

FOOD SECURITY IMPROVES HEALTH

Good health starts with meeting our most basic human needs— like food. But for far too many people in Massachusetts, the high cost of food and a lack of resources make healthy eating feel impossible. Through a groundbreaking intervention supported by MassHealth*, Project Bread and healthcare providers across the state are making healthcare a place to connect and expand the way we support individuals whose health is undermined by food insecurity. New data shows that providing one-on-one case management and a comprehensive menu of resources are effective in improving health.

RESULTS

At the end of the intervention

- ✘ **19% decrease**
in reported food insecurity
- ✘ **30% increase**
in SNAP participation
- ✘ **4 additional servings**
of fruits & vegetables consumed per week

6 months after the intervention ended

- ✘ **84% of patients**
reported high satisfaction and connection with their healthcare provider
- ✘ **77% of patients**
were still enrolled in SNAP
- ✘ **69% of patients**
were still confident in the nutrition knowledge they had learned

*Results reflect outcomes at the completion of the program.
Evaluation by Project Bread was made possible with funding from Dana Farber Cancer Institute.*

It's about more than food

This program is effective because it is comprehensive. Food is not the only barrier to good nutrition. Project Bread provides resources and one-on-one support to ensure patients have agency over the food they purchase, prepare, and eat.

- - Grocery store gift cards
 - Kitchen supplies and appliances
 - Cooking classes
 - Nutrition counseling
 - Assistance accessing SNAP, school meals, & WIC
- Information and referrals to local food pantries
- Coordinators speak 7 languages and live interpretation services are available in 185 total languages

SUCCESS STORIES



I was spending more time in the hospital, where sometimes there isn't much time to eat. So, I was getting home at night, and it was difficult for me to cook. The microwave [Project Bread provided] helped me a lot because I didn't have one before. I would just heat up my frozen food or make my smoothie [with the blender provided]. The truth is that the kitchen supplies are things that have helped me a lot and are still very useful to me."

JAKE



[Pam] has cancer and her diet had to be very strict - she could only eat fruits and vegetables, and this is very expensive through any grocery store... She was having trouble, not being able to afford food. She was going through a rough time where she didn't have any income... And with the assistance of the Project Bread [local grocery store] gift cards, she was able to buy more fruits and vegetables,"

SHARES A COMMUNITY HEALTH WORKER

Names above have been changed for privacy purposes.

1 in 5

MA households struggle without enough to eat.

97%

of the MA population has health insurance, making the healthcare system one of largest access points to connect with people experiencing food insecurity.

12,000

patients served since since the program began. (April 2020)



Project Bread is proud to partner with:

- Community Care Cooperative
- WellSense Care Alliance
- WellSense Boston Children's ACO
- WellSense Community Alliance
- WellSense Mercy Alliance
- East Boston Neighborhood Health WellSense Alliance

**Food security case management provided by Project Bread is a part of MassHealth's statewide Flexible Services Pilot provided to patients by referral only. The data included in this brief is based on Community Care Cooperative patients only. Flexible Services is a pilot program and not all eligible members may receive services.*