

# 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

**697,000** lives per year.<sup>1</sup>

**1** in every **5** deaths in the U.S. is caused by heart disease.<sup>1</sup>

## RISK FACTORS

Some risk factors for heart disease cannot be controlled (age, gender, race and family history). Others, however, can be influenced by the choices people make:

- Poor diet
- Physical inactivity
- High cholesterol
- High blood pressure
- Obesity and overweight
- Diabetes
- Smoking
- Stress
- Poor dental health



## NEARLY HALF

of Americans have at least one of three key risk factors for heart disease: high blood pressure, high cholesterol or tobacco usage.<sup>2</sup>



of cardiovascular diseases, including heart disease and stroke, are preventable.<sup>3</sup>

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

## 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 inpatient 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 health-promoting behaviors.<sup>4</sup>

### IEHP + MOM'S MEALS

Launched in June 2021, the joint pilot program provided more than 28,000 medically tailored meals to select Inland Empire Health Plan members from Riverside and San Bernardino counties in California for a period of six months. A total of 93 people, each with congestive heart failure and a minimum of two hospital stays within the previous year, took part.



Nearly half of all U.S. deaths from heart disease, stroke and type 2 diabetes are linked to poor diets.<sup>5</sup>

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



## 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 Hospitalization

211 to 105

Reduction in Annual Hospital Visits  
**2.3 to 1.1** per member per year



**50% Reduction** in ED Visits

400 to 200

Reduction in Annual ED Visits  
**4.3 to 2.1** per member per year



CUMULATIVE TOTAL WEIGHT LOSS = 339 lbs.  
AVERAGE WEIGHT LOSS/PERSON = 5.8 lbs.



**Increase in Medication Adherence**

33% to 100% proportion of days covered



**Total Cost Savings**

**\$1.8 million**

**\$7.2 million** ↓ **\$5.4 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

Primarily from decreased hospitalizations and associated costs

People who are food insecure are at high risk for heart disease.<sup>6</sup>

**46%**  
**HIGHER**

The general mortality rate for food-insecure people was 46% higher than for those with a sufficient diet.<sup>6</sup>

**75%**  
**HIGHER**

The death rate from cardiovascular disease for food-insecure individuals was 75% higher.<sup>6</sup>

Contact us today to learn more.

momsmeals.com | 888.343.8020

### SOURCES:

<sup>1</sup> <https://www.cdc.gov/heartdisease/facts.htm>

<sup>2</sup> [https://www.cdc.gov/heartdisease/risk\\_factors.htm](https://www.cdc.gov/heartdisease/risk_factors.htm)

<sup>3</sup> <https://www.heart.org/en/get-involved/advocate/federal-priorities/cdc-prevention-programs>

<sup>4</sup> <https://www.cdc.gov/dhdsmp/maps/quick-maps/index.htm>

<sup>5</sup> <https://jamanetwork.com/journals/jama/fullarticle/2608221>

<sup>6</sup> <https://www.thenationshealth.org/content/50/8/E32>

