



UMPQUA HEALTH
ALLIANCE



1115 WAIVER PROGRAM DEVELOPMENT SPOTLIGHT: NUTRITION



NUTRITION SUPPORT ASSET MAP

CBO	Emergency Food	Prepared Meals	School Meals	Food Pantry	Medically Tailored Meals	Produce Voucher	Using Connect Oregon
AARP Pantry Reedsport				X			
Boys and Girls Club	X		X				X
Canyonville Farmers Market						X	X
Care & Share Pantry	X			X			
Community Care Food Pantry	X			X			
Dillard/Winston Food Pantry	X			X			
Douglas County Cancer Services	X						
Fish of Drain				X			
Fish of Roseburg				X			
Foodsmart					X	X	X
Helping Hands Payee Services	X			X			
Living Hope Outreach Drain	X						
Meals on Wheels (9 locations)		X					X
Project Blessing Food Pantry							
Roseburg Rescue Mission	X	X		X			X
Roseburg Senior Center	X	X		X			
Salvation Army - Food Box	X			X			
SNAP						X	
South Douglas Food Bank				X			
St. Francis Kitchen	X	X					
Sutherlin Oakland Emergency Pantry	X			X			
Thrive Umpqua	X						
UCAN - (6 programs)	X						X
Umpqua Valley Farmers Market	X					X	
Veggie Rx - Thrive Umpqua					X	X	X



VEGGIE PRESCRIPTION PROGRAM

- Now in its fifth year, Veggie Rx continues connecting the medical system and the food sector by creating a relationship between clinic staff, their patients, local farmers and corner stores in food deserts.
- Health care providers write “prescriptions” for their patients to eat more fruits and vegetables.
- These prescriptions are “filled” at the local farmers markets and the retail location of Jackson Street Provisions in downtown Roseburg.
- Throughout the program patients could participate in cooking demos at the retail locations, cooking and gardening classes.



VEGGIE PRESCRIPTION 2022 RESULTS

“My blood sugar (A1c) went down from 11 to 5.3 and I lost 32 lbs...”

“I've lost 40 pounds...The Veggie Rx program allows me to eat different types of fruits and vegetables.”

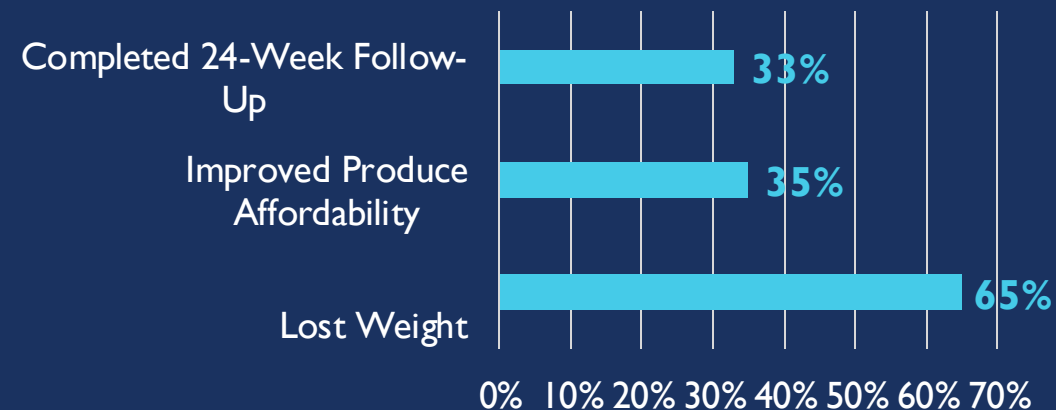
“...able to go with my elderly Mom and we made it a family outing to shop for fruits and vegetables.”

VEGGIE RX

78 members enrolled

190 total household members impacted

2022 RESULTS



Self-reported health benefits: healthier eating, better digestive health, weight loss, less financial stress, increased social connection, lower BP

FOOD SMART – MAKING IT EASY TO EAT WELL!



Recipes

Our vast database of recipes has plenty for everyone's preferences, time, and budget.



Grocery List

A digital grocery list is automatically created for your selected recipes.



Online Grocery Ordering

Convert your digital grocery list to an online order delivered to your door.



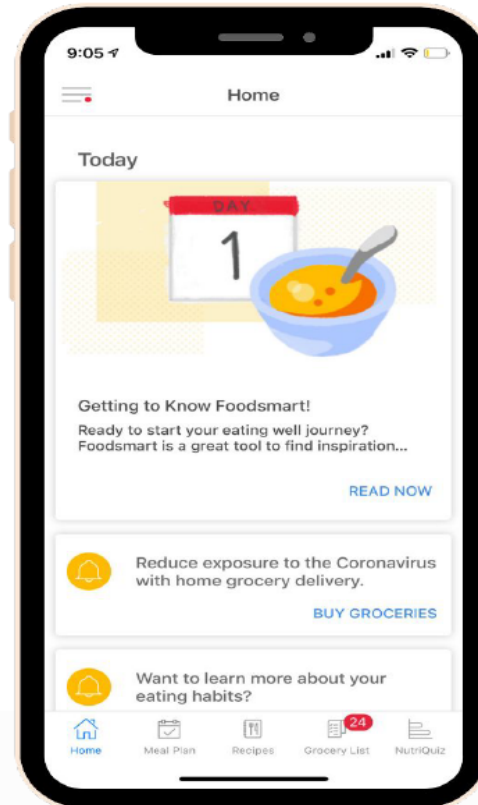
Cook It Now

Recipe recommendations using foods you already have in your kitchen.



Restaurant Guidance

Find healthy meal options at all of your favorite restaurants.



Meal Plan

Get a week of tasty meal plans automatically generated to match your preferences.



Deals

Grocery deals for healthy food from your favorite stores, directly in the product.



Marketplace

Pre-portioned meal kits and delicious heat-and-eat meals delivered to your door.



Favorites

Add your favorite recipes so you can easily find them whenever you want.



NutriQuiz

See how your eating habits stack up and instantly get personalized tips and recipes.

Telenutrition provides access to our network of Registered Dietitians that can help you reach your health goals.

Jan 1, 2022 - Apr 30, 2023

Account: Umpqua

(1)

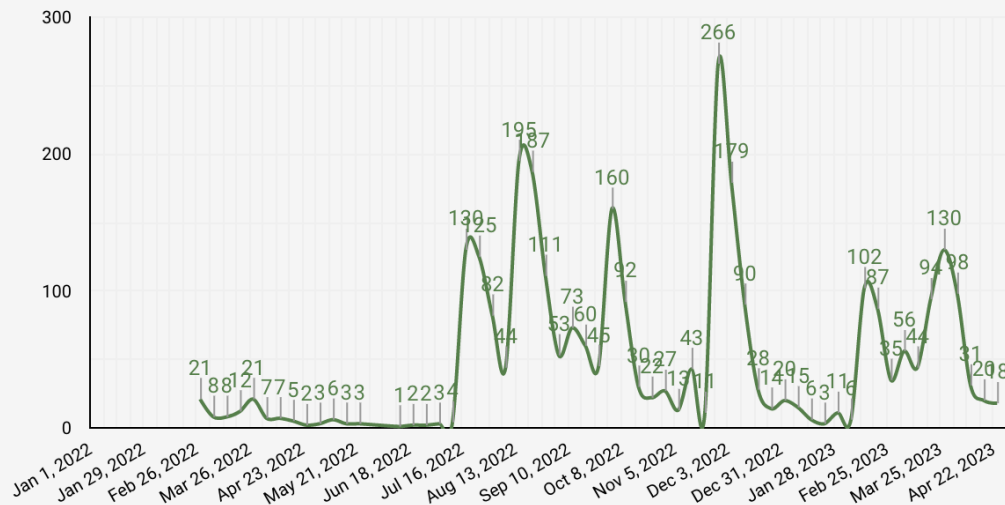
Members who met with
a RD (Last 6 months)

785

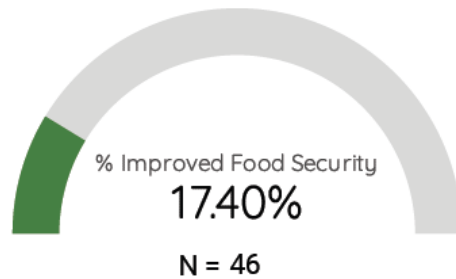
Total members
engaged to date

2,987

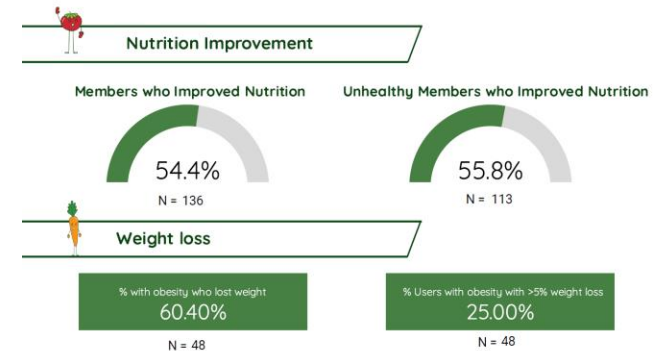
Weekly Foodsmart Engagement (New Members)



FOOD SMART PROGRAM ENGAGEMENT

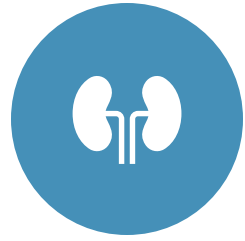


	Last 12 Months	Last 3 Months
% who find healthy food too expensive	89.5%	87.9%
% of Food Insecure with EBT Card	69.2%	75.0%
% Food insecure	76.1%	74.1%



RESULTS: NUTRITION IMPROVEMENT, WEIGHT LOSS & REDUCED FOOD INSECURITY

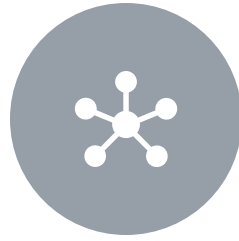




58 YEAR-OLD FEMALE WITH HISTORY OF DIABETES, ASTHMA, HYPERTENSION, OBESITY AND CHRONIC BACK PAIN



CONNECTED WITH MEDICAL CASE MANAGER



CONNECTED WITH LOCAL RESOURCES



MEMBER ENROLLED IN FOODSMART PROGRAM
9/3/2022



REPORTED 30 LBS. WEIGHT LOSS USING FOODSMART RESOURCES AND TELEHEALTH DIETITIAN CONSULTS.

SUCCESS STORIES: A MEMBER'S JOURNEY





NOTES FROM DIETICIANS

"I have an Umpqua patient with T2DM who I started working with in January. He has made great progress with his diet, exercise, and insulin management. **He recently got his A1c checked and it has gone from 8.6 in January to 6.2.** He was very happy with his progress!"

"I've been working with my patient since December have had great progress! Their **A1C has gone from 7.4 to 6.3.** They have **lost 37 lbs.** and have completely changed their eating habits. Now that they're seeing such fantastic results, they want to go further and have decided to start Intermittent Fasting (16/8) to help with that overnight fast and pancreas break! **They were considering bariatric surgery with their MD, but are hopeful that they can keep going with this method and won't have to go the surgery route!**"