



## Our Priorities

### To provide

a complete, evidence-based, medical food and nutrition intervention to critically and chronically ill people in their communities

### To advance public policy

that supports access to medically tailored 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

## FIMC Service



**56,000**

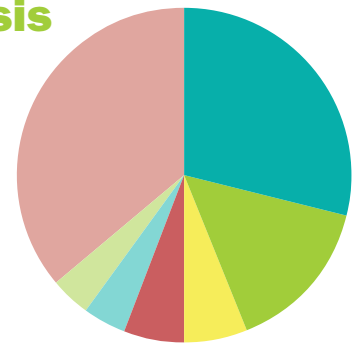
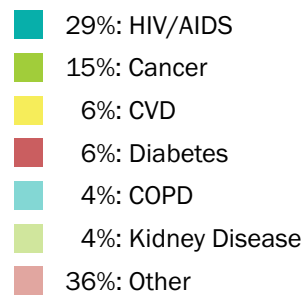
clients served in FY18



**Over 12 million**

meals served in FY18

## Primary Diagnosis



## FIMC Integration in Healthcare

Through concerted advocacy, many FIMC agencies have successful partnerships with healthcare across the United States.

### Medicaid

- 1915 (c) Waivers
- 1115 Waivers
- Traumatic Brain Injury (TBI) & Aged and Disabled (AD) Waivers
- Delivery System Reform Incentive Payment Models
- Community First Choice Option (CFCO)
- In Lieu of Services Option

### Medicare

- Medicare Part B- Nutrition Counseling/ Medical Nutrition Therapy (select populations)
- Medicare Part C - Medically Tailored Home Delivered Meals (at plan's discretion)

### Other

- Dual Eligible Demonstration Projects (Medicaid/Medicare)
- Private Insurance

## The Intervention



### MTM

are a low-cost/  
high-impact  
intervention

Medically tailored meals (MTM) are meals approved by a Registered Dietitian Nutritionist (RDN) that reflect appropriate dietary therapy based on evidence-based practice guidelines. Diet/meals are recommended by an RDN based on a nutritional assessment and a referral by a health care provider to address a medical diagnosis, symptoms, allergies, medication management and side effects to ensure the best possible nutrition-related health outcomes.

## The Need

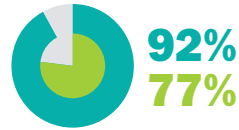
If you are sick and hungry in the United States, there is no federal nutrition support for you, unless you have HIV, and even that is not adequate to cover all who are in need. To meet this need, FIMC agencies raise most of their budgets, and some are forced to create waiting lists, because the need in their communities is so great. As more and more people are diagnosed with chronic illnesses that require specific diets, this need will only grow.

↑  
**57%**

Predicted rise in chronic illnesses by 2020 [WHO]



Portion of healthcare spending attributed to individuals with chronic health conditions [CDC]



Older adults with **at least one** chronic disease  
Older adults with **at least two** [NCoA]



**1 in 3**

People enter the hospital malnourished

Our clients are a socially and medically complicated population, often living with multiple co-morbid illnesses and coping with poverty. They require nutrition counseling and tailored meals not available from traditional meal or food providers.

## The Solution

By making medically tailored nutrition a reimbursable service in our healthcare system for this high risk, high need, high cost population, we can produce:



better health outcomes



↓  
lower cost of care



improved patient satisfaction

## The Outcomes



**16%**  
net healthcare cost savings



**50%**  
reduction in hospitalizations



**23%**  
more likely to be discharged to home



**50%**  
increase in adherence



**11**  
new studies on the impact of MTM are in progress across the country at FIMC agencies

## Policy Opportunities

MTMs are not available in every community or for all who need them. The most effective way to change this reality and bring life-saving meals to the sickest in our communities is through federal policy change.

### ESTABLISH

#### Coverage for Medically Tailored Meals in Medicaid

- Include “medically-tailored nutrition” in the definitions of the mandatory “home health care services” benefit category.
- Include “medically-tailored nutrition” in the optional “other diagnostic, screening, preventive, and rehabilitative services” category.

#### Coverage for Medically Tailored Meals in Medicare

- Add “medically tailored meals” to the definition of “medical and other health services” in the Medicare statute for Medicare Part B

### PROMOTE

#### Research on MTMs

- Test Medically Tailored Meals in Medicare/Medicaid through a CMMI pilot
- Allocate research dollars to fill gaps in current MTM research landscape

### PROTECT

#### Investments in Ryan White

- Increase Ryan White Program funding to address the HIV public health crisis and capitalize on the opportunity to end the HIV epidemic