

Pilot Program Supports People With Congestive Heart Failure

When people with congestive heart failure (CHF) ate medically tailored meals and had easy access to other health-related tools for a period of six months, their condition improved and health costs were reduced, according to the findings of a pilot initiative jointly run by **Inland Empire Health Plan (IEHP)** in California and **Mom's Meals**.

ABOUT CONGESTIVE HEART FAILURE

Nearly 5 million U.S. adults live with CHF, the inability of the heart to pump enough blood through the body to ensure a sufficient supply of oxygen. The condition is typically treated with a combination of lifestyle and dietary changes and medications. Many people lack the education, social supports and resources to manage it.

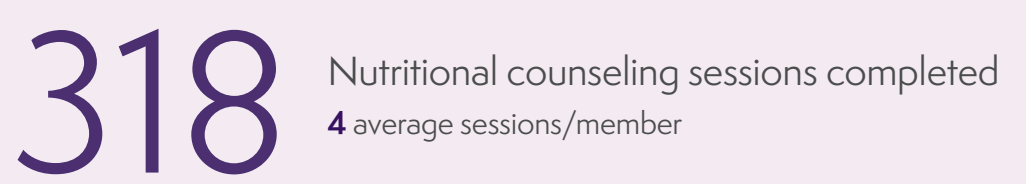


Heart failure costs the U.S. about \$43.6 billion in 2020.

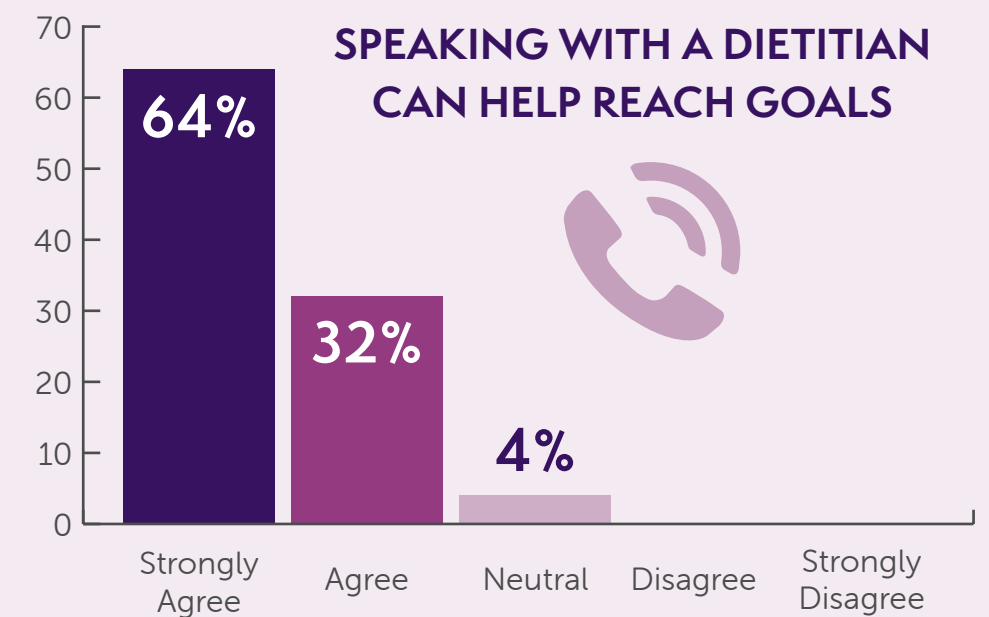
This total includes direct and indirect costs, with over 70% attributed to medical costs.^{2,3}

MORE ABOUT THE PILOT PROGRAM

Launched in June 2021, the pilot program provided more than 28,000 meals to select IEHP members from Riverside and San Bernardino counties in California. A total of 93 people, each with congestive heart failure and a minimum of two hospital stays within the previous year, took part.



Do you agree that working with a Mom's Meals registered dietitian helped you to better manage your chronic condition or reach your health goals?

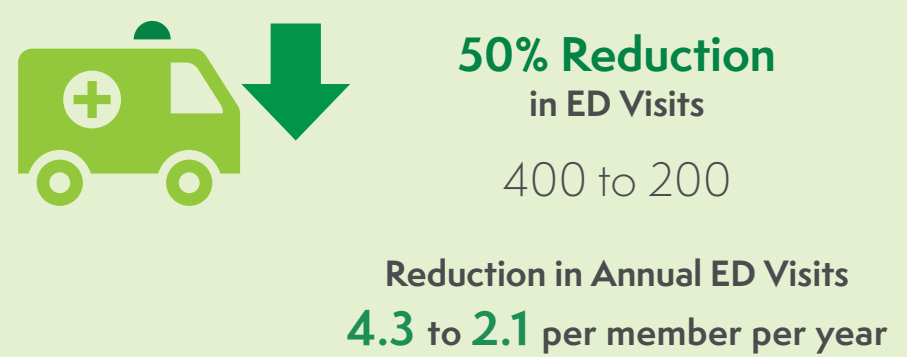


The program, which offered participants fully prepared lower-sodium meals, fresh produce and dry goods; nutrition education; a digital scale; and home visits, also saw a decrease in medical costs.

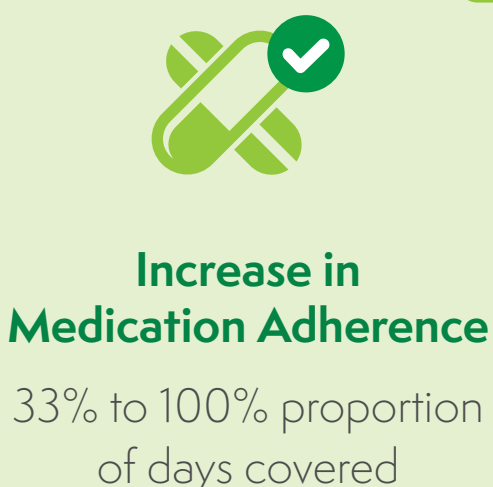
PILOT PROGRAM OUTCOMES

The program resulted in a reduction in both trips to the emergency room and hospitalizations. Additional positive health outcomes included weight loss and greater medication adherence.

The initiative's analysis also indicated significant cost savings.



CUMULATIVE TOTAL WEIGHT LOSS = 339 lbs.
AVERAGE WEIGHT LOSS/PERSON = 5.8 lbs.



Sources:
¹ <https://link.springer.com/article/10.1007/s40273-020-00952-0>
² <https://www.ahajournals.org/doi/10.1161/HHF.0b013e318291329a>

