

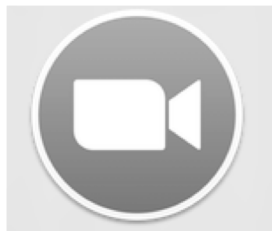


RWHAP TA Webinar

Indiana State Department of Health

November 19, 2019

11:00 am – 12:00 pm



zoom

Helpful Hints

- Press esc to exit full screen
- Hover over the top to change “view” options
- Place yourselves on “mute” until you’re ready to pose a question or make a comment
- Use the “chat” room to pose questions and make comments
- Meeting will be recorded and available for sharing after the meeting

• Please enter the agency name and list all participants in the “chat” room



Agenda

- Introductions
- Spotlight on Statewide Services: Meals on Wheels
- ISDH Announcements
- Q & A

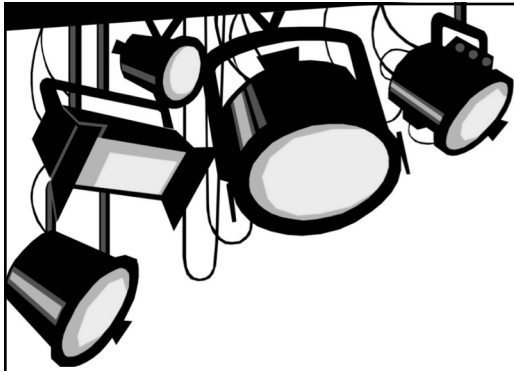


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Agency Spotlight:

Meals on Wheels



**MEALS ON WHEELS
OF CENTRAL INDIANA**



**RYAN'S MEALS FOR LIFE
STATEWIDE PROGRAM**



OVER 1,000 UNDUPLICATED CLIENTS SERVED!



OUR MISSION

**MEALS ON WHEELS OF CENTRAL INDIANA INNOVATES,
ADVOCATES AND COLLABORATES TO END HUNGER
AND MALNUTRITION FOR OUR SENIOR, DISABLED
AND CHRONICALLY ILL NEIGHBORS.**



PREVENTING PERMANENT HOMEBOUNDING

CHRONIC ILLNESS

- Cardiovascular
- Cancer
- Stroke
- Diabetes
- Pre-diabetes
- Arthritis
- HIV
- Osteoporosis
- Mental Illness



INTRODUCTION OF MEDICALLY-TAILORED MEALS



COMMUNITY ENGAGEMENT

- Employment
- Socializing
- Consumer Access
- Financial Stability



ASSISTED LIVING



CLIENT STORY

**CLIENT IS A 72-YEAR-OLD MALE.
HIS SCRIPT IS FOR A REGULAR DIET.**



CLIENT STORY

**CLIENT IS A 72-YEAR-OLD MALE.
HIS SCRIPT IS FOR A REGULAR DIET.**

**JANUARY 2018 - BEFORE STARTING MOW, THE CLIENT CAUGHT
THE FLU WHILE IN THE HOSPITAL FOR KIDNEY SURGERY AND
LOST A SIGNIFICANT AMOUNT OF WEIGHT.**

**HE WAS 5'10" (NORMAL WEIGHT 175-180 LBS.) AND WEIGHED 155
LBS., BUT STEADILY LOST WEIGHT.**

HIS CD4 WAS 717 AND VIRAL LOAD UNDETECTABLE (<20).



CLIENT STORY

CLIENT IS A 72-YEAR-OLD MALE.
HIS SCRIPT IS FOR A REGULAR DIET.

**MARCH 2018 - STARTED RECEIVING A SHIPMENT OF
7 FROZEN MEDICALLY-TAILORED MEALS
AND A MEDICALLY-TAILORED FOOD PANTRY.**



CLIENT STORY

CLIENT IS A 72-YEAR-OLD MALE.
HIS SCRIPT IS FOR A REGULAR DIET.

**JUNE 2018 - APPETITE GOT SOMEWHAT BETTER AND IS EATING
BECAUSE THE "FOOD IS AVAILABLE" TO HIM.**

**HIS ONLY FOOD SOURCE IS MOW'S FROZEN MEALS AND PANTRY
BOXES. CLIENT'S WEIGHT WAS 158 LBS.**

**JULY 2018 - WEIGHT WAS 165 LBS. AND EXPRESSED FEELING A
LOT BETTER.**



CLIENT STORY

CLIENT IS A 72-YEAR-OLD MALE.
HIS SCRIPT IS FOR A REGULAR DIET.

SEPTEMBER 2018 - EXPRESSES HE HAS MORE ENERGY,
IS MORE ALERT, AND DID EXPRESS SOME FATIGUE/TIREDNESS
FROM MEDICATION SIDE EFFECTS.

MOW SUGGESTED THE CLIENT FOLLOW UP WITH HIS DOCTOR AND
HIS CARE COORDINATOR ABOUT THIS.



CLIENT STORY

CLIENT IS A 72-YEAR-OLD MALE.
HIS SCRIPT IS FOR A REGULAR DIET.

MARCH 2019 - WEIGHT IS 182 LBS.

HE EXPRESSES NO COMPLAINTS AND IS ECSTATIC ABOUT THE
PROGRAM, STATING HIS DOCTOR IS VERY PLEASED WITH HIS
PROGRESS.

CLIENT IS MUCH STRONGER, HIS WEIGHT IS BACK TO NORMAL,
AND FOLKS SAY HE LOOKS GREAT!



CLIENT QUOTE:

“Meals on Wheels saved my life.
I thought I was leaving here.”



**LABS (MARCH '19): CD4 IS 676
AND VIRAL LOAD IS UNDETECTABLE.**



**THE KEY “INGREDIENT” TO THE SUCCESS
OF THE MEALS ON WHEELS PROGRAM:**

MEDICALLY-TAILORED MEALS!



MEDICALLY-TAILORED MEALS (MTMS)

**MEALS CUSTOMIZED SPECIFICALLY
FOR A CLIENT’S CHRONIC DISEASE(S).**

- INVOLVES NUTRITIONAL THERAPY & EDUCATION**
- PHYSICIAN-DIRECTED**

**THOUGH WE HAVE BEEN PROVIDING THESE MEALS SINCE 1971,
THE NAME WAS OFFICIALLY CHANGED
FROM PHYSICIAN-DIRECTED TO MTMS SEVERAL YEARS AGO.**



A BRIEF HISTORY OF THE FOOD IS MEDICINE MOVEMENT

THE MOVEMENT EMERGED OUT OF THE AIDS CRISIS TO PROVIDE HOME-DELIVERED MEALS TO INDIVIDUALS LIVING WITH HIV/AIDS.

FIM COALITION IS A VOLUNTEER ASSOCIATION OF NONPROFIT, MEDICALLY-TAILORED FOOD AND NUTRITION SERVICES (FNS) PROVIDERS SEEKING TO PRESERVE & EXPAND COVERAGE OF FNS FOR THE CRITICALLY-ILL.



A BRIEF HISTORY OF THE FOOD IS MEDICINE MOVEMENT

THE FOOD IS MEDICINE COALITION WROTE THE LANGUAGE FOR THE MEDICAL NUTRITION THERAPY SERVICE STANDARD.



*STUDY AT MANNA, OUR FOOD IS MEDICINE COALITION
SISTER ORGANIZATION FROM PHILADELPHIA*

MTMS AND PROPER NUTRITION LED TO THESE FINDINGS:

**ADHERENCE TO HIV MEDICATIONS INCREASED BY 23%
(FROM 47% TO 70%)**

**FOOD SECURE PLWH IS 63% LESS LIKELY TO BE HOSPITALIZED
AND 36% LESS LIKELY TO VISIT THE ER**

**AVERAGE MONTHLY HEALTHCARE COSTS FELL OVER 80%
WITH THE FIRST THREE MONTHS OF SERVICE,
A COST SAVINGS OF \$30,000!**



**WE SERVE ONLY MEDICALLY-TAILORED MEALS
WHICH RESULT IN....**

**A MONTHLY NET SAVINGS OF \$220 PER PATIENT,
WHILE A NON-TAILORED PROGRAM SAW \$10 IN NET SAVINGS.**

(Association Between Receipt of a Medically Tailored Meal Program and Health Care Use, Seth A. Berkowitz, Jean Terrence, Lisa Randall, et al. *Kennis Granstein, David B. Waters, John Rice, JAMA Internal Medicine. Published online April 22, 2019*) (Association Between Receipt of a Medically Tailored Meal Program and Health Care Use, Seth A. Berkowitz, Jean Terrence, Lisa Randall, et al. *Kennis Granstein, David B. Waters, John Rice, JAMA Internal Medicine. Published online April 22, 2019*)

MTMS



THE COST OF MALNOURISHMENT

1 IN 3 PATIENTS ENTER HOSPITAL MALNOURISHED.

**HEALTHCARE COSTS ARE UP TO 3X HIGHER
FOR MALNOURISHED PATIENTS.**

**LENGTH OF HOSPITAL STAYS
FOR MALNOURISHED PATIENTS
ARE UP TO 3X LONGER THAN
FOR PROPERLY NOURISHED PATIENTS.**



HIV IS AN INDEPENDENT RISK FACTOR FOR:

CARDIOVASCULAR DISEASE

LIVER AND KIDNEY DISEASE

CANCER

OSTEOPOROSIS

STROKE



FOOD INSECURITY = CHRONIC STRESS
CHRONIC STRESS = IMMUNOLOGICAL FUNCTION



**CHRONIC STRESS ALSO NEGATIVELY EFFECTS MENTAL HEALTH
AND ADHERENCE TO MEDICAL TREATMENT**

Source: HIV/AIDS, Food & Nutrition Service Needs, Community Health Advisory & Information Network, Columbia U.



HIV OVER FIFTY

OVER 50% OF THOSE WITH HIV ARE OVER 50

- **MANY DON'T HAVE FAMILY SUPPORT**
- **HIGHER RISK FOR AGE-RELATED COMPLICATIONS LIKE DIABETES, BONE LOSS AND CARDIOVASCULAR DISEASE (SOME CONDITIONS LINKED TO THEIR ANTIRETROVIRAL DRUG)**

**A PROPER DIET CAN HELP MANAGE HIV
AND PREVENT OR POSTPONE OTHER HEALTH ISSUES.**



WE CAN PROVIDE

FROZEN FOOD: CHOICE OF 19 DIFFERENT MEALS, TO BE EATEN AT CLIENT'S CONVENIENCE. SHIPPED DIRECTLY TO THEIR DOOR. OPTIONS INCLUDES 5 BREAKFAST MEALS.

MEAL DELIVERY: HOT & COLD MEAL DELIVERY MONDAY-FRIDAY THROUGH HOMEBOUND MEALS IN FORT WAYNE AND BLOOMINGTON MEALS ON WHEELS. AS GRANT CONTINUES, WE WILL BE PARTNERING WITH MORE MEDICALLY-TAILORED MEAL PROVIDERS AROUND THE STATE.



WE CAN PROVIDE

FOOD PANTRY BOXES: SHELF-STABLE, MEDICALLY-TAILORED PANTRY FOOD DELIVERED DIRECTLY TO THEIR DOOR.

NUTRITION ASSESSMENTS: VALIDATED SCREENING TOOLS CONDUCTED BY MOW REGISTERED DIETITIANS.



NUTRITION ASSESSMENT PROCESS

LORNA KIRSCH O'CONNELL, MS, RDN, CD



**HAS YOUR FOOD INTAKE DECLINED
SINCE YOUR LAST FOLLOW UP?**

- 0 = SIGNIFICANT DECREASE IN FOOD INTAKE**
- 1 = MODERATE DECREASE IN FOOD INTAKE**
- 2 = NO DECREASE IN FOOD INTAKE**

SCORE: _____

NOTES: _____



HAVE YOU HAD ANY RECENT UNINTENTIONAL WEIGHT LOSS ?

- 0 = WEIGHT LOSS OF 7-10 POUNDS OR GREATER**
- 1 = HAS LOST WEIGHT BUT DOES NOT KNOW HOW MUCH**
- 2 = SLIGHT WEIGHT LOSS OF 5 POUNDS OR LESS**
- 3 = NO WEIGHT LOSS**

SCORE: _____

IF YES, PLEASE EXPLAIN: _____



DO YOU HAVE ANY MOBILITY ISSUES?

- 0 = BED OR CHAIR BOUND**
- 1 = ASSISTED MOBILITY (I.E. CANE, WALKER, ETC.)**
- 2 = NO ISSUES -GOES OUT**

SCORE: _____

NOTES: _____



**HAVE YOU BEEN HOSPITALIZED
SINCE YOUR LAST FOLLOW UP?**

WAS THIS AN ER VISIT OR WERE YOU ADMITTED?

WHAT WAS YOUR DIAGNOSIS OR COMPLAINT?

(IF ADMITTED) HOW LONG DID YOU STAY IN THE HOSPITAL?

0 = YES

2 = NO

SCORE: _____

IF YES, PLEASE EXPLAIN: _____



**DO YOU SUFFER FROM DEPRESSION
AND/OR MEMORY LOSS?**

0 = SEVERE DEPRESSION OR MEMORY LOSS

1 = MILD DEPRESSION OR MEMORY LOSS

2 = NO PROBLEMS

SCORE: _____

NOTES: _____

HAS THE AFFECTED YOUR APPETITE? _____

IF SO, CAN YOU PLEASE EXPLAIN? _____



WHAT IS YOUR HEIGHT? _____
WHAT IS YOUR WEIGHT? _____
(REFER TO BODY MASS INDEX TABLE TO CALCULATE BMI)

BMI: _____
0 = BMI LESS THAN 19
1 = BMI 19 TO LESS THAN 21 OR GREATER THAN 30
2 = BMI 21 TO LESS THAN 23
3 = BMI 23 OR GREATER

SCORE: _____



POINTS TOTAL:

12 - 14 POINTS = NORMAL NUTRITIONAL STATUS
**8 - 11 POINTS = MODERATE TO SIGNIFICANT
RISK OF MALNUTRITION**
0 - 7 POINTS = MALNOURISHED

SCORE TOTAL: _____



FOOD INSECURITY QUESTIONS



SINCE YOUR LAST FOLLOW UP HAVE YOU RUN OUT OF FOOD WITHOUT HAVING THE FUNDS TO PURCHASE MORE?

- OFTEN TRUE**
- SOMETIMES TRUE**
- RARELY TRUE**
- NEVER TRUE**

NOTES: _____



**WITHIN THE PAST TWELVE MONTHS,
THE FOOD WE BOUGHT DIDN'T LAST
AND WE DIDN'T HAVE MONEY TO GET MORE.**

- OFTEN TRUE**
- SOMETIMES TRUE**
- RARELY TRUE**
- NEVER TRUE**

NOTES: _____



ONGOING CLIENT EVALUATIONS AND ASSESSMENTS

**ALL CLIENTS WILL HAVE A REFERRAL INTAKE
AS WELL AS A FOLLOW UP EVERY 30 DAYS.**



WHO IS ELIGIBLE?

ANY CLIENT WHO IS ENROLLED IN RYAN WHITE PART B.

WE ALSO HAVE PART A FUNDS IF CLIENT'S PART B EXPIRES.



TO START THE PROCESS...

SCAN THE FOLLOWING TO MOW:

- 1) MOW REFERRAL FORM (AVAILABLE ON OUR WEBSITE, UNDER PROGRAMS TAB/RYAN'S MEALS FOR LIFE)**
- 2) DIET SCRIPT (2ND PAGE OF REFERRAL FORM)**
- 3) DOCUMENTATION THAT CLIENT IS ENROLLED IN PART B**

UPON RECEIPT OF REFERRAL, MOW WILL CALL CLIENT TO SET UP DELIVERY. CLIENT IS ASSIGNED ONE DAY A WEEK TO RECEIVE A BOX OF 10 FROZEN MEALS, OR HOT & COLD MEAL DELIVERY (MONDAY-FRIDAY), IF AVAILABLE IN CLIENT'S AREA.



CLIENTS ARE SERVED IN THE ORDER RECEIVED.

**HOWEVER, PLEASE LET US KNOW IF CLIENT
IS IN AN EMERGENCY SITUATION
SO WE CAN EXPEDITE THE PROCESS.**



CRITERIA

CRITERIA FOR REFERRING A CLIENT MAY INCLUDE THE FOLLOWING:

(THIS IS NOT AN EXHAUSTIVE LIST AS THERE ARE REASONS NOT LISTED BELOW)

- **HOMEBOUND.**
- **UNABLE TO STAND FOR EXTENDED TIME AND CANNOT COOK OWN MEALS.**
- **RECOVERING AT HOME FROM A SURGERY OR IS GOING THROUGH MEDICAL TREATMENT.**
- **NEWLY DIAGNOSED AND HAS AIDS DIAGNOSIS. NUTRITION HELP**
- **WHILE STARTING HIV MEDICATION.**
- **ADDITIONAL HELP WITH DAILY NUTRITION AND DIET.**
- **UNDERWEIGHT AND NEEDS EXTRA PROTEIN AND CALORIE.**



**HIV STATUS CONSCIOUSNESS
BOXES ARE SHIPPED WITH MINIMAL INFO,
I.E. CLIENT'S NAME & ADDRESS,**

MEALS ON WHEELS RETURN ADDRESS LABEL.

**NUTRITION EDUCATIONAL MATERIALS OCCASIONALLY IN BOX.
GENERAL CHRONIC DISEASE INFO ONLY. NO MENTION OF HIV/AIDS.**

**DELIVERY VOLUNTEERS ONLY HAVE ACCESS
TO THE CLIENT'S NAME, ADDRESS,
AND DIET TYPE. NO OTHER INFORMATION IS GIVEN.**



**THANK YOU FOR YOUR ESSENTIAL PART
IN THIS GRANT PROJECT!**



PARTNER HIGHLIGHTS



**MEALS ON WHEELS OF CENTRAL INDIANA
708 E. MICHIGAN ST.
INDIANAPOLIS, IN 46202**

**OFFICE PHONE: 317-252-5558
FAX: 317-252-5559**

**NICK FENNIG, ASSOCIATE DIRECTOR
E-MAIL: NFENNIG@MEALSONWHEELSINDY.ORG**



Opportunities to Address Unmet Need

- What nutritional needs are still not being met?
- What suggestions for service provision should be considered?






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ISDH Mailbox Updates

IMPORTANT **ANNOUNCEMENT**



- **Prevention:** hivprevinvoices@isdh.in.gov Prevention invoices
- **DIS:** STD@isdh.in.gov STD invoices, general questions from grantees
- **HIV Services:**
 - HSPProgram@isdh.in.gov – RW Services Invoices, RBC's, RW Part B Monthly Reports, Quarterly Client Level Data
 - SupportiveServices@isdh.in.gov -- NMCM invoices, LOI's, RFP's, registrations for training
 - MSPenrollment@isdh.in.gov – Medical Services applications, Report of changes, HIP enrollments, Questions
 - HIVquality@isdh.in.gov – Quality questions, TA requests, Quality program submissions that ISDH requests
- *Reminder- DO NOT SEND invoices to HIVIMMInvoices@isdh.IN.gov or HIVSTDContractsRebates@isdh.in.gov*


 Indiana State
 Department of Health

IMPORTANT

ANNOUNCEMENT



- Open Enrollment Update
- New Invoice Templates Sent
- E-mail Addresses For Invoicing ISDH
- ADAP ERF Submitted
- ISDH Offices Closed Thurs Nov. 28 and Fri Nov. 29

- Next TA call: Dec. 17th**
 - Only for Agencies completing the RSR**



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RSR 2019 Agencies

- | | |
|-------------------------------|--------------------------------|
| • AIDS Ministries/AIDS Assist | • LifeCare |
| • AIDS Resource Group | • Matthew 25 |
| • Aspire | • Meals on Wheels |
| • Community | • Positive Link |
| • Damien Cares | • Positive Resource Connection |
| • Damien Center | • Step Up |
| • Eskenazi | • Volunteers of America |

Please e-mail Traci at tjohnson@isdh.in.gov with your agency's RSR contact person by November 22nd.


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