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Healthy Links – Addressing Social Determinants of Health and Improving Cardiac Health with Medically Tailored Meals

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Medically-tailored meals for patients with cardiac disease in rural Maine

Healthy Links: Addressing Social Determinants of Health and Improving Cardiac Health with Medically Tailored Meals

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Introduction

- Social determinants of health (SDOH) strongly influence risk factors for cardiac disease, especially in rural areas¹
- Medically-tailored meals have shown promising results for reducing hospitalizations²
- Some state insurance programs are covering medically-tailored meals given beneficial outcome studies³
- This project builds upon prior Healthy Links programs⁴ to expand our reach to rural patients

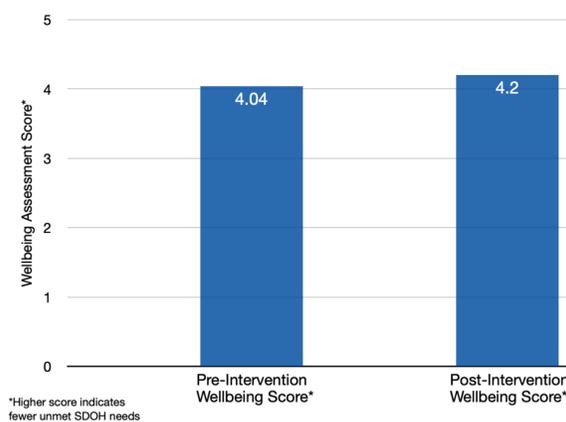
Methods

1. Patients hospitalized with heart failure or acute coronary syndrome were screened for SDOH
2. If positive, referred to Healthy Links
3. If agreeable, contacted by Southern Maine Agency on Aging (for Cumberland County) or SeniorsPlus (for Franklin County)
4. Pre-intervention wellbeing assessment, nutrition screening
5. Provided up to 10 meals, access to resource specialist and nutrition education over 12 weeks
6. Post-intervention wellbeing assessment
7. Offered ongoing services if eligible

Results

- Among Cumberland County participants, well-being scores increased from 4.04 out of 5 (SD = 0.55) to 4.20 (SD = 0.43).
- 14 patients enrolled so far in Franklin County.

Figure 1. Change in wellbeing scores among Cumberland County participants



Discussion

- Medically tailored meals and other community support resources have the potential to increase wellbeing among patients with cardiac disease
- Optimal delivery method and population most likely to benefit are yet to be determined
- Next steps: Expand to Oxford County and increase to 20 meals

Graphs and Figures

Figure 2. Patients enrolled

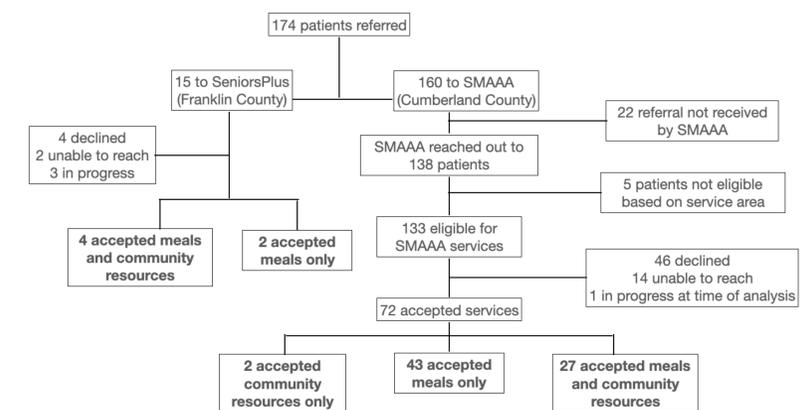
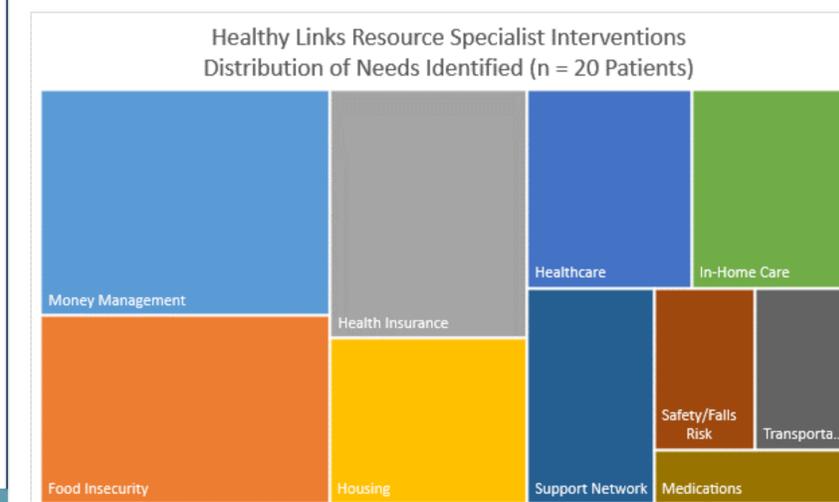


Figure 3. Distribution of Needs Identified (Cumberland County Pts)



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