

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



1 in every 5

deaths in the U.S. is caused by heart disease.¹



NEARLY HALF

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



of cardiovascular diseases, including heart disease and stroke, are preventable.³

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.⁴

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.⁵

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

REANALYSIS SHOWS LASTING IMPACT

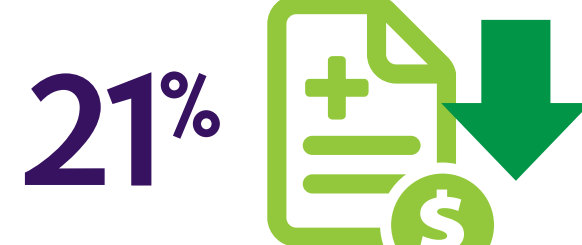
Data for the 93 enrolled members was reanalyzed 6 months after first analysis; 12 months after program end date and found:



42% Reduction in hospitalizations



39% Reduction in length of stay



21% Reduction in total cost of care

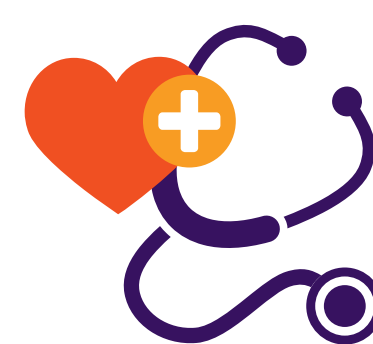
Members also self reported:



Improved access to healthy foods and lower salt consumption



AND



Reduced HF symptoms such as shortness of breath and swelling

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

46%

HIGHER

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

75%

HIGHER

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

Contact us today to learn more.

momsmeals.com | 888.343.8020

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/dhds/m/quick-maps/index.htm>
- ⁵ <https://jamanetwork.com/journals/jama/fullarticle/2608221>
- ⁶ <https://www.thenationshealth.org/content/50/8/E32>

MOM'S MEALS[®]

