

# Food Sector Overview for NCCOMeT

March 11, 2022



## CAPE FEAR HOP

Presented by Morgan Cooper | Food Sector Program Manager



# Cape Fear HOP Team

- CCLCF Board & HOP Sub Board
- Executive Director & Program Director
- Compliance Manager & QI Coordinator
- 3 Care Council Leads (CCLs) – county focused
- 3 Program Managers – sector focused
- Data Scientist
- Finance team



# Our Network

**23**

HSOs to provide  
food sector services

**46**

under contract

- ✓ History of service
- ✓ Representation of population served
- ✓ Network sustainability

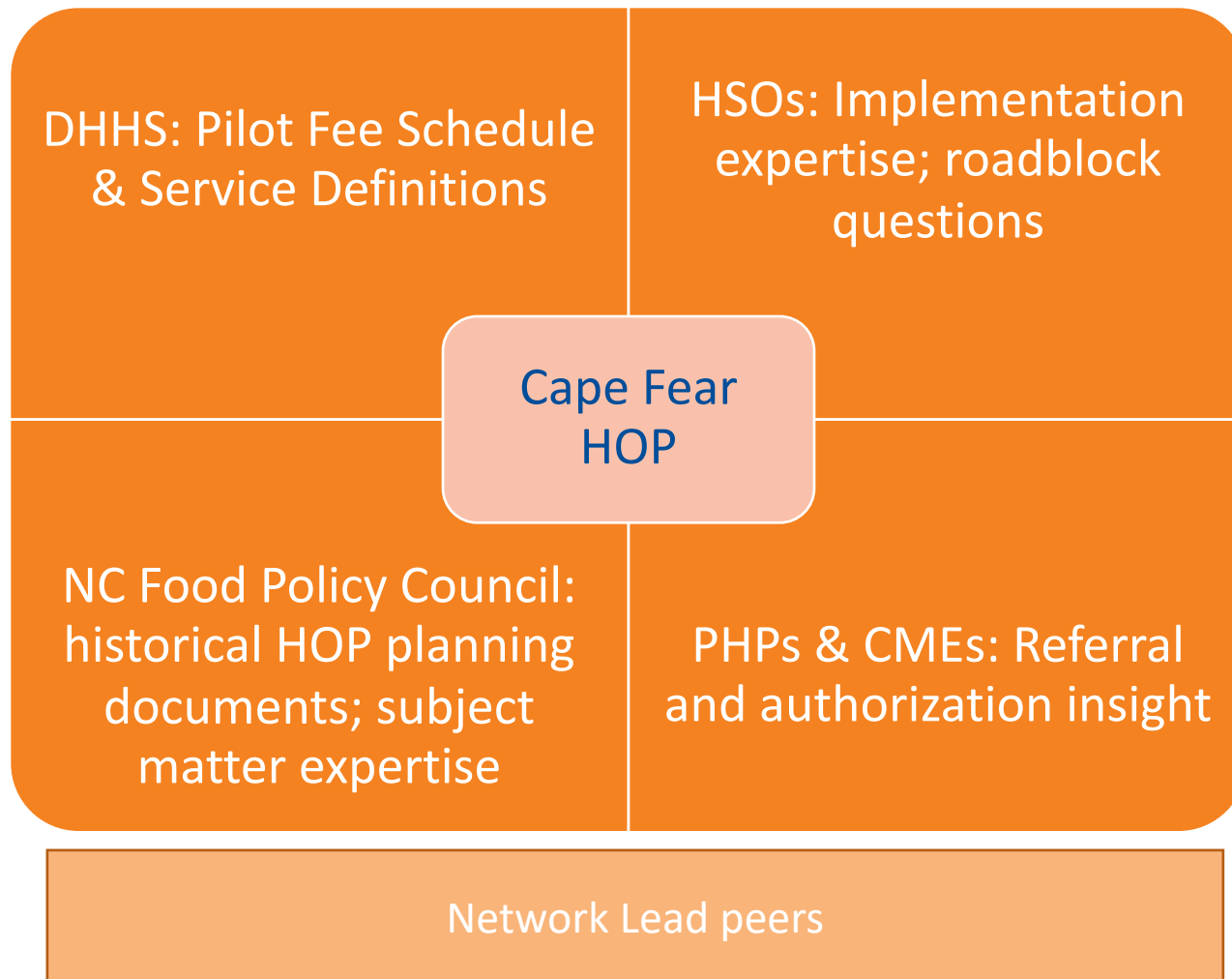


# Food Sector Services

- Food and Nutrition Case Management
- Evidence-Based Nutrition Education
- Diabetes Prevention Program (DPP)
- Fruit and Vegetable Prescription
- Healthy Food Box (pick-up or delivery)
- Healthy Prepared Meals (pick-up or delivery)
- Medically Tailored Prepared Meals (delivery)



# Service Guidelines Development *Stakeholders*



# Service Guidelines Development

## *Stakeholders*

- Weekly service-specific meeting with HSOs
- Identify roadblocks & service priorities
  - Nutritional quality
  - Client choice
  - Economic integrity for producers
  - Financial sustainability
- Integrate stakeholder input into FAQ-format guidelines
- Survey HSOs on draft



# Service Guidelines Development *Progress*

Service	Meeting Date	Guidelines progress
Healthy Food Box (pick-up & delivery)	2/18/2022	Complete and ready to <a href="#">review</a> submit feedback <a href="#">here</a>
Healthy Prepared Meals (pick-up & delivery)	2/25/2022	in progress
Diabetes Prevention Program (DPP)	3/04/2022	in progress
Fruit and Vegetable Rx	3/11/2022	upcoming
Evidence-Based Nutrition Education	3/18/2022	upcoming
Medically Tailored Meals (delivery)	3/25/2022	upcoming
Food & Nutrition Case Management	4/01/2022	upcoming



# Statewide Evaluation

- SDOH screening and resource connection
- Social risk factors
- Health outcomes
- Health care utilization
- Health care cost





# Regional Data

- Network mapping
- Gap analysis and network adequacy
- Data training for HSOs
- Additional Data Resources  
(i.e. Affordable Housing Inventory, Referral estimates)
- QI support from the start



# Q&A

Follow up resources:

Cape Fear HOP [website](#) and [data insights](#)

Thank you for inviting me to share our region's work!



# Appendix: Service Definitions

**Food and Nutrition Access Case Management Services**

Category	Information
Service Name	Food and Nutrition Access Case Management Services
Service Description	<p>Provision of one-on-one case management and/or educational services to assist an enrollee in addressing food insecurity. Activities may include:</p> <ul style="list-style-type: none"> <li>Assisting an individual in accessing school meals or summer lunch programs, including but not limited to: <ul style="list-style-type: none"> <li>Helping to identify programs for which the individual is eligible</li> <li>Helping to fill out and track applications</li> <li>Working with child's school guidance counselor or other staff to arrange services</li> </ul> </li> <li>Assisting an individual in accessing other community-based food and nutrition resources, such as food pantries, farmers market voucher programs, cooking classes, Child and Adult Care Food programs, or other, including but not limited to: <ul style="list-style-type: none"> <li>Helping to identify resources that are accessible and appropriate for the individual</li> <li>Accompanying individual to community sites to ensure resources are accessed</li> </ul> </li> <li>Advising enrollee on transportation-related barriers to accessing community food resources</li> </ul> <p>It is the Department's expectation that Medicaid care managers will assist all eligible individuals to enroll in SNAP and WIC and secure their enrollment through existing SNAP and WIC assistance resources. Food and Nutrition Access Case Managers will address more complex and specialized needs. However, if under exceptional circumstances a Food and Nutrition Access Case Manager identifies an individual for whom all other forms of assistance have been ineffective, they are permitted to assist the individual with completing enrollment, including activities such as addressing documentation challenges or contacting staff at a local SNAP or WIC agency to resolve issues, or otherwise.</p>
Frequency (if applicable)	Ad hoc sessions as needed. It is estimated that on average individuals will not receive more than two to three sessions with a case manager.
Duration (if applicable)	N/A
Setting	<ul style="list-style-type: none"> <li>May be offered: <ul style="list-style-type: none"> <li>At a community setting (e.g. community center, health care clinic, Federally Qualified Health Center (FQHC), food pantry, food bank)</li> <li>At an enrollee's home (for home-bound individuals)</li> <li>Via telephone or other modes of direct communication</li> </ul> </li> </ul>
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>Enrollee is not currently receiving duplicative support through other Pilot services.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>



#### Evidence-Based Group Nutrition Class

Category	Information
Service Name	Evidence-Based Group Nutrition Class
Service Description	<p>This service covers the provision of an evidence-based or evidence-informed nutrition related course to a group of individuals. The purpose of the course is to provide hands-on, interactive lessons to enrollees, on topics including but not limited to:</p> <ul style="list-style-type: none"> <li>Increasing fruit and vegetable consumption</li> <li>Preparing healthy, balanced meals</li> <li>Growing food in a garden</li> <li>Stretching food dollars and maximizing food resources</li> </ul> <p>Facilitators may choose from evidence-based curricula, such as:</p> <ul style="list-style-type: none"> <li>Cooking Matters (for Kids, Teens, Adults)<sup>9</sup></li> <li>A Taste of African Heritage (for Kids, Adults)<sup>10</sup></li> </ul> <p>For curricula not outlined above, an organization must follow an evidence-based curricula that is approved by DHHS, in consultation with the Lead Pilot Entity and PHPs.</p>
Frequency (if applicable)	Typically weekly
Duration (if applicable)	Typically six weeks
Setting	Classes may be offered in a variety of community settings, including but not limited to health clinics, schools, YMCAs, Head Start centers, community gardens, or community kitchens.
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee has a diet or nutrition-related chronic illness, including but not limited to underweight, overweight/obesity, nutritional deficiencies, prediabetes/diabetes, hypertension, cardiovascular disease, gestational diabetes or history of gestational diabetes, history of low birth weight, or high risk pregnancy.</li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

<sup>9</sup> More information on Cooking Matters available at: <http://cookingmatters.org/node/2215>

<sup>10</sup> More information on A Taste Of African Heritage available at: <https://oldwayspt.org/programs/african-heritage-health/atoah-community-cooking-classes>

#### Diabetes Prevention Program

Category	Information
Service Name	Diabetes Prevention Program
Service Description	<p>Provision of the CDC-recognized "Diabetes Prevention Program" (DPP), which is a healthy living course delivered to a group of individuals by a trained lifestyle coach designed to prevent or delay type 2 diabetes. The program focuses on healthy eating and physical activity for those with prediabetes.</p> <p>The program must comply with CDC Diabetes Prevention Program Standards and Operating Procedures.<sup>11</sup></p>
Frequency (if applicable)	Minimum of 16 sessions in Phase I; Minimum of 6 sessions in Phase II, according to CDC Standards and Operating Procedures.
Duration (if applicable)	Typically one year, contingent on determination of continued Pilot eligibility
Setting	Intervention is offered at a community setting, clinical setting, or online, as part of the approved DPP curriculum.
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee must: <ul style="list-style-type: none"> <li>Be 18 years of age or older,</li> <li>Have a BMI <math>\geq 25</math> (<math>\geq 23</math> if Asian),</li> <li>Not be pregnant at the time of enrollment</li> <li>Not have a previous diagnosis of type 1 or type 2 diabetes prior to enrollment,</li> <li>Have one of the following: <ul style="list-style-type: none"> <li>A blood test result in the prediabetes range within the past year, or</li> <li>A previous clinical diagnosis of gestational diabetes, or,</li> <li>A screening result of high risk for type 2 diabetes through the "Prediabetes Risk Test"<sup>12</sup></li> </ul> </li> </ul> </li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

<sup>11</sup> CDC Diabetes Prevention Program Standards and Operating Procedures, available at: <https://www.cdc.gov/diabetes/prevention/pdf/dpp-standards.pdf>

<sup>12</sup> Available at: <https://www.cdc.gov/prediabetes/takethestest/>

#### Fruit and Vegetable Prescription

Category	Information
Service Name	Fruit and Vegetable Prescription
Service Description	<p>Food voucher to be used by an enrollee with a diet or nutrition-related chronic illness to purchase fruits and vegetables from a participating food retailer. Participating food retailers must sell an adequate supply of WIC-eligible fruits and vegetables (i.e., fresh, frozen, canned without any added fats, salt, or sugar). Food retailers may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Grocery stores</li> <li>• Farmers markets</li> <li>• Mobile markets</li> <li>• Community-supported agriculture (CSA) programs</li> <li>• Corner stores</li> </ul> <p>A voucher transaction may be facilitated manually or electronically, depending on the most appropriate method for a given food retail setting. The cost associated with coordinating the provision of services are included.</p>
Frequency (if applicable)	One voucher per enrollee. Each voucher will have a duration as defined by the HSO providing it. For example, some HSOs may offer a monthly voucher while others may offer a weekly voucher.
Duration (if applicable)	6 months (on average), contingent on determination of continued Pilot eligibility
Setting	Enrollees spend vouchers at food retailers. Human service organizations administer and coordinate the service in a variety of settings: engaging with enrollees in the community (e.g. health care and community-based settings) to explain the service, administering food retailer reimbursements and other administrative functions from their office, and potentially meeting with food retailers in the field.
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>• Enrollee has a diet or nutrition-related chronic illness, including but not limited to underweight, overweight/obesity, nutritional deficiencies, prediabetes/diabetes, hypertension, cardiovascular disease, gestational diabetes or history of gestational diabetes, history of low birth weight, or high risk pregnancy.</li> <li>• If potentially eligible for SNAP and/or WIC, the enrollee must either: <ul style="list-style-type: none"> <li>◦ Be enrolled in SNAP and/or WIC, or</li> <li>◦ Have submitted a SNAP and/or WIC application within the last 2 months, or</li> <li>◦ Have been determined ineligible for SNAP and/or WIC within the past 12 months</li> </ul> </li> <li>• Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>• Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

#### Healthy Food Box (For Pick-Up)

Category	Information
Service Name	Healthy Food Box (For Pick-Up)
Service Description	<p>A healthy food box for pick-up consists of an assortment of nutritious foods provided to an enrollee in a community setting, aimed at promoting improved nutrition for the service recipient. It is designed to supplement the daily food needs for food-insecure individuals with diet or nutrition-related chronic illness. This service does not constitute a full nutritional regimen (three meals per day per person).</p> <p>Healthy food boxes should be furnished using a client choice model when possible and should be provided alongside nutrition education materials related to topics including but not limited to healthy eating and cooking instructions.</p>
Frequency (if applicable)	Typically weekly
Duration (if applicable)	On average, this service is delivered for 3 months. Service would continue until services are no longer needed as indicated in an individual's person-centered care plan.
Setting	<ul style="list-style-type: none"> <li>Food is sourced and warehoused by a central food bank, and then delivered to community settings by the food bank.</li> <li>Food is offered for pick-up by the enrollee in a community setting, for example at a food pantry, community center, or a health clinic.</li> </ul>
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee has a diet or nutrition-related chronic illness, including but not limited to underweight, overweight/obesity, nutritional deficiencies, prediabetes/diabetes, hypertension, cardiovascular disease, gestational diabetes or history of gestational diabetes, history of low birth weight, or high risk pregnancy.</li> <li>If potentially eligible for SNAP and/or WIC, the enrollee must either: <ul style="list-style-type: none"> <li>Be enrolled in SNAP and/or WIC, or</li> <li>Have submitted a SNAP and/or WIC application within the last 2 months, or</li> <li>Have been determined ineligible for SNAP and/or WIC within the past 12 months</li> </ul> </li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

#### Healthy Food Box (Delivered)

Category	Information
Service Name	Healthy Food Box (Home Delivered)
Service Description	<p>A healthy food box for delivery consists of an assortment of nutritious foods that is delivered to an enrollee's home, aimed at promoting improved nutrition for the service recipient. It is designed to supplement the daily food needs for food-insecure individuals with diet or nutrition-related chronic illness. This service does not constitute a full nutritional regimen (three meals per day per person).</p> <p>Healthy food boxes should be provided alongside nutrition education materials related to topics including but not limited to healthy eating and cooking instructions.</p>
Frequency (if applicable)	Typically weekly
Duration (if applicable)	On average, this service is delivered for 3 months. Service would continue until services are no longer needed as indicated in an individual's person-centered care plan.
Setting	<ul style="list-style-type: none"> <li>Food is sourced and warehoused by a central food bank.</li> <li>Food boxes are delivered to enrollee's home.</li> </ul>
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee does not have capacity to shop for self or get to food distribution site or have adequate social support to meet these needs.</li> <li>Enrollee has a diet or nutrition-related chronic illness, including but not limited to underweight, overweight/obesity, nutritional deficiencies, prediabetes/diabetes, hypertension, cardiovascular disease, gestational diabetes or history of gestational diabetes, history of low birth weight, or high risk pregnancy.</li> <li>If potentially eligible for SNAP and/or WIC, the enrollee must either: <ul style="list-style-type: none"> <li>Be enrolled in SNAP and/or WIC, or</li> <li>Have submitted a SNAP and/or WIC application within the last 2 months, or</li> <li>Have been determined ineligible for SNAP and/or WIC within the past 12 months</li> </ul> </li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> </ul>



#### Healthy Meal (For Pick-Up)

Category	Information
Service Name	Healthy Meal (For Pick-Up)
Service Description	<p>A healthy meal for pick-up consists of a frozen or shelf stable meal that is provided to an enrollee in a community setting, aimed at promoting improved nutrition for the service recipient. This service includes preparation and dissemination of the meal.</p> <p>Meals must provide at least one-third of the recommended Dietary Reference Intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences,<sup>13</sup> and adhere to the current Dietary Guidelines for Americans, issued by the Secretaries of the U.S. Department of Health and Human Services and the U.S. Department of Agriculture.<sup>14</sup> Meals may be tailored to meet cultural preferences and specific medical needs. This service does not constitute a full nutritional regimen (three meals per day per person).</p>
Frequency (if applicable)	Frequency of meal services will differ based on the severity of the individual's needs.
Duration (if applicable)	Service would continue until services are no longer needed as indicated in an individual's person-centered care plan, contingent on determination of continued Pilot eligibility.
Setting	<ul style="list-style-type: none"> <li>Meals are offered for pick-up in a community setting, for example at a food pantry, community center, or a health clinic.</li> </ul>
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee does not have capacity to shop and cook for self or have adequate social support to meet these needs.</li> <li>Enrollee has a diet or nutrition-related chronic illness, including but not limited to underweight, overweight/obesity, nutritional deficiencies, prediabetes/diabetes, hypertension, cardiovascular disease, gestational diabetes or history of gestational diabetes, history of low birth weight, or high risk pregnancy.</li> <li>If potentially eligible for SNAP and/or WIC, the enrollee must either: <ul style="list-style-type: none"> <li>Be enrolled in SNAP and/or WIC, or</li> <li>Have submitted a SNAP and/or WIC application within the last 2 months, or</li> <li>Have been determined ineligible for SNAP and/or WIC within the past 12 months</li> </ul> </li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

<sup>13</sup> Dietary Reference Intakes available at: <https://www.nal.usda.gov/fnic/dietary-reference-intakes>.

<sup>14</sup> Most recent version of the Dietary Guidelines for Americans is available at: <https://health.gov/dietaryguidelines/2015/guidelines/>.

#### Healthy Meal (Home Delivered)

Category	Information
Service Name	Healthy Meal (Home Delivered)
Service Description	<p>A healthy, home-delivered meal consists of a hot, cold, or frozen meal that is delivered to an enrollee's home, aimed at promoting improved nutrition for the service recipient. This service includes preparation and delivery of the meal.</p> <p>Meals must provide at least one-third of the recommended Dietary Reference Intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences,<sup>15</sup> and adhere to the current Dietary Guidelines for Americans, issued by the Secretaries of the U.S. Department of Health and Human Services and the U.S. Department of Agriculture.<sup>16</sup> Meals may be tailored to meet cultural preferences and specific medical needs. This service does not constitute a full nutritional regimen (three meals per day per person).</p>
Frequency (if applicable)	Meal delivery services for enrollees requiring this service will differ based on the severity of the individual's needs. On average, individuals receive 2 meals per day (or 14 meals per week).
Duration (if applicable)	Service would continue until services are no longer needed as indicated in an individual's person-centered care plan, contingent on determination of continued Pilot eligibility.
Setting	Meals are delivered to enrollee's home.
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee does not have capacity to shop and cook for self or have adequate social support to meet these needs.</li> <li>Enrollee has a diet or nutrition-related chronic illness, including but not limited to underweight, overweight/obesity, nutritional deficiencies, prediabetes/diabetes, hypertension, cardiovascular disease, gestational diabetes or history of gestational diabetes, history of low birth weight, or high risk pregnancy.</li> <li>If potentially eligible for SNAP and/or WIC, the enrollee must either: <ul style="list-style-type: none"> <li>Be enrolled in SNAP and/or WIC, or</li> <li>Have submitted a SNAP and/or WIC application within the last 2 months, or</li> <li>Have been determined ineligible for SNAP and/or WIC within the past 12 months</li> </ul> </li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>This service is not covered as a Pilot service if the receiving individual would be eligible for substantially the same service as a Medicaid covered service.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

<sup>15</sup> Dietary Reference Intakes available at: <https://www.nal.usda.gov/fnic/dietary-reference-intakes>.

<sup>16</sup> Most recent version of the Dietary Guidelines for Americans is available at: <https://health.gov/dietaryguidelines/2015/guidelines/>.





#### Medically Tailored Home Delivered Meal

Category	Information
Service Name	Medically Tailored Home Delivered Meal
Service Description	<p>Home delivered meal which is medically tailored for a specific disease or condition. This service includes an initial evaluation with a Registered Dietitian Nutritionist (RD/RDN) or Licensed Dietitian Nutritionist (LDN) to assess and develop a medically-appropriate nutrition care plan, the preparation and delivery of the prescribed nutrition care regimen, and regular reassessment at least once every 3 months.</p> <p>Meals must be in accordance with nutritional guidelines established by the National Food Is Medicine Coalition (FIMC) or other appropriate guidelines.<sup>17</sup> Meals may be tailored to meet cultural preferences. For health conditions not outlined in the Food Is Medicine Coalition standards above, an organization must follow a widely recognized nutrition guideline approved by the LPE. This service does not constitute a full nutritional regimen (three meals per day per person).</p>
Frequency (if applicable)	Meal delivery services for enrollees requiring this service will differ based on the severity of the individual's needs. On average, individuals receive 2 meals per day (or 14 meals per week).
Duration (if applicable)	Service would continue until services are no longer needed as indicated in an individual's person-centered care plan, contingent on determination of continued Pilot eligibility.
Setting	<ul style="list-style-type: none"> <li>Nutrition assessment is conducted in person, in a clinic environment, the enrollee's home, or telephonically as appropriate.</li> <li>Meals are delivered to enrollee's home.</li> </ul>
Minimum Eligibility Criteria	<ul style="list-style-type: none"> <li>Enrollee does not have capacity to shop and cook for self or have adequate social support to meet these needs.</li> <li>Eligible disease states include but are not limited to obesity, failure to thrive, slowed/faltering growth pattern, gestational diabetes, pre-eclampsia, HIV/AIDS, kidney disease, diabetes/pre-diabetes, and heart failure.</li> <li>If potentially eligible for SNAP and/or WIC, the enrollee must either: <ul style="list-style-type: none"> <li>Be enrolled in SNAP and/or WIC, or</li> <li>Have submitted a SNAP and/or WIC application within the last 2 months, or</li> <li>Have been determined ineligible for SNAP and/or WIC within the past 12 months</li> </ul> </li> <li>Services are authorized in accordance with PHP authorization policies, such as but not limited to service being indicated in the enrollee's person-centered care plan.</li> <li>Enrollee is not currently receiving duplicative support through other Pilot services.</li> <li>This service is not covered as a Pilot service if the receiving individual would be eligible for substantially the same service as a Medicaid covered service.</li> <li>Enrollee is not currently receiving duplicative support through other federal, state, or locally-funded programs.</li> </ul>

<sup>17</sup> FIMC standards available at:  
<https://static1.squarespace.com/static/580a7cb9e3df2806e84bb687/t/5ca66566e5e5f01ac91a9ab4/1554408806530/FIMC+Nutrition+Standards-Final.pdf>.