



## **Nourishing Hope: How Adventist's Medically Tailored Meals Transformed a Diabetic Patient's Life**

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Adventist Health Food Security Program, supported by Yuba County Community Service Commission's CSBG grant funds, provides medically tailored healthy meals to homeless and low-income individuals to help reduce barriers in access to food and connect patients to short and long-term assistance programs.

Adventist's Registered Dietitian received a referral from the clinical RD team for a newly diagnosed diabetic patient who was food insecure. The patient shared that he had no income and lived off grid in the Yuba County foothills. He shared that he was a proud man that is generally unaccepting of extra help, however given his current situation, he was ready to do whatever it took to manage diabetes. His biggest barrier was accessing food along with education. He had already been pre-screened for medically tailored meals, for which he qualified. He was in the process of moving into a trailer and didn't quite have a refrigerator and contact information secured. He was provided information for local food resources, educated on the medically tailored meals program and told to call when he was ready to get set up. Within the week he reached out and a referral was sent. It took about a week for him to begin receiving meals. Once they started coming, he sent the following text. "... I just wanted to thank and let you know how much this program has improved the quality of my life, you are truly an "Adventist Angel", God Bless you and the work that you do." He was so happy to have that program and the nutrition education support.

Medically tailored meals make a difference. Not only by providing nutritious, ready prepared foods, but also by easing the anxiety that comes with a new food related diagnosis like diabetes. Food is so centric to who we are and changing our eating habits is extremely difficult for most people who have all the access to food, but especially for those who don't. This patient was readmitted to the hospital months later for a different condition, however his labs were no longer considered diabetic.