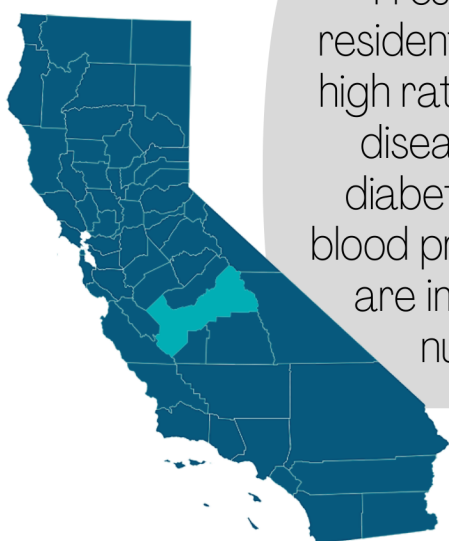




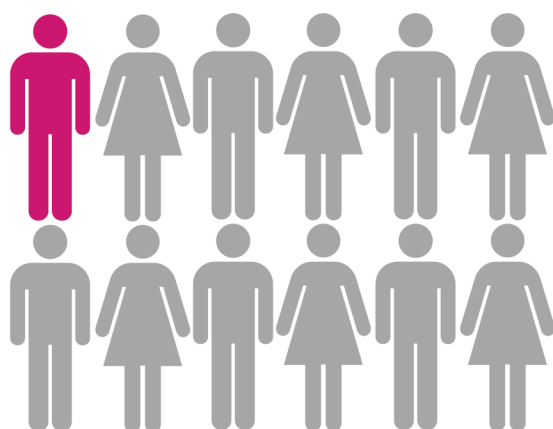
Improving Food Security and Controlling HbA1c Rates in Fresno County



Fresno County residents experience high rates of chronic disease, such as diabetes and high blood pressure, which are impacted by nutrition.

1 in 12

Fresno County residents lack access to nutritious food and are considered food insecure.



Source: Feeding America, 2019

191

CalViva Health members who identify as Black/African America or Hispanic/Latino and living in a food desert (93706) are diagnose with diabetes with a HbA1c above 9%.

Source: Internal Membership Data

Interventions

Partnership with 2 CBOs.
(Fresno Metro Ministry and West Fresno Resource Center)

HbA1c Kits to be delivered to members' homes.

Host *Cooking Matters® session for 50 members.

Culturally tailored recipes.

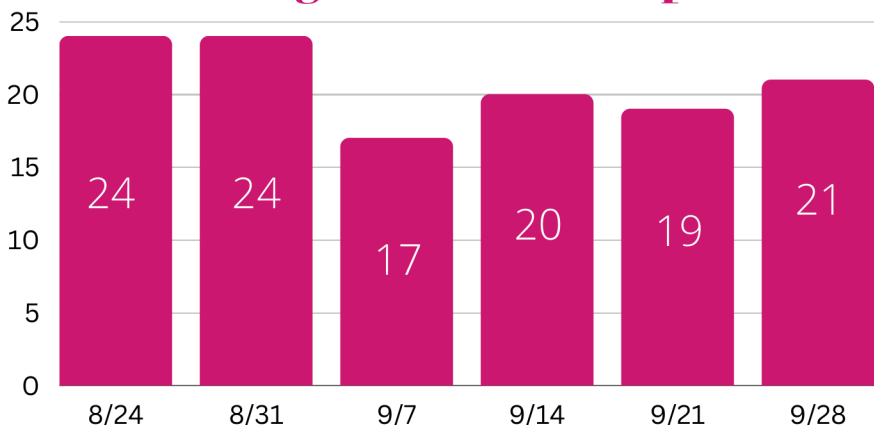
Offer transportation, interpretation, and childcare services.

\$50 gift card for members who complete 4 out of 6 healthy cooking classes.

Provide educational materials and resources for ways to access fresh produce from home.

*Fresno Metro's Cooking Matters partners with local organizations to provide 6 hands-on, cooking-based nutrition education classes to families living on a budget.

Cooking Matters® Participants



Outcomes

21 Members completed 4 or more healthy cooking classes.

95% Members stated they are more confident in managing their diabetes as a result of participating in Cooking Matters.

Results from the 21 members who completed the program.

Challenges

- Time constraint
- Unable to delivered A1c kits to members' home.
- Two different languages, ethnic, and cultural groups in one room.
- Facility was limited to 30 participants.

Next Steps

Call members to complete A1c test with their primary care provider.

CalViva Health is a licensed health plan in California that provides services to Medi-Cal enrollees in Fresno, Kings and Madera counties. CalViva Health contracts with Health Net Community Solutions, Inc. to provide and arrange for network services. *Health Net Community Solutions, Inc. is a subsidiary of Health Net, LLC and Centene Corporation. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.