

Home-Delivered Meals and Disease Management: A Powerful Combination to Control Diabetes

MOM'S
MEALS®



Summary Report

Background

More than 37 million Americans have diabetes, now epidemic across the United States.¹ What is true for the nation also applies to the state of Nevada, where 281,000 (12.4%) of the population has been diagnosed with the disease.² Not having access to nutritious, diabetes-friendly meals further complicates matters, resulting in an increased occurrence of emergency department visits and in-patient hospitalizations.

Reducing hemoglobin A1c levels (a measure of average blood sugar control over the past 3 months) by just 1% could reduce hospitalizations 14%-20% and save as much as \$4-\$5 billion in direct costs alone, according to certain models.³

Against this backdrop, Health Plan of Nevada, a UnitedHealthcare Company that services 224,648 Medicaid members, partnered with Mom's Meals® to create a pilot program to support diabetes management, by better engaging its members as well as addressing food insecurity and the social determinants of health.

People with diabetes have medical expenses approximately 2.3 times higher than those who do not.⁴

Program Goals

The pilot program launched in September 2020, with 125 enrollees who had an average A1c of 10.86. The purpose of the initiative was to:

1. Support members who have uncontrolled Type 2 diabetes with counseling and meals to reduce A1c levels and promote healthy eating.
2. Promote health, disease management program engagement, and condition self-management.
3. Reduce utilization and cost.

Total cost of diagnosed diabetes in the United States in 2017 was **\$327 billion.**⁵



Direct medical costs: **\$237 billion**
Reduced productivity: **\$90 billion**

ENROLLMENT

125 members

TARGET POPULATION

Members have primary diagnosis of uncontrolled Type 2 diabetes

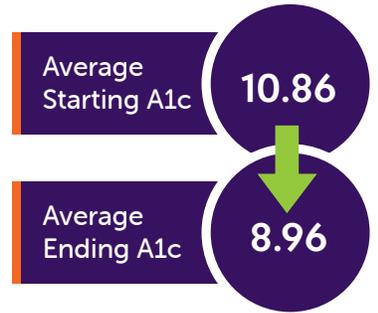
INTERVENTION:

- Participation in disease management for four weeks
- Contact with RN once weekly for the full 12 weeks
- Members receive two meals daily for eight weeks

Outcomes

Members who took part in the pilot program had better blood sugar control, lowering their A1c levels by an average of -1.9 points, or 17.5%. In addition, the initiative resulted in:

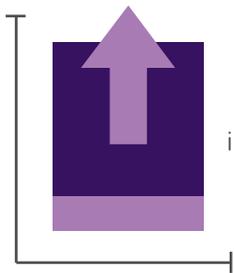
- Increased overall engagement with the diabetes management program.
- More frequent member touchpoints with nurses.
- An Rx spend increase of 27%, indicating improved medication adherence.
- A reduction of 32% in total cost of care.
- The lowering of acute inpatient costs by 82% and observational stay costs by 44%.



INCREASED
Overall Engagement



More **FREQUENT**
Touchpoints with Nurses



DECREASE
in Total Cost
of Care



DECREASE
in Acute
Inpatient Costs



DECREASE
in Observational
Stay Costs

Looking to the Future

Health Plan of Nevada continued with Mom's Meals past the one-year initial contract, due to the program's impact on members and its demonstrated cost effectiveness. Further, after one and a half years of successful results, the program was expanded to include patients with uncontrolled Type I diabetes.

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