



# HENRY FORD HEALTH SYSTEM

## Henry's Groceries for Health: Home Delivery for Better Outcomes

DETROIT

Presenter: Susan Hawkins      Team Members: K. Scher, A. Sohaski, A. Plum

*Population Health, Winner*

### OVERVIEW

Henry Ford Health System and partnered with a local food bank to mitigate food insecurity in southeast Michigan. A 12-month supplemental food delivery program for vulnerable patients resulted in a statistically significant improvement in both emergency department visits and hospitalizations among the intervention group. Henry Ford plans to scale and spread this program.

### PROBLEM IDENTIFIED

More than 720,000 people live in poverty in southeast Michigan. One in six Michigan residents need emergency food each year. Adults with food insecurity are at increased risk for developing chronic diseases and having chronic conditions under poor control. This contributes to increased hospital admissions, readmissions, ED visits, and medical treatment, all of which add preventable costs to the health system.

Efforts to address food insecurity—including education and food prescriptions—have not yet demonstrated the impact needed to scale such programs more broadly.

### METHODS AND ENGAGEMENT

In a new effort to meet the nutrition needs of patients, Henry Ford Health System partnered with Gleaners Community Food Bank, both based in Detroit, to design and execute a pilot study and test its impact. The program was cobranded “Henry’s Groceries for Health.”

At four Henry Ford Medical Group pilot clinics, Henry’s Groceries for Health screened and recruited 340 food-insecure patients from November 2017 to May 2018, 276 of which remained in the program for the full 12 months. Each participant received a starter kit of staples and biweekly food boxes that included enough food for 10 supplemental meals, as well as dietitian-approved recipes appropriate for current medical conditions. Participants could opt for food pick-up or home delivery; nearly all chose delivery. Participants also received biweekly check-ins from the Henry Ford population health team.



### RESULTS AND DATA

Of the patients who completed the full 12-month program, 64 percent were covered by Medicare, 19 percent were covered by Medicaid, 15 percent had private insurance, and 2 percent were uninsured.

In the summer of 2019, analysis showed a greater and statistically significant improvement in both ED visits (down 42 percent) and hospitalizations (down 56 percent) among the intervention group relative to the comparison group (down 25 percent and 18 percent, respectively). In addition, evaluation demonstrated a 23 percent reduction in per-person per-month total cost of care among participants, compared with 16 percent drop in the comparison group.

In 2020, Henry Ford plans to scale and spread this program to additional patient populations as well as to community members who could benefit from the program’s food and clinical services.

