

The Interconnection of Nutrition and Mental Illness

MENTAL ILLNESSES are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.¹



1 in 5

Americans will experience a mental illness in any given year.

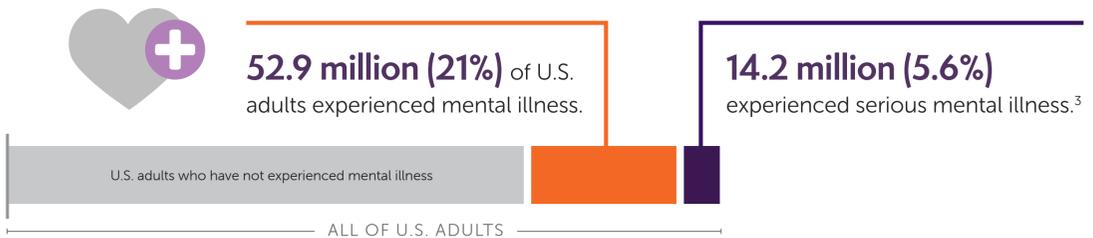


of Americans will be diagnosed with a mental illness at some point in their lifetime.



1 in 25

Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder or major depression.²



COSTS OF MENTAL ILLNESS



\$225.1 BILLION spent on mental health services in 2019.⁴



Accounting for **5.5%** OF ALL HEALTH SPENDING⁴

Depression alone causes an estimated

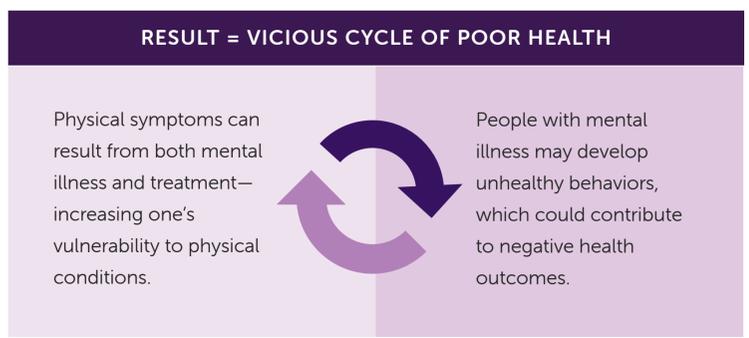
\$200 MILLION lost work days each year, costing employers⁵

\$17 TO \$44 BILLION

MENTAL ILLNESS & PHYSICAL HEALTH

Mental health disorders are strongly associated with the risk, management, progression and outcome of serious chronic diseases and health conditions—like diabetes, hypertension, stroke, heart disease and cancer.

Mental health disorders often precede chronic health issues, while chronic diseases can magnify symptoms of mental health disorders.



ROLE OF NUTRITION

A healthy diet is vital to one's physical and mental health.

- Adults who eat a healthy diet live longer and have a lower risk of obesity, heart disease, type 2 diabetes and certain cancers.
- Healthy eating can help people with chronic diseases to manage their conditions and prevent complications.

Over the years, studies have shown the interconnectedness between nutrition and mental illness, and mounting research focuses on how nutrition can improve mental illness.

The Supporting the Modification of Lifestyle in Lowered Emotional States (SMILES) trial was the first randomized controlled trial to show dietary changes can improve the mental health of people with clinical depression. At the end of the trial, 32% of people who received dietary counseling met criteria for remission of major depression, compared to 8% of those who received social support.

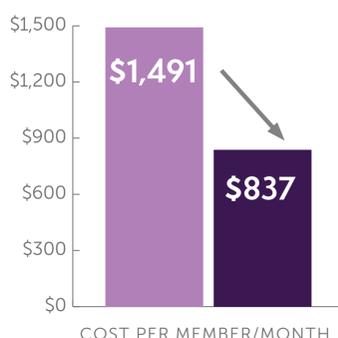


HIGHLIGHT: PILOT STUDY

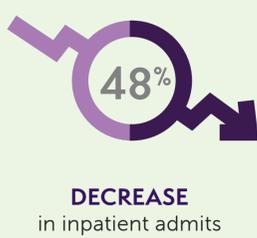
UnitedHealthcare Community Plan of Wisconsin (UHC WI) and Mom's Meals collaborated on a pilot program to support high-risk, high-cost members with a behavioral health diagnosis by meeting their basic need for nutrition.

RESULTS

96 members received 3 condition-appropriate, home-delivered meals for 90 days.



44% Total cost of care significantly decreased post-period by 44% for program membership.



59% INCREASE in outpatient visits

SOCIAL DETERMINANTS OF HEALTH

SDOH contribute to wide health disparities and inequities and are known to influence mental health outcomes. Factors that impact mental health include:

- Food insecurity
- Low economic status
- Unemployment
- Strained familial relationships
- Social isolation
- Unsafe neighborhoods

Food insecurity...

- Is linked with negative health outcomes
- Puts people at higher risk for developing chronic disease
- Is associated with an elevated risk of mental illness

Food insecurity also presents challenges for families and caregivers of people with mental illness, such as:

- Adhering to prescribed medications and other treatment options
- Attending medical appointments

Health plans and payers are supporting their members with mental illness and chronic conditions as well as addressing food insecurity through home-delivered meals.

BENEFITS:

- Improved nutrient intake
- Reduced food insecurity
- Improved medication adherence
- Increased engagement with providers
- Lower healthcare utilization (inpatient/outpatient/emergency department)
- Decreased total cost of care

Let's talk about how Mom's Meals can help you launch an effective home-delivered meals benefit for your vulnerable members.

momsmeals.com



¹ American Psychiatric Association

² Centers for Disease Control and Prevention (CDC)

³ National Institute of Mental Health

⁴ <https://openminds.com/intelligence-report/the-u-s-mental-health-market-225-1-billion-in-spending-in-2019-an-open-minds-market-intelligence-report/>

⁵ CDC