Approaches to Improving Food Security Through Managed Care

HCBS Conference Panel Discussion
Introductions

Moderator
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Panelists
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An Introduction to Honor Capital

• Honor Capital is a Veteran owned, small business with a mission to ease food insecurity and improve health outcomes in under-served communities

• In less than three years, it built a system of brick and mortar, affordable, fresh food stores from Virginia to Oklahoma

Honor Capital
Veterans Building Community
An Introduction to Anthem Medicaid

Anthem Medicaid and its affiliates have over 26 years experience providing care management and coordination for state-sponsored programs.

Together with our affiliates, we coordinate care for 6.4 million Members in 22 markets:

- Coordinate care for more than 765,000 ABD Members in 18 markets
- Manage fully integrated physical and behavioral health services for 6 million Members in 21 markets
- We coordinate managed LTSS benefits for about 381,000 Members in 9 states
- Manage services for 231,000 Medicaid Duals Members in 11 markets
- Coordinated care for nearly 78,000 Members with IDD in 15 markets
- Manage 60,000+ Members in Nursing Facilities

60% of our national service area is rural

Partner with 15 states for more than 10 years
Why Focus on Food Insecurity?

The median annual income for households served by the Feeding America network is $9,175. In our 2014 Hunger in America study, the people we serve told us about the choices they face due to limited resources:

- 69% had to choose between food and utilities
- 67% had to choose between food and transportation
- 66% had to choose between food and medical care
- 57% had to choose between food and housing
- 31% had to choose between food and education

They also told us about the many ways they stretch their food budget or work to supplement it:

- 79% purchase inexpensive, unhealthy food
- 53% receive help from friends or family
- 40% water down food or drinks
- 35% sell or pawn personal property
- 23% grow food in a garden
Taking a Closer Look at Senior Hunger

- More than 33% of households Feeding America serves have at least one member who is 60 or older.

- Food-insecure seniors are at increased risk for chronic health conditions, even when controlling for other factors such as income:
  - More than three times as likely to experience depression
  - 65% more likely to report a heart attack
  - Nearly twice as likely to develop asthma
  - 57% more likely to report an experience of congestive heart failure

- Two out of five (41%) households we serve with an adult age 50 and older have at least one member with diabetes, and more than two-thirds (77%) of the households we serve with an older adult have at least one member who has high blood pressure. These rates increase with age.

The Medical Impact of Home-Delivered Meals

A study in *Health Affairs* found that meal delivery programs reduce the use of costly healthcare services, such as emergency department (ED) visits, and help cut costs for dually eligible Medicare and Medicaid beneficiaries.

- Approximately 13% of US households report food insecurity, which is associated with poor health and increased use of health services, such as ED visits and inpatient admissions.

- The study estimates the cost of increased utilization of these services to be $77 billion in excess healthcare expenditures annually.

- Researchers studied the impact of both medical tailored and non-tailored home-delivered meals on the use of medical services:
  - Sample of members were dually eligible for Medicare and Medicaid and had at least 6 months of continual enrollment in 1 of 2 meal delivery programs from January 1, 2014, to January 1, 2016.
  - Members who did not participate in either meal program were used as controls.

- **Results of the analysis showed that participation in the medically tailored meals program was associated with fewer ED visits, fewer inpatient admissions, and fewer uses of emergency transportation.**

- Participation in the non-tailored meal program was also associated with fewer ED visits and uses of emergency transportation but not with fewer inpatient admissions.

The Intersection of Managed Care and Home Delivery

Many local communities offer meal and nutrition services to eligible individuals through Medicaid waivers and other government funded programs.

- Managed Care Organizations contract with local and national providers to provide meals to members in their homes
- Value Added/In Lieu Benefits
- Meals for limited time after in Inpatient Hospitalization (Member & Families)
- Home Delivery
- Vouchers, including Farmers Markets

Focus should be on options that give members choice.
Addressing Food Insecurity in Our Communities

Introducing Anchor Mobile Food Market
Anchor Market Moving Forward

• Expand Anchor Mobile Food Market to more states
  – 2019 launches in Indiana, South Carolina, and Virginia
  – 2020 launch in Texas

• Embed social support programming with community visits
  – Bring together community partners to offer activities, including basic health screenings and classes, cooking demonstrations, and fitness demonstrations
  – Extend approach to also support brick and mortar locations

• Measure impacts!
  – Is the model sustainable from a business perspective
  – Are we able to replicate some of those same impacts identified by the Annals of Epidemiology study
Questions?

Thank you!