Innovating to Increase Access: Bringing Healthy, Local Food to Families in Need
WE ALL WANT HEALTHY COMMUNITIES

- Healthy kids that can learn in school
- Healthy workers to run our economy
- Healthy seniors with good quality of life and family connections
Importance of Quality Nutrition

- Strong link exists between diet and
  - Diabetes
  - Heart disease
  - Anxiety and Depression
- Epidemic of illnesses disproportionately affects low income and vulnerable neighbors
- Low income people are periodic and sometimes chronic users of the emergency food system (food pantries and meal sites)
Present information about the link between nutrition and healthy communities (Jean Kerver)

Provide details of Munson Healthcare’s 2019 Community Health Needs Assessment and the specific findings about healthy food access (Christi Nowak)

Describe the Munson Medical Center pilot program called Food as Medicine/Helping You Heal Grant (Jean Kerver)

Describe how the Northwest Food Coalition and Manna are working towards the goal of improving the quality of food offered to our vulnerable neighbors AND investing in our local farming economy (Mary Clulo)
FRUIT/VEG ARE RECOMMENDED, BUT WHY & HOW MUCH?

Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality—a systematic review and dose-response meta-analysis of prospective studies

Dagfinn Aune1,2,3*, Edward Giovannucci4,5,6, Paolo Boffetta7, Lars T Fadnes8, NaNa Keum5,6, Teresa Norat2, Darren C Greenwood9, Elio Riboli2, Lars J Vatten1 and Serena Tonstad10

1Department of Public Health and General Practice, Norwegian University of Science and Technology, Trondheim, Norway, 2Department of Epidemiology and Biostatistics, Imperial College London, London, UK, 3Bjerknes University College, Oslo, Norway, 4Channing Division of Network Medicine, Brigham and Women’s Hospital and Harvard Medical School, Boston, MA, USA, 5Department of Epidemiology, 6Department of Nutrition, Harvard T. Chan School of Public Health, Boston, MA, USA, 7Tisch Cancer Institute, Icahn School of Medicine at Mount Sinai, New York, NY, USA, 8Department of Global Public Health and Primary Care & Department of Clinical Dentistry, University of Bergen, Bergen, Norway, 9Biostatistics Unit, University of Leeds, Leeds, UK and 10Department of Preventive Cardiology, Oslo University Hospital Ullevål, Oslo, Norway
BENEFITS OF FRESH PRODUCE

- 7-10 cups/day associated with lower cancer and cardiovascular disease
- Strongest associations were with cruciferous and green leafy veg
- Opposite effect from canned fruit!
- Between 5-8 million premature deaths annually due to low fruit/veg
### WHO EATS ENOUGH FRUITS/VEG?

<table>
<thead>
<tr>
<th></th>
<th>Men Meeting Recommendations</th>
<th>Women Meeting Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>9.2%</td>
<td>15.1%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>7.6%</td>
<td>10.9%</td>
</tr>
</tbody>
</table>

A **significantly higher percentage** of people **not living in poverty** met the vegetable recommendations.

Overall, there were **no significant differences between different race/ethnicity groups** for meeting the vegetable recommendations. However, in ten states a significantly higher percentage of Hispanics and non-Hispanic blacks met recommendations for fruit intake than did non-Hispanic whites.

FROM THE FEEDING AMERICA STUDY

- 15.6 million US households (12.3%) experienced food insecurity in previous year
- Food banks/pantries served 46.5 million people
- Food insecure adults had:
  - 21% higher risk for high blood pressure
  - 50% higher risk for diabetes
- Food pantries provide ~25% of total monthly food supply for some
- Food pantries have traditionally had higher access to shelf stable food
  - Highly processed; High in sodium and fat; Low in nutrient density
Maximize
- resources

Achieve
- replicable assessment design

Produce
- high quality county-level data, comparable across the region

Understand
- local and regional patterns

Strengthen
- partnerships

Align
- priorities & strategies across region & organizations for greater impact on community health

2019 COMMUNITY HEALTH NEEDS ASSESSMENT
1,220 Resident Input Board Responses Collected at 85 Events
1,882 Community Survey Responses
468 Provider Survey Responses
4 Forces of Change Events with 100 Participants

630 Mini Client Interview Responses from Vulnerable Populations
190 Secondary Data Indicators
Input from Organizations at 20 Discussions about our Community Health System
OUR COMMUNITY’S STRATEGIC ISSUES IN 2019

- Highest Priorities:
  - Mental Health & Substance Use
  - Basic Needs of Living
- Other Strategic Issues:
  - Sense of Community
  - Access to Healthcare
  - Risks for Leading Causes of Death
How do we address **basic needs** to create resiliency and promote equity?
Why are we focusing on such broad issues? What do these have to do with health?

60% of a person’s risk for premature death is driven by Social, Environmental, and Behavioral Factors. (Source: Schroeder, S.A. (2007). We Can Do Better — Improving the Health of the American People. NEJM 357,1221-8.)

Kaiser Family Foundation: Impact of Different Factors on Risk of Premature Death

- Health Care: 10%
- Genetics: 30%
- Social and Environmental Factors: 20%
- Health and Well Being
- Individual Behavior: 40%
We can address social, environmental, and behavioral factors by focusing on the broad foundations of the health impact pyramid – and make the greatest impact on population health.
How do we improve prevention and reduce health risks for leading causes of death?
How do we strengthen collaboration across multiple sectors to more effectively improve our communities?

- Maximize limited resources
- Improve Data Sharing & Communication
- Align Goals, Strategies, & Vision
- Improve Process for Community Improvement Planning
- Use Coordinated, Comprehensive Approach to Planning
EVERY SECTOR HAS A ROLE TO PLAY IN THE COLLABORATIVE PLAN

- Health Care
- Behavioral Health
- Education
- Human Services
- Government
- Business
- Faith-Based Groups
DRAFTED GOALS

**Transportation:**
Everyone has equitable transportation options to live, work, and play.

**Food:**
1) Everyone has improved dietary patterns that meet current dietary guidelines.
2) Everyone has equitable access to healthy foods

**Housing:**
Every person has access to safe, affordable, and accessible housing

**Economic Security:**
Every household has economic security and can afford what they need.

**Substance Use Disorders:**
1) All youth are substance-free.
2) Individual, families, and communities are not harmed by substance use

**Mental Health:**
Everyone has strong mental health and wellness.
THE NORTHWEST FOOD COALITION AND ITS PARTNERS

- The Food Coalition is partnering with
  - Munson Healthcare
  - MSU
  - Goodwill’s Food Rescue
  - Local Farmers
  - Local Businesses
  - Local Charities including Rotary Charities
FOOD AS MEDICINE: HELPING YOU HEAL

Funded by the Michigan Health Endowment Fund
FOOD AS MEDICINE: HELPING YOU HEAL

Partners:

• MSU, Traverse City Campus
• Munson Medical Center
• Meals on Wheels of NMCAA
• Area Agency on Aging of Northwest Michigan
• Northwest Food Coalition
FOOD AS MEDICINE: HELPING YOU HEAL

**Study Goal:**
Enhanced nutritional care coordination to decrease hospital readmission (Quality of life; Economic impact)

**Targeted Population:**
- Adults > age 60
- COPD, Acute MI, pneumonia, CHF
- No special dietary restrictions
- No cognitive impairment
- Discharged home
Medically tailored nutrition education provided by a hospital dietitian (R.D.) before & after discharge

- 10 days of meals immediately following discharge*
- An extra shelf-stable food package to fill in any gaps
- Links to community food resources
- Strengthening community-based food pantries, such as increasing the availability of fresh produce
**FOOD AS MEDICINE: HELPING YOU HEAL**

The Intervention Group Receives 10 days of meals post-discharge:

<table>
<thead>
<tr>
<th>Days</th>
<th># Meals Per Day</th>
<th>Food Package Prepared By</th>
<th>Type of Meal(s)</th>
<th>Food Package Delivered By</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>3</td>
<td>Munson Medical Center</td>
<td>Refrigerated, medically tailored diet</td>
<td>Munson Medical Center: given to patient at discharge</td>
</tr>
<tr>
<td>3-7</td>
<td>3</td>
<td>Munson Medical Center</td>
<td>Frozen, heart-healthy diet</td>
<td>Meals on Wheels</td>
</tr>
<tr>
<td>8-10</td>
<td>1</td>
<td>Meals on Wheels</td>
<td>Hot, regular diet</td>
<td>Meals on Wheels</td>
</tr>
</tbody>
</table>

Participants also receive a bag of shelf-stable foods containing 2 days worth of heart-healthy foods to cover any unexpected gaps in meal delivery.
Data Collection Points for Program Evaluation:

- Enrollment Questionnaire
- 2 to 5-day RD phone call
- 10-day Satisfaction Survey (Intervention group only)
- 45-day Phone Survey
- Agency Reports & Chart Abstraction

After 45-day survey:
- Mailed gift card
- Resource list
**Healthy Food Pantry Initiative Goal:** Increase access, distribution, and consumption of healthy foods including fruits and vegetables using the strategies listed below.

<table>
<thead>
<tr>
<th>Objective 1: Provide access to a variety of fruits and vegetables</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Possible Strategies</strong></td>
<td>Total strategies in place for Objective 1: _____</td>
</tr>
<tr>
<td>□ Has fresh produce available</td>
<td></td>
</tr>
<tr>
<td>□ Provides low sodium canned vegetables</td>
<td></td>
</tr>
<tr>
<td>□ Provides no sugar added canned fruit</td>
<td></td>
</tr>
<tr>
<td>□ Has an onsite garden</td>
<td></td>
</tr>
<tr>
<td>□ Has a variety of fruits and vegetables available</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Objective 2: Provide appropriate food choices for those with chronic diseases or dietary restrictions</th>
<th>Notes:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Possible Strategies</strong></td>
<td>Total strategies in place for Objective 2: _____</td>
</tr>
<tr>
<td>□ Has a diabetic food list for volunteers to use when packing foods.</td>
<td></td>
</tr>
<tr>
<td>□ Takes special diet requests into consideration</td>
<td></td>
</tr>
<tr>
<td>□ Has whole grain and dry bean options available</td>
<td></td>
</tr>
<tr>
<td>□ Offers health/diet related support materials</td>
<td></td>
</tr>
</tbody>
</table>
NORTHWEST FOOD COALITION

Antrim, Benzie, Grand Traverse, Kalkaska, Leelanau, Wexford
FOOD INSECURITY IS VERY HIGH IN NW MICHIGAN

Population Breakdown
38% are Food Insecure on average

Source: Census QuickFacts, Feeding America, United Way
THE COST OF FOOD IS HIGHER IN NORTHWEST MI

Antrim | Benzie | Grand Traverse | Kalkaska | Leelanau | Wexford
---|---|---|---|---|---
$3.36 | $2.93 | $3.01 | $2.89 | $6.18 | $2.60

Meal Cost
Northwest MI is higher than state average

Michigan Ave meal cost $2.81

Source: Feeding America
ASSISTANCE GAP FOR THE FOOD INSECURE

SNAP Gap for People in Poverty
Only 70% receive benefits

Note: SNAP is designed to only cover 40% of recipients needed food per month.

Source: Census Quick Facts
WHAT IS THE NORTHWEST FOOD COALITION DOING?

- Increasing access to fresh fruits and vegetables for low income and vulnerable populations in the emergency food system
- Long-standing partnership with Food Rescue for rescued food and distribution network
- Farm 2 Neighbor Program
  - Distributes local produce at the height of its freshness and health benefit
  - Supports our local farms and economy
  - Supports the educational effort of the Harvest of the Month program
INCREASING ACCESS TO HEALTHY FOOD

Physical Access to Healthy Food

Ability to Access Nutrients in Healthy Food
Farm 2 Neighbor officially began in 2018 with seed money from a number of Rotary clubs.

Model invests in our local agricultural economy as well as the health of our food insecure neighbors.

Commitment to mirror the Harvest of the Month program when possible to reinforce the educational opportunity.

Numerous partners have assisted with the development of the program; we currently are enhancing the Food Rescue distribution network and developing the best model with the assistance of a Rotary Charities grant.
<table>
<thead>
<tr>
<th>Produce</th>
<th>Partners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Buchan's Blueberry Hill</td>
</tr>
<tr>
<td>Beets</td>
<td>Lakeview Hills Farm</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Norconk Farm</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Providence Farm</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Rennie Orchards</td>
</tr>
<tr>
<td>Carrots</td>
<td>Ryan Noonan Farms</td>
</tr>
<tr>
<td>Frozen Fruit</td>
<td>Second Spring Farm</td>
</tr>
<tr>
<td></td>
<td>Ted Pahl</td>
</tr>
<tr>
<td></td>
<td>Zenner Farm</td>
</tr>
</tbody>
</table>

Average Price Per Pound: $1.11
Questions