Nutrition’s Impact on Heart Disease

Heart Disease is the leading cause of death for men, women, and people of most racial and ethnic groups claiming 695,000 lives per year.1

In every 5 deaths in the U.S. is caused by heart disease.2

Nearly half of all U.S. deaths from heart disease, stroke, and type 2 diabetes are linked to poor diets.3

Of cardiovascular diseases, including heart disease and stroke, are preventable.4

The study also noted eating more or less of 10 types of food can help raise or lower the risk of death from these chronic diseases.

Eat More
- Fruits
- Vegetables
- Nuts/seeds
- Whole grains
- Seafood
- Omega-3 fats
- Polyunsaturated fats

Eat Less
- Unprocessed red meats
- Processed meats
- Sugar-sweetened beverages
- Sodium

Programs like home-delivered meals are positively impacting the health of people with heart disease.

Home-delivered meals benefits:
- Help members understand how nutrition impacts heart disease
- Reduce food insecurity
- Reduce poor dietary choices and overeating
- Reduce hospitalizations and hospital stays

Social determinants of health (SDOH) can influence heart health. SDOH have been found to directly increase the burden of heart disease and stroke and their risk factors. They also indirectly influence heart health-promoting behaviors.

Moms' Meals can play a significant role when it comes to losing weight, improving diet quality, lowering blood pressure and cholesterol levels, and managing diabetes.

Pilot Program Outcomes

The program resulted in a reduction in both trips to the emergency room and hospitalizations. Additional positive health outcomes included weight loss and greater medication adherence. The initiative’s analysis also indicated significant cost savings.

50% Reduction in Hospitalizations

25 to 105

Reduction in Annual Hospital Visits

2.3 to 1.1 per member per year

Increase in Medication Adherence

33% to 100% proportion of days covered

Total Cost Savings

$1.8 million

$7.2 million $6.4 million

25% reduction

Annual Cost Savings

$77,419 to $58,064

per member per year

$19,355 per year cost savings or $1,613 per month

Improvement in Heart Health

People who are food insecure are at high risk for heart disease.6

The general mortality rate for food-insecure people was 46% higher than for those with a sufficient diet.7

The death rate from cardiovascular disease for food-insecure individuals was 35% higher.8

Contact us today to learn more.
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Sources:
- 1 https://www.cdc.gov/heartdisease/facts.htm
- 2 https://www.cdc.gov/heartdisease/risk_factors.htm
- 3 https://world-heart-federation.org/what-we-do/prevention/
- 4 https://www.cdc.gov/dhdsp/maps/quick-maps/index.htm
- 5 https://jamanetwork.com/journals/jama/fullarticle/2608221
- 6 https://www.thenationshealth.org/content/50/8/E32
- 7 https://www.nationshealth.org/content/50/8/E32
- 8 https://www.thenationshealth.org/content/50/8/E32

Data for the 93 enrolled members was reanalyzed 6 months after first analysis, 12 months after program end-date and found:

Members also self-reported:

- Improved access to healthy foods and lower salt consumption
- Reduced HF symptoms such as shortness of breath and swelling

And

- 42% Reduction in hospitalizations
- 39% Reduction in length of stay
- 21% Reduction in total cost of care

CUMULATIVE TOTAL WEIGHT LOSS = 319 lbs.
AVERAGE WEIGHT LOSS/PERSON = 5.9 lbs.