professionals
  - Trainings
  - Tools to make referrals easier

• Reach out to Potential Recipients
  - Strategies that are inexpensive
  - Learning most effective messages
## Training Works

### Timeline

<table>
<thead>
<tr>
<th>Timeline</th>
<th>HDM Referrals from MCOs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FY 2016 Total</strong></td>
<td>23</td>
</tr>
<tr>
<td>Oct-16</td>
<td>1</td>
</tr>
<tr>
<td>Nov-16</td>
<td>0</td>
</tr>
<tr>
<td>Dec-16</td>
<td>9</td>
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<td>Jan-17</td>
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<tr>
<td>Feb-17</td>
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<td>Mar-17</td>
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<td>Apr-17</td>
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<td>Aug-18</td>
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<tr>
<td>Sep-18</td>
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<td><strong>FY 2017 Total</strong></td>
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<td>Jan-18</td>
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<td>Feb-18</td>
<td>5</td>
</tr>
<tr>
<td>Mar-18</td>
<td>13</td>
</tr>
<tr>
<td><strong>FY 2018 First Half Total</strong></td>
<td><strong>46</strong></td>
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</table>

**Baseline**
- Outreach to MCOs begins

**Meeting with MCOs at AO**
- 300% YOY increase

**FY 2018 projection: 92**
Home Delivered Meal Eligibility Guidelines

a) Age 60+

b) Frail/homebound 3+ days with acute/chronic/incapacitating illness

c) Unable to attend congregate meal

d) Isolation - unable to shop/prepare/obtain meals

e) The HDMs being offered must meet their dietary requirements (e.g., renal or diabetic diets)
Create a PPT., PDF or Word Doc.

What are you looking for?

Home Delivered Meals

1048 Lake Street, Oak Park, IL, USA

This is the contact information for your local Care Coordination Unit. They will determine your eligibility for Home Delivered Meals. Please call the number below to ask about an assessment.

Oak Park

Oak Park Township Senior Services

708-383-8060

130 S. Oak Park Ave.
Create Brochures, Flyers, etc.

- For Professionals:

**Home Delivered Meals**

*Keep Your Patients Healthy!*

- Research shows that home-delivered meals (HDMs) lead to better long-term health outcomes for older adults.1
- HDMs have a big impact on healthcare utilization.2,3

**HDMs Mean Fewer:**

- Hospital Admissions
- Hospital Readmissions
- ER Visits

**Are Your Patients Eligible?**

You might be surprised how many of your patients meet these minimum requirements:
- At least 60 years old
- Homebound and/or too frail to obtain or prepare meals
- Unable to attend a congregate site

For other requirements, refer to the training listed below.

**For a comprehensive training on Home Delivered Meals and the easy referral process, go to:**

http://ageoptions.org/gallery/HDMtraining/

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**Referring Patients is Easy.**

If you think your patient is eligible:

1) Determine which type of diet would be appropriate:
- A Regular Diet, for patients without health-related dietary restrictions.
- A Special Diet, for patients with restrictions.

2) Determine which type of Referral would be appropriate:
- A Regular Referral will start after an in-home assessment, but will not need to be reassessed for the duration of the approved meal delivery schedule.
- An Emergency Referral, starting meals within 24 hours. The in-home assessment is done later. Emergency Referrals are often used for discharging patients.

3) Contact the assessing agency:
- If the patient is in managed care, contact the patient’s MCO.
- Or contact the Choices for Care staff or Care Coordination Unit (CCU) that serves the patient. You can find the CCU with our online locator tool at:
  https://servicesto.ageoptions.org/

**Health Related Special Diets**

Now patients with health-related dietary requirements can receive special meals:
- Renal Friendly
- Diabetic Friendly
- Gluten Free
- Vegetarian
- Pureed

**For a comprehensive training on Home Delivered Meals and the easy referral process, go to:**

http://ageoptions.org/gallery/HDMtraining/

Or Call for More Information: (708) 383-0268

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Home-Delivered Meals Improve Patient Health, Reduce Costs for You

- Research shows that home-delivered meals (HDMs) lead to better nutrition for older adults, a key factor in improving overall physical and mental health outcomes.
- HDMs are less expensive than hospital stays, reducing overall health care costs.
- HDMs have a proven impact on hospital admission rates, with one study finding that meals delivered by professional home-delivery drivers were associated with a decrease in hospitalization rates.
- HDMs improve patient health outcomes, including reduced hospital admissions and decreased length of stay.
- HDMs are associated with improved patient satisfaction and increased compliance with medication regimens.
- HDMs can significantly reduce the cost of home care and hospital stays.

For more information or to learn more about Home-Delivered Meals, please call...

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Healthcare Utilization Pre/Post

<table>
<thead>
<tr>
<th>Pre (60 Days)</th>
<th>Post (60 Days)</th>
<th>Post MOC (7)</th>
<th>Post MOC (14)</th>
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<tbody>
<tr>
<td>30 Days</td>
<td>90 Days</td>
<td>180 Days</td>
<td>365 Days</td>
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<tr>
<td>11.1</td>
<td>8.9</td>
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<td>5.8</td>
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<td>1.9</td>
<td>1.8</td>
</tr>
<tr>
<td>1.4</td>
<td>0.9</td>
<td>0.8</td>
<td>0.7</td>
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<tr>
<td>0.6</td>
<td>0.5</td>
<td>0.4</td>
<td>0.3</td>
</tr>
</tbody>
</table>

*Denotes includes those who died or who were discharged during the period.

**Post 60 days includes those who died or who were discharged during the period.

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Hospital Admission Rates Decrease®
38.0%

NH Admission Rates Decrease®
37.4%

Emergency Department Visits Decrease®
20.7%

Straight to your bottom line
Create Brochures, Flyers, etc.

• For Recipients:

Have questions?
If your meal fails to arrive, or you have questions
about the food or delivery process,
call the organization that makes
and delivers your meals.

For all other inquiries,
please call the agency that assesses
your eligibility for the program.

What you should know about the
healthy, delicious
HOME DELIVERED
MEALS
you will start to receive at home.

This is…
Who Makes and Delivers
Your Meals:

Who Assesses Your
Eligibility to Get
Meals and Other Benefits:

The Home Delivered Meal Program
is administered by AgeOptions and
made possible by funding through:

The Illinois Department of Aging
AgeOptions does not discriminate in
delivery or promotion of programs or treatment of
employees in compliance with
discrimination and non-discrimination
practices. If you feel you have been
discrimination against, call AgeOptions
(505) 273-4343 (postal)

AgeOptions
Connecting Older Adults with
Community-Based Resources and Options
The Area Agency on Aging
of Salvation Army Oak County
2014
Create Brochures, Flyers, etc.

• For Recipients:

1. Call
   You'll find a phone number on the back panel of this brochure. Just give us a call and we can answer any questions you have about the Home-Delivered Meal program. If you meet the basic requirements, we'll schedule a short in-home assessment by a Care Coordinator.

2. Meet
   When your Care Coordinator visits you in your home, you'll get to know each other, talk about your diet and your schedule.

3. Enjoy!
   Once approved, your home-delivered meals will start to arrive, brought to your front door by a courteous, trained and reliable delivery person.

Have questions?
To find out whether you might qualify for home delivered meals, or to ask about other details of the program, please call the home number in the box you see here:

Over 60! Unable to leave your house due to health issues?
You may qualify for healthy, delicious Meals
Delivered Right to Your Door!

5 Meals Each Week! At Little or No Cost to You!

Amelia Options
Consulting with Elderly with Chronic Conditions in Need of Professional Help
The Senior Options Program, Inc.
Age Options of Sonoma County, CA

The Home-Delivered Meal Program is administered by AgeOptions and meals possible by funding through the Older Americans Act and the Medical Nutrition Act. AgeOptions does not discriminate in admission to programs or treatment of clients based on sex, race, color, national origin, age, or disability. If you feel you have been discriminated against, call (707) 549-2461, (707) 544-2536 (Voice)
Reach Out…

• Churches
• Senior Centers
• Town Halls
• Pharmacies
• Grocery Stores
• Food Pantries
Stay In Touch Regularly

You can use Google Alerts as bait:

Nutrition for Seniors
Daily update · April 24, 2018

4 things to know about fighting malnutrition in seniors

OCRRegister
There is no single cause for malnutrition among seniors. Some health problems may cause a decreased appetite or make it difficult to eat. Health conditions can also necessitate a restricted diet, and the foods that fit into the diet may taste bland. Seniors with reduced income or who cannot drive could be ...

These 5 Programs Are Working To Improve Access to Healthy Food in NYC
One Green Planet
NYC’s version of the Meals on Wheels program provides more than just nutritious meals for seniors. The volunteers for Citymeals on Wheels also provide important human contact for elderly people who may be
Stay In Touch Regularly

Develop simple reminder of how to access nutrition for vulnerable individuals. Include:

Phone numbers
Links
Addresses
Dear Case Manager,

Thought you might be interested in this **brief article** on some of the **innovative nutrition programs** that are working in **NY**. I was especially intrigued by the **Housing Authority initiative** to help residents create gardens.

If you know any organizations that may be interested in implementing programs like these, please pass along the link: [https://www.onegreenplanet.org/natural-health/these-5-programs-are-working-to-improve-access-to-healthy-food-in-nyc/](https://www.onegreenplanet.org/natural-health/these-5-programs-are-working-to-improve-access-to-healthy-food-in-nyc/)

And remember: we’ll be glad to help you refer members for home delivered meals, direct them to congregate meal sites or help them apply for **SNAP benefits**. Just give us a call at (800) 699-9043

Thanks,

*Phillip Lanier, Outreach Specialist*

**AgeOptions**

1048 Lake Street, Suite 300
Oak Park, Illinois 60301

phone (708)383-0258, (800)699-9043, fax (708)524-0870

[phillip.lanier@ageoptions.org](mailto:phillip.lanier@ageoptions.org)

[ageoptions.org](http://ageoptions.org)
Reaching the Culturally/Ethnically Isolated

• Develop a brief one-page message about your service
• Reach out to churches, cultural organizations
• Invite partnerships
• Restaurants are good place to start
Special Health-Related Diets

• AgeOptions Senior Blue-Apron Pilot
  - Dietitian teams with Pantry to put together specific health-related food bundles

• AgeOptions/Mom’s Meals Partnership
  - Large national vendors can make specialty meals at scale
  - Working out delivery options can be difficult but rewarding
Make Awareness a Higher Priority

• It works

• It requires time, but few other resources
  - Make it Someone’s Regular Job
  - Use Free Clip Art
  - Take Your Own Pictures
  - Interns are Awesome!

• Do it regularly
Since 1974, AgeOptions has established a national reputation for meeting the needs, wants and expectations of older adults in suburban Cook County. We are recognized as a leader in developing and helping to deliver innovative community-based resources and options to the evolving, diverse communities we serve.

Thank You!

- Questions? Please call or write:

Phillip Lanier,
Nutrition Outreach Specialist
AgeOptions
(708) 705-8488
phillip.lanier@ageoptions.org
Build Healthy Communities
Best Practice Spotlight - Health Care Partnerships

• Northern Illinois Food Bank and local Hospitals and Clinics
  – Screen and Intervene Healthy Harvest Produce Box
Best Practice Spotlight- Whole Body Approach to Wellness Program
Contact: Jennifer Lamplough
jlamplough@northernilfoodbank.org
THANK YOU
Working Towards Better Health In Our Communities

LAKEVIEW PANTRY, CHICAGO, ILLINOIS
Lakeview Pantry distributes 1.4 million meals to the Chicago North Side most vulnerable residents.

Mission:
- Eliminate hunger and poverty in our community
- Increase the independence of our clients through social service programming
- Raise awareness of hunger and poverty and working towards solutions to eliminate them.
Operates three food distribution programs:
- 3945 N. Sheridan
- 1414 W. Oakdale
- Home Delivery Program

Offers all clients social service programming
- Assistance with public benefits, housing, job search and training
- Mental health counseling program

Serves thousands of people on the North Side of Chicago through over 40,000 site visits a year.
LAKEVIEW PANTRY’S RESPONSE

URGENT NEED ➔ EMERGENCY ASSISTANCE ➔ SOCIAL SERVICE PROGRAMS ➔ A BETTER FUTURE

DEVELOPMENT OF NEW PROGRAMMING & PARTNERSHIPS
Mental Health Challenges For Pantry Clients

- Most commonly, our clients experience depression (36%), anxiety (25%), and bipolar disorder (18%).
  - 21% of these clients do not receive any type of treatment.
  - 9% have a drug and/or alcohol problem.
    - 27% of these clients are not receiving the needed assistance.
  - 7% are victims of domestic violence.
    - Nearly 25% of the clients facing domestic violence are not getting the help they need.
Mental Health Counseling Program

- Last year, our program expanded to include mental health counseling for uninsured clients.
  - Therapists work with clients experiencing depression, anxiety, grief, or other stressors.
  - Clients participated in 195 visits with an average number of 10 sessions per client.
- The majority of our mental health clients are over the age of 55 and approximately 30% are between the ages of 26 - 40.
- 68% of our mental health clients are female and 32% are male.
Creating More Touchpoints with Those in Need

- Lakeview Pantry initiated several partnerships with fellow North Side agencies this year:

  - **Howard Brown Health Center**
    - Lakeview Pantry is currently accepting clients who are enrolled in Howard Brown’s Ryan White HIV Program as patients.
    - Patients in this program may receive food at Lakeview Pantry distribution sites, regardless of where they reside in the city.

  - **Illinois Masonic/Advocate Health Cancer Center**:
    - Plans are underway with the hospital to provide mobile pantry services to its cancer patients undergoing chemotherapy and other treatments.
Howard Brown Health Center

- Located just 1 city block from Lakeview Pantry’s Sheridan Location.
  - Howard Brown Health Clinic serves over 27,000 people per year offering medical services, social services, and case management.
  - Patients come to Howard Brown Health from all across the Chicago Metro Area.
  - Howard Brown case managers refer 20 clients per month from the Ryan White Case Management program which specifically serves people who are HIV+ and are in need of food assistance.
  - In 2018 Lakeview Pantry and Howard Brown Health Clinic hope to expand this partnership and serve more food insecure patients.
New Program Spotlight: Illinois Masonic/Advocate Healthcare

- Many studies report that food insecure patients are more likely to postpone medical care and often cannot afford prescribed medications.
- Illinois Masonic Medical Center has prioritized their patients in Oncology (both in-patient and out-patient) because of the increased levels of food insecurity often found among cancer patients.
- Lakeview Pantry and Illinois Masonic will partner to address Food Insecurity among these patients by opening a pantry pilot program that will launch on June 20th 2018.
One study of cancer patients at a cancer center in Kentucky associated high levels of nutritional risk, depression, financial strain, and low quality of life.1

Another 2014 study of hunger among patients in a New York City Cancer treatment center found that 56% of patients had a high level or very high level of food insecurity as defined by the USDA. That same study found that:

- “Cancer patients represent an especially vulnerable group because of the intensity of treatment protocols and the disease process itself...decreased food intake directly impacts patient survival and quality of life. Nutrition interventions result in enhanced quality of life.”2

1. Leigh Ann Simmons, PhD, (& others) American Society of Clinical Oncology Nov 2006
2. Francesca Gany, M.D., M.S. (& others) J Healthcare Poor, Underserved Aug 2014
Lakeview Pantry is partnering with Illinois Masonic/Advocate Healthcare to provide emergency food assistance to patients at Illinois Masonic Medical Center.

This program will serve 30 people each month from the hospital’s Oncology Department, both inpatients being discharged and outpatients coming to the Hospital for treatments.

Hospital staff will screen their patients for food insecurity using the U.S. Household Food Security Survey Module.
The program will provide:

- 25 lbs. of food in each distribution.
- A $50 gift card for one of a variety of local grocers (Walmart, Target, Aldi, Jewel etc.) that patients can use to supplement for fresh foods and their personal food preferences.
- An inexpensive wheeled cart to aid in transporting the food for patients that are weak from treatments and/or using public transportation.
- Information and referrals for other emergency food programs and assistance throughout Cook County.
Measuring Success and Hopes for Future Growth

- One way that we’ll measure success in this pilot program: hospital volunteers will call recipients at home within one week after receiving food from the program to assess the benefit of the program and seek input regarding food quality, choices and other feedback.

- Both Lakeview Pantry and Illinois Masonic will seek additional support for the program so that it can be extended to other departments and patients in the hospital.

- Lakeview Pantry hopes to be able to collaborate with other area medical institutions to establish similar programs in the future.