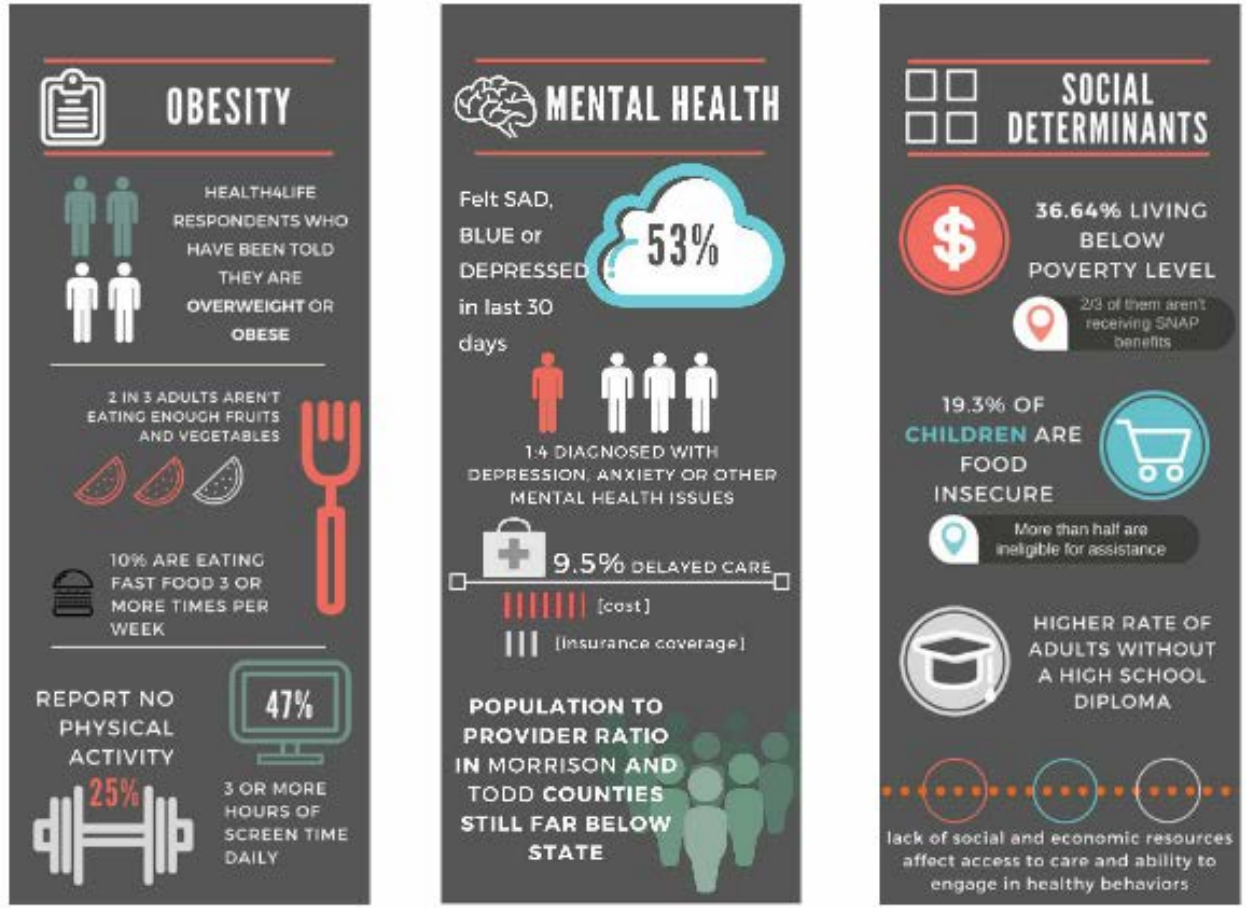
Enhancing Clinical and Community Value by Addressing Social Determinants of Health

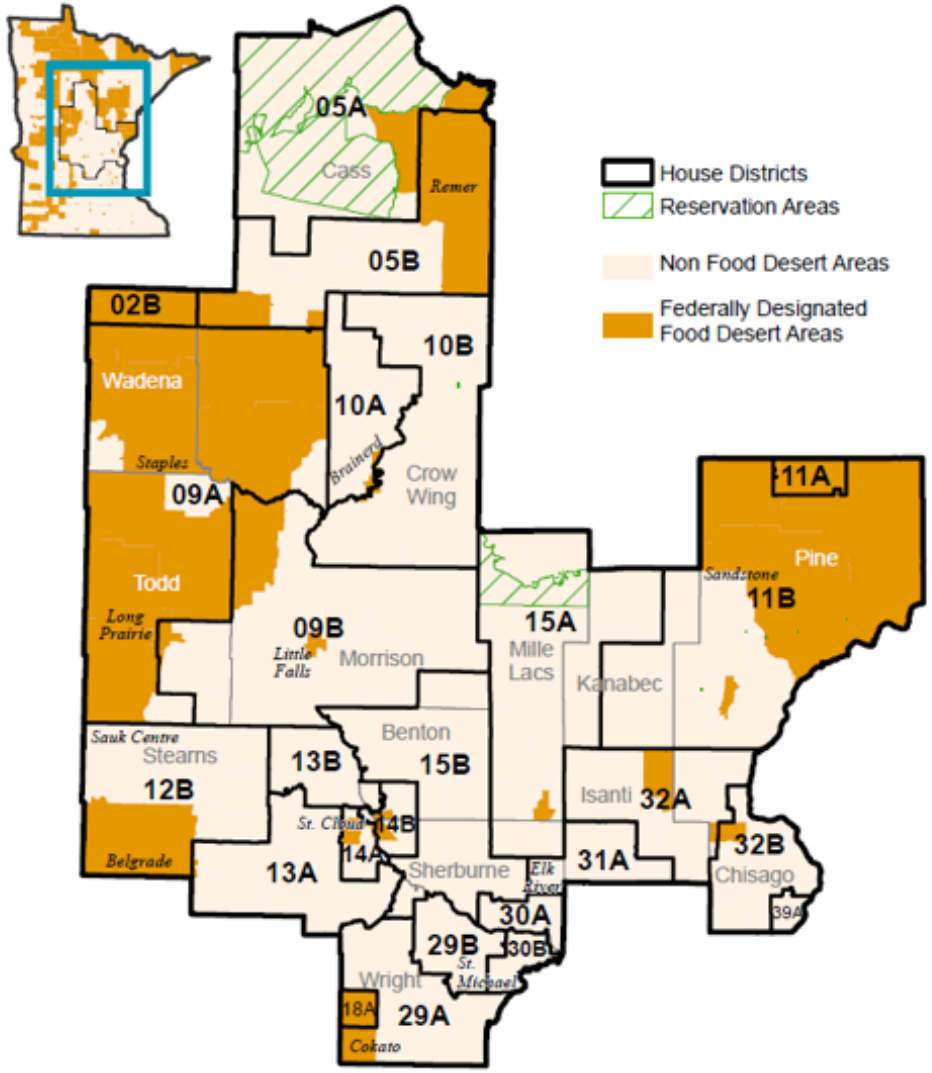
engage
By Lakewood Health System
Partnering for a healthier tomorrow.

mission, vision & values

Lakewood Health System
2016 Community Health Needs Assessment



Federally Designated Food Desert Areas in Minnesota's Central Region



RURAL PRODUCE SECTION

Grey Eagle, MN

PRODUCE VS BEVERAGE INDUSTRY

Grey Eagle, MN

Why focus on food access?

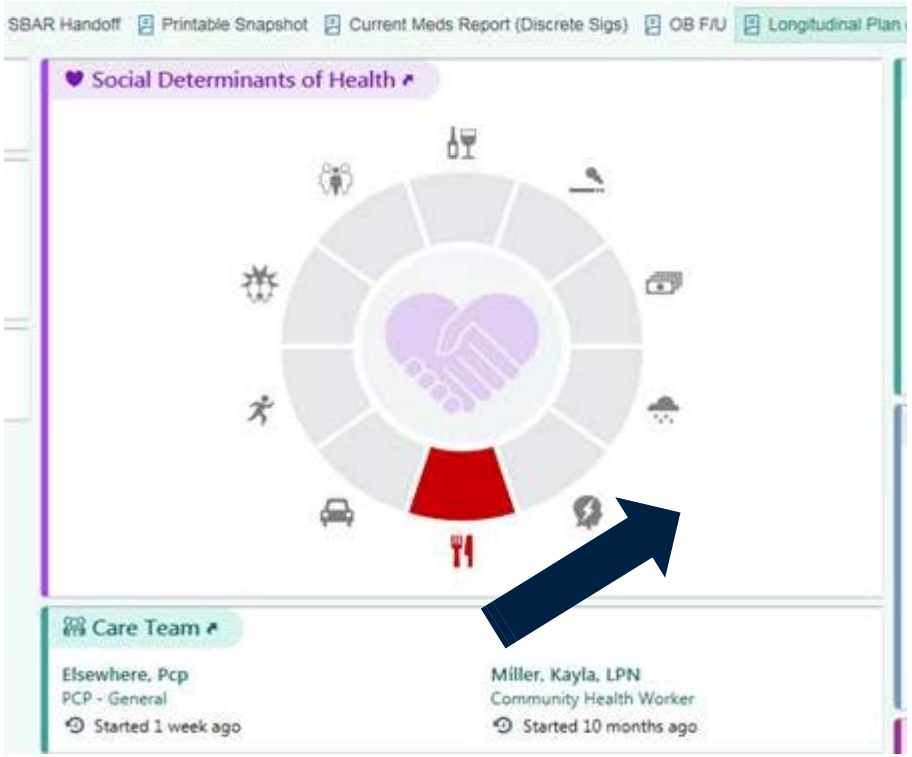
Research demonstrates household food insecurity was associated with being overweight or obese particularly among mothers and children.

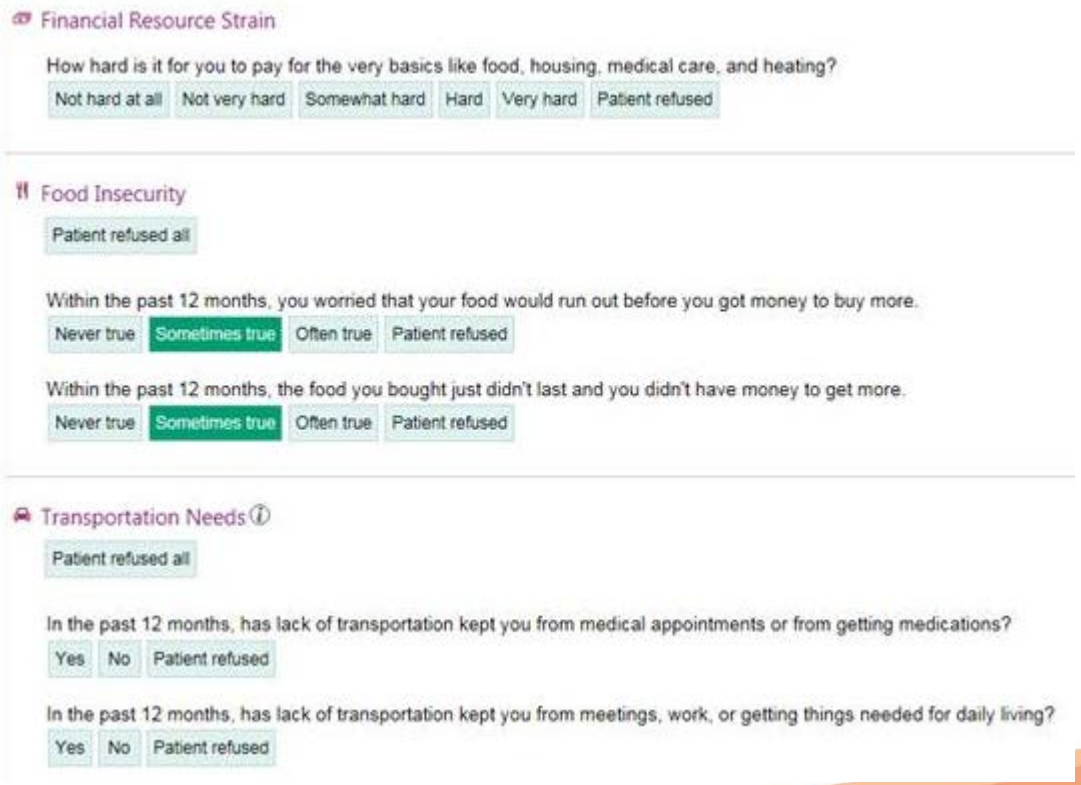
Wilder conducted a Adult Mental Health gap analysis across Region 5 and determined Senior Nutrition as a top 5 mental health gap across our region.

AARP has conducted research identifying the strong correlation between just $10 in increased food support and an immediate and measurable impact for keeping seniors healthy by reduced healthcare expenditures.

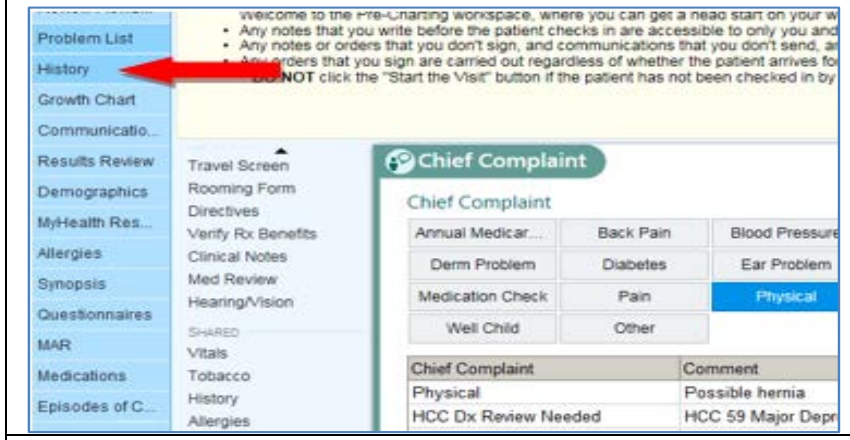
	Publication	Study	Results
1	Health Services Research (2017)	• Title: *"Food Insecurity and Health Care Expenditures in the U.S., 2011-2013"*	• On average, food insecure people in the U.S. incur an extra $1,800 in medical costs every year
2	Canadian Medical Association Journal (2015)	• Title: *"Association between household food insecurity and annual health care costs"*	• Severely food insecure households were 1.71x more likely to utilize health care services than those in food secure households
3	JAMA Internal Medicine (2017)	• Title: *"Supplemental Nutrition Assistance Program (SNAP) Participation and Health Care Expenditures Among Low-Income Adults"*	• People who are enrolled in SNAP have health care expenditures that are, on average, $1,400 less per year compared with similar people not enrolled in SNAP.
4	Harvard Business Review (2017)	• Title: *"How Geisinger Treats Diabetes by Giving Away Free, Healthy Food"*	• Within 12 months of the food intervention, patients experienced drops in HbA1c of over 2 points • Cost per patient dropped by 2/3rds on average

Integrating food insecurity screening within clinic setting



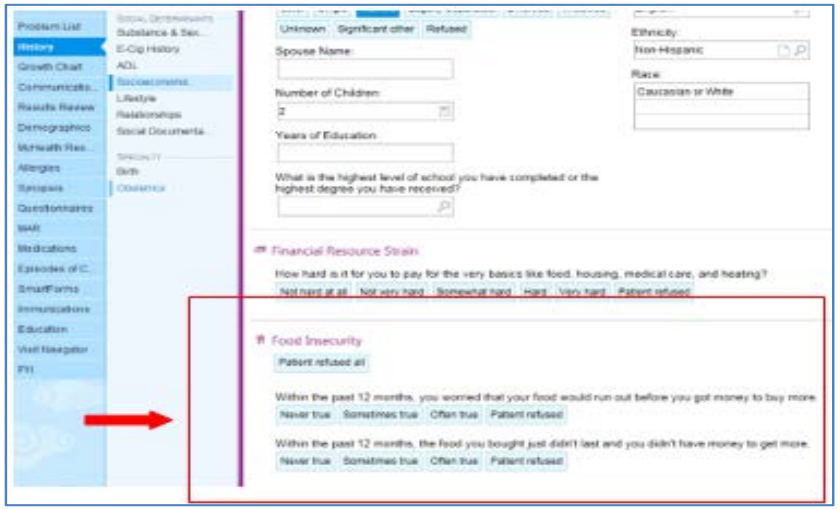


1. Click History on the ToolBar when in Office Visit

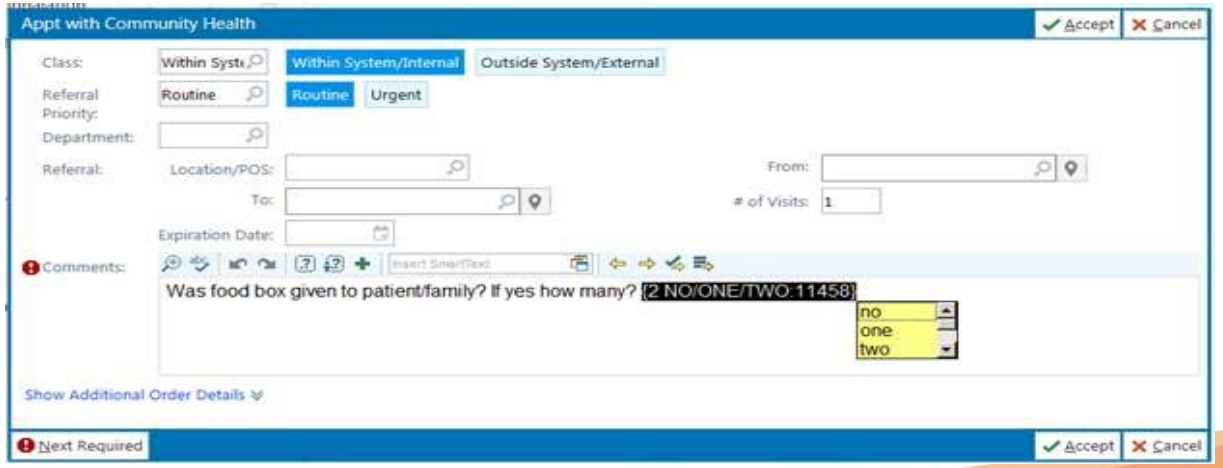


2. Click Socioeconomic Tab

3. Complete the Food Insecurity Questions



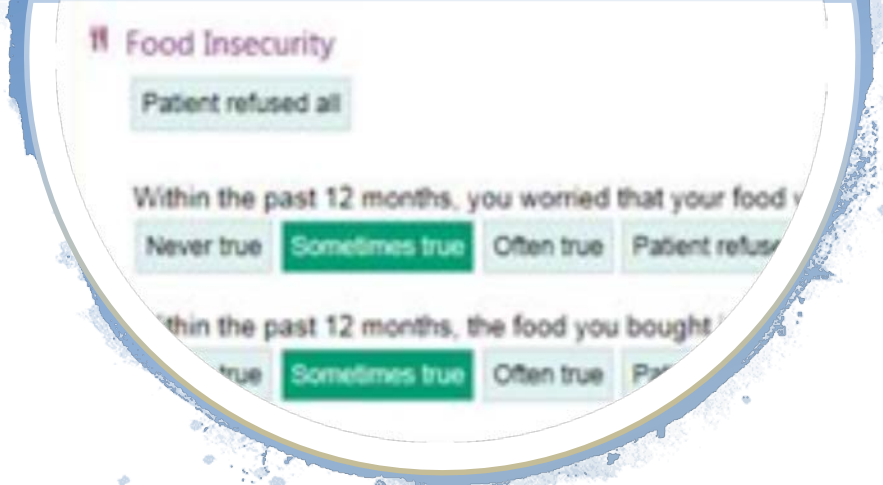
If yes to one or both questions and food box(s) are given, place an order for **Appt with Community Health** and complete SmartPhrase in the **Comments** field.

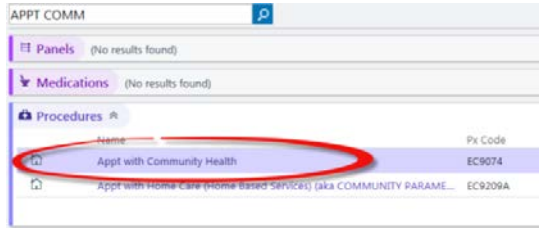


Note: Acute care packs should be offered but may not be automatically distributed to everyone who answers sometimes/often true to the screening questions. If no pack is distributed, no referral is necessary.

What happens after a screen.....

- **Never True**: No additional action.
- **Sometimes True**: Initiates follow-up from Community Health Coordinator.
  - Food access guide (local food resources)
  - Bridges to Benefit Screen
- **Often True:** Initiates follow-up from Community Health Coordinator
  - Food access guide
  - B2B offered.
  - Screening for our internal Food Farmacy programs





Acute Care Packs – Addressing Immediate Food Needs

- Offered at any positive - often true - food insecurity screen.
- Community Health Referral & direct follow-up with a social worker within 48 hours
- Additional SDOH screening and social services protocols engaged

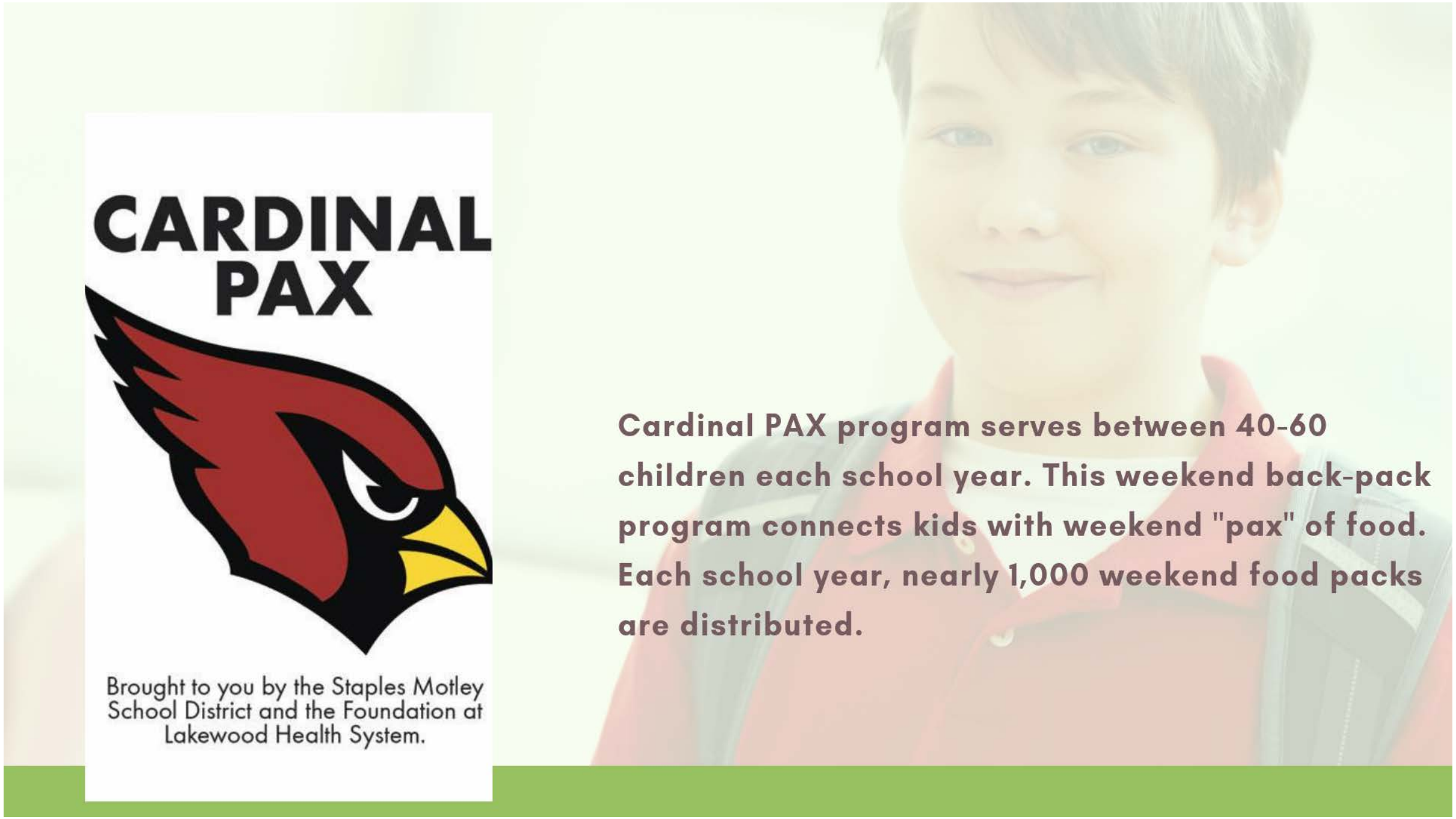
Lakewood Health System
Food Access Initiatives

Strategy	Population Served	Setting	Number Currently Served	Frequency of Intervention
Food Farmacy "low dose": Monthly pick-up of food shares (8-10 lbs of lean meat and 12-15 lbs of fresh produce)	+ screened patients	Food Farmacy- Onsite at LHS	110 families totaling 350 individuals	Monthly
Food Farmacy "high dose":	+ screen, risk score, and chronic condition(s)	Food Farmacy- Onsite at LHS	30 participants	Every other week
Pax: Weekend kids backpack program consisting of 2 breakfasts and 2 lunches	Children	School Based Intervention	65 kids annually	Every Friday during the school year
Fresh Delivered: Home delivered food shares (8-10 lbs of lean meat and 12-15 lbs of fresh produce)	Seniors	Multi-unit housing intervention	203 Seniors annually	Monthly
Meals at Discharge: Meals to go upon hospital discharge	55+ Hospital discharge	Hospital – Home	Average 10 per month (restricted to 55+ only)	Up to 28 days upon discharge
Acute Care Packs: Food emergency relief boxes in all 5 clinic sites	Any positive screened food insecure patients that are experiencing an immediate need	All LHS Clinic Sites	Average 50 per month	Once – with immediate referral to community health team

Food Farmacy & Fresh Delivered

CARDINAL PAX

Brought to you by the Staples Motley School District and the Foundation at Lakewood Health System.



Cardinal PAX program serves between 40-60 children each school year. This weekend back-pack program connects kids with weekend "pax" of food. Each school year, nearly 1,000 weekend food packs are distributed.

Hilltop
REGIONAL KITCHEN
EAGLE BEND, MN

Meals at Discharge

Farmers market
STAPLES AREA
buy local • buy fresh

Fueling healthy employees!

EMPLOYEE WELLNESS

CREATING A CULTURE OF HEALTH FOR ALL

Staples Area Farmers Market

HOST OPERATIONAL MARKET SUPPORT

Located on Hospital campus w/ staff support

EBT / SNAP MARKET BUCKS

2018: $2,000 processed with SNAP programs

LAKEWOOD MARKET BUCKS

2018: $10,000 LHS Market Bucks were redeemed

Early findings – lessons learned…

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Partnering Organizations:

COMMUNITY HEALTH BOARD OF MORRISON | TODD | WADENA
Health4Life

CLC CENTRAL LAKES COLLEGE

Region Five DEVELOPMENT COMMISSION

Sprout

TODD-WADENA ELECTRIC COOPERATIVE

UNIVERSITY OF MINNESOTA EXTENSION

second harvest HEARTLAND
Food changes everything.™

the food group

Farmers market STAPLES AREA

STAPLES MOTLEY ISD #2170

HISTORIC STAPLES

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Funding Partners:

MINNESOTA FOOD HELPLINE
A program of Hunger Solutions Minnesota

BUSH FOUNDATION

CENTRACARE Health Foundation

Foundation Lakewood HEALTH SYSTEM

ucare℠

Thank-you!!

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Michigan Farmers Market Association (MIFMA)

Mission: MIFMA advances farmers markets to create a thriving market place for local food and farm products

Vision: MIFMA places farmers at the forefront of the local food movement and works to ensure all residents have access to healthy, locally grown food and that Michigan farmers receive policy support

Statewide Learning Network

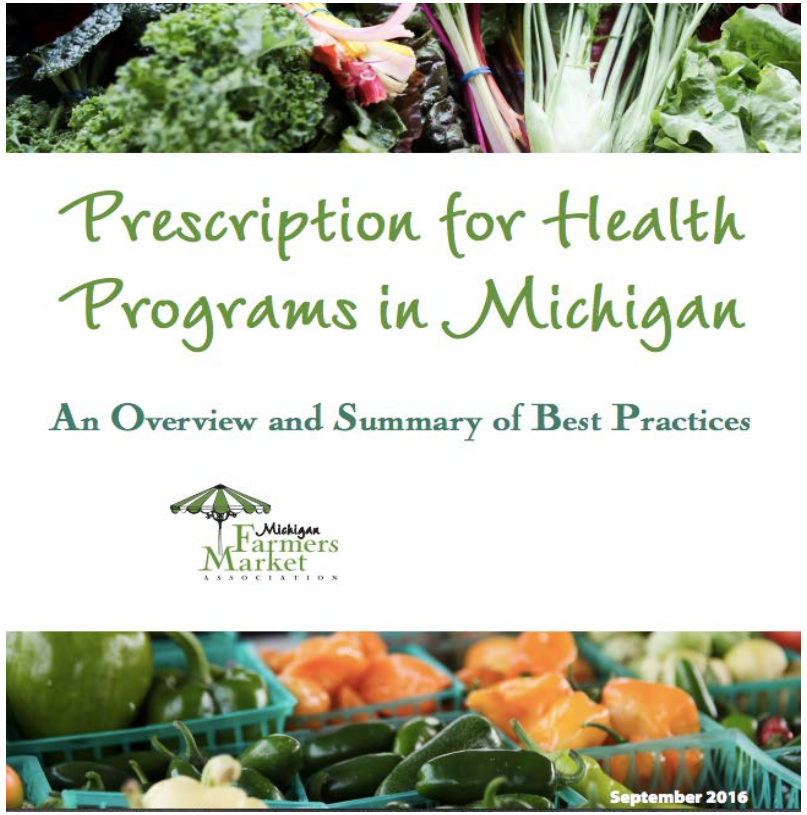
2017-2018 MIFMA facilitate a Statewide Learning Network of Prescription for Health Programs

Through this network MIFMA was able to create a complete inventory of programs throughout the state.

Best practices, funding strategies and evaluation tools were shared through the network

MIFMA hopes to secure funding in the future to continue the network

Summary of Best Practices



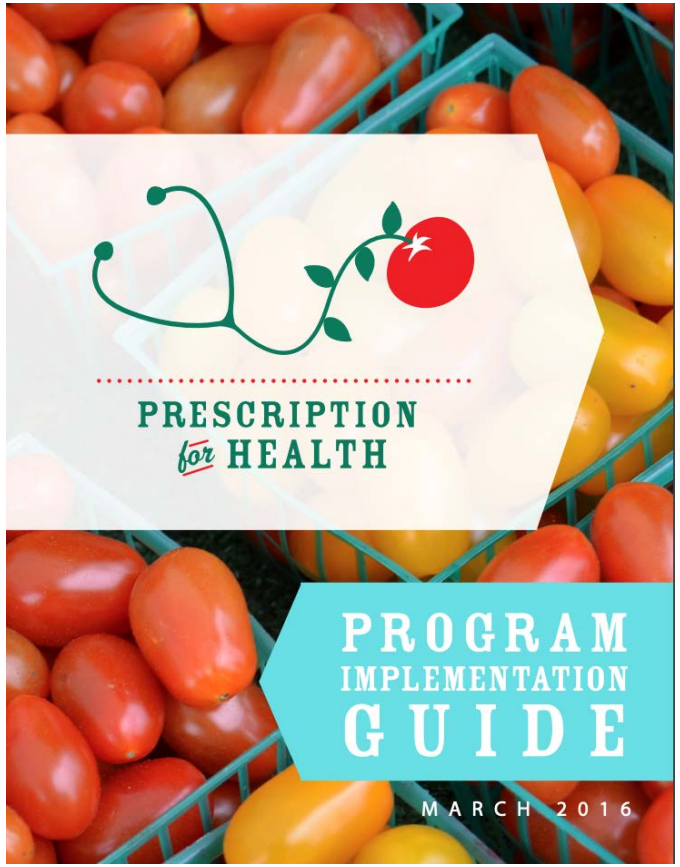
This document highlights Prescription for Health style programs across Michigan and the organizations, agencies and networks working to foster better health outcomes in our communities.

mifma.org/prescription-for-health/

Resources

Interested in starting a Prescription for Health Program – MIFMA recommends the Prescription for Health Program Implementation Guide from Washtenaw County Public Health

washtenaw.org/1853/Program-Implementation-Guide



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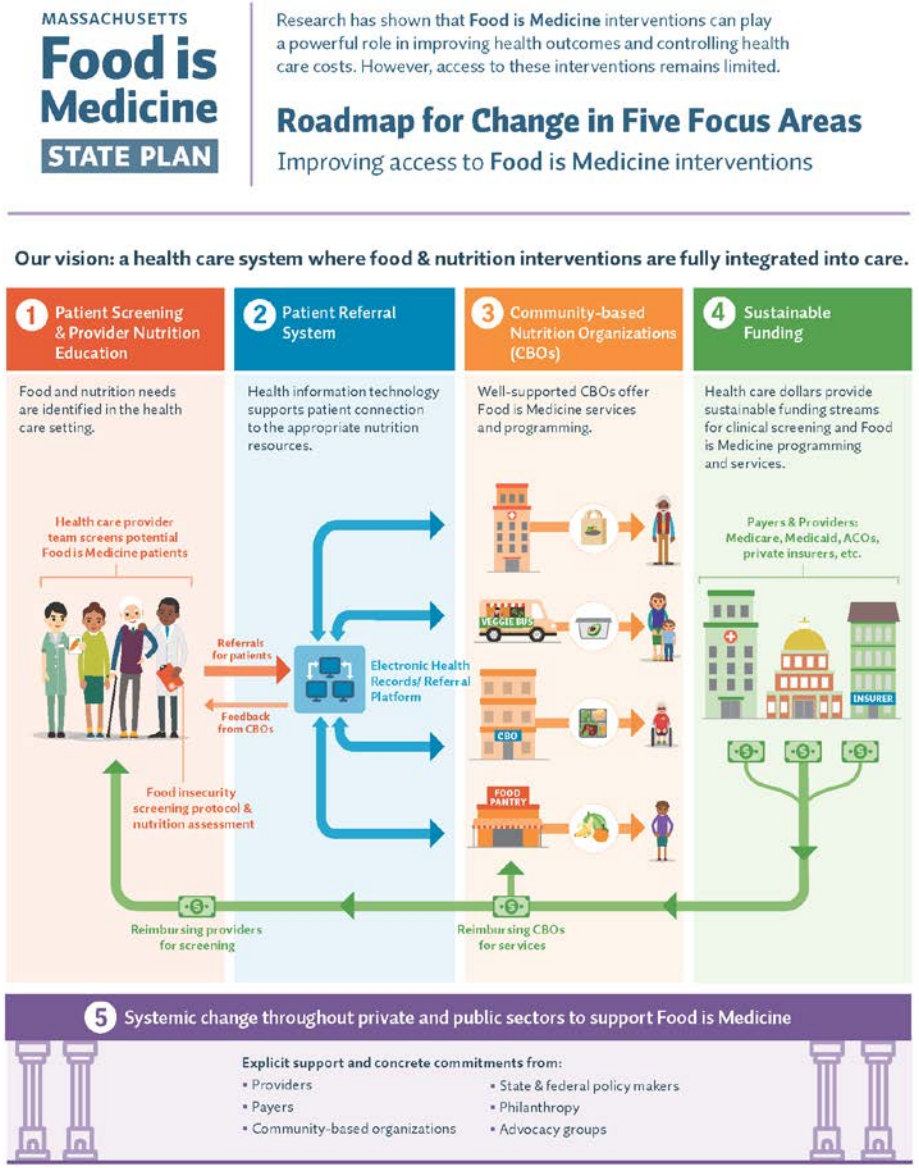
Massachusetts Food is Medicine State Plan

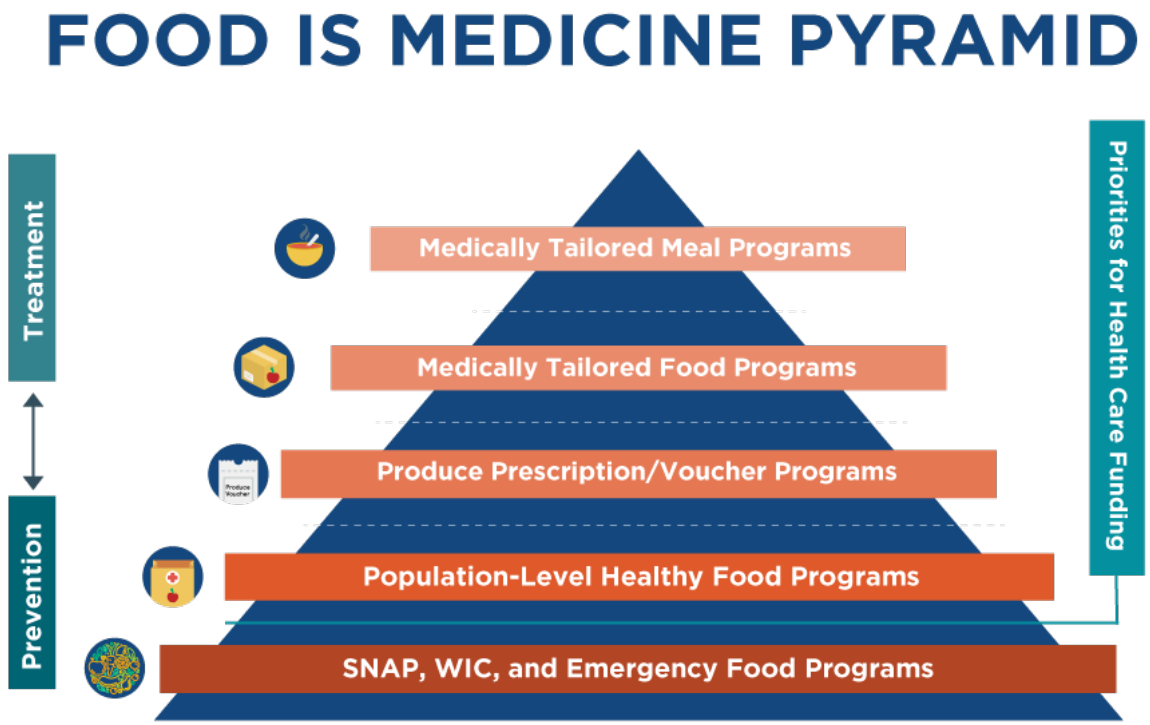
Massachusetts Food is Medicine State Plan

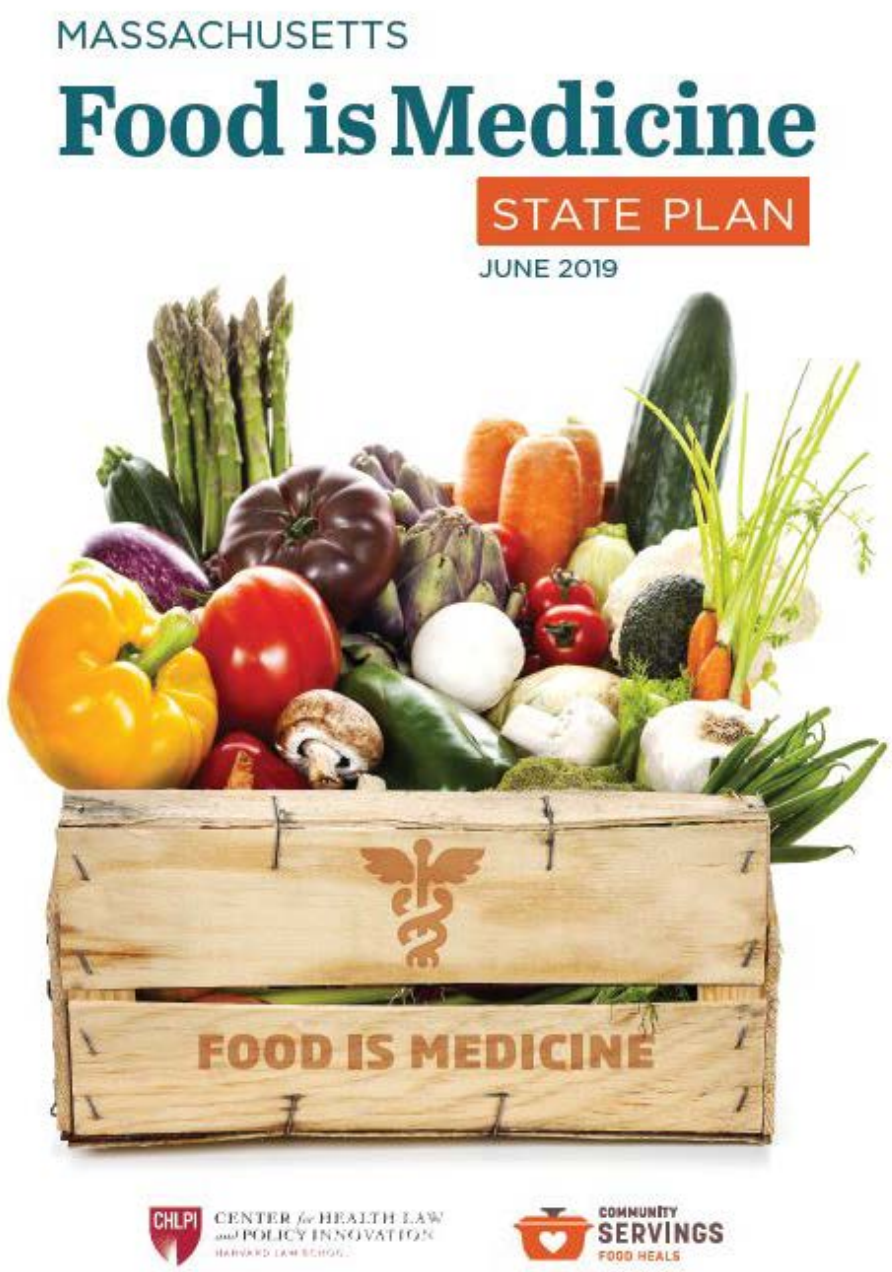


Massachusetts Food is Medicine State Plan

Food is Medicine Interventions:

1. Medically Tailored Meals
2. Medically Tailored Food
3. Produce Prescription/ Voucher Programs
4. Population-Level Healthy Food Programs





For more information contact:

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MA Food is Medicine State Plan – Executive Summary

MA Food is Medicine State Plan (Full Report)

Questions?

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