Do you know the power of nutrition?

FOOD IS MEDICINE.
It’s a concept that MANNA has understood since its founding in 1990. Alongside prescriptions and treatments for illnesses like cancer, renal disease, and diabetes, doctors often prescribe special diets to help patients recover.

The right food during illness can improve health and lead to a higher quality of life. But while medications are prioritized and easy to pick up at a pharmacy, many patients have no way to access their prescribed diet, and are unable to eat the food they need.
INTRODUCING

THE MANNA INSTITUTE

A leader in research initiatives to explore the impact of medical nutrition.

The MANNA Institute explores the impact of nutrition on health for people with serious illnesses. We lead research and evaluation initiatives, educate healthcare practitioners and consumers, and share findings and best practices for improved service delivery and healthcare transformation.

THE VISION

MANNA envisions a healthcare system that recognizes food as medicine by ensuring that all people with a serious illness have access to the nutrition services essential to their recovery and health. The MANNA Institute will strengthen people’s ability to manage their illness and improve their quality of life because of new research, evidence, and education about nutrition’s role in medical treatment.

DIRECT SERVICES
Medically tailored meals
Nutrition counseling by registered dietitians

MANNA INSTITUTE
Research & Evaluation
Education
Dissemination

DATA

Best practices and thought leadership for the field of Food Is Medicine.
WHY THE MANNA INSTITUTE IS NEEDED

For many people facing serious illness, proper nutrition can be lifesaving. It has been shown that a medically appropriate diet can:

- increase the success of medical treatments
- reduce side effects
- substantially improve health and quality of life
- reduce the costs of medical treatment

Limited research has been done, but more is needed to evaluate the impact of medical nutrition on health outcomes. When we know more about how food helps people facing serious illnesses, we can better ensure access to prepared therapeutic meals geared to their specific needs—especially for the vast majority of people who do not have access to medically appropriate nutrition.

It is vital that we use nutrition not only as prevention of serious illness, but also as part of treatment.

Evaluation & Research
- Internal evaluation of client, volunteer, and other stakeholder outcomes and experiences
- Internal research
- External research

Education
- Student training: internships and fellowships
- Health professional lecture series
- Patient and client education

Dissemination
- Presentations: Conferences and Lectures
- White papers
- Scientific literature

OUTCOMES
- High-quality, evidence-based services
- Direct provider and consumer education
- Information sharing and awareness of best practices

OUTPUTS

THOUGHT LEADERSHIP
Improved service delivery and healthcare transformation
Already more than half of adults in the US have at least one chronic health condition, and 40% have two or more conditions.*

When people at nutritional risk due to serious illnesses received medically appropriate meals and nutrition counseling from MANNA, they demonstrated significant positive outcomes, including a 28% reduction in average monthly healthcare costs.**

Medically appropriate meal delivery programs like MANNA result in decreases in monthly healthcare costs, inpatient costs, length of stay, and number of hospital admissions.

** Significant differences in MANNA clients vs. matched control group**

| **$13,000** average monthly healthcare cost savings | **50%** fewer hospitalizations and 37% shorter stays |
| **23%** more discharges to home, rather than subacute care facility | **40%** decrease in hospital admission costs |

After MANNA’s services, clients’ healthcare costs trended lower**

| **$10,000** reduction in average monthly costs | **30%** reduction in average monthly inpatient costs, with a significant drop observed during the first 3 months following the initiation of MANNA services | **28%** reduction of average monthly healthcare costs in the 6 months following initiation of MANNA services |

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The MANNA Institute is a division of MANNA established specifically for this type of research, and our work will substantially improve global understanding of the impact of medical nutrition.

**research & evaluation**

**EVIDENCE**
MANNA authored the first peer-reviewed study evaluating the impact of medically appropriate meals. Our continued research will evaluate when food can and should be a part of treatment, and improve access to medical nutrition.

**IMPROVED, CUSTOMIZED SERVICES**
The Institute will identify best practices by evaluating different program designs and expand upon the 11 diet modifications to serve the needs of specific patient groups. We will help connect more patients to services by developing guidelines for identifying nutritional risk.

**education**

**THE NEXT GENERATION OF LEADERS**
Internships will be offered to further the education of students and professionals in nutrition and health-related fields, as well as support the work of MANNA and the Institute.

**AWARENESS**
Patients with diet-impacted illnesses often leave a doctor’s office with dietary instructions, but too many lack access to medically tailored meals. We’ll work to increase awareness of the available solutions for prescribed diets.

**dissemination**

**SHARED EXPERTISE**
We will share our research to help further the field of Food Is Medicine as well as our own programming, improving the services we have offered for decades.

**EMPOWERMENT**
A key priority for the Institute is outreach to patients and community members about MANNA’s current programs, and to share expertise in medical nutrition for better outcomes.
LEADERSHIP

Sue Daugherty, RD, LDN, Chief Executive Officer at MANNA, is recognized nationally for her role advocating for “Food Is Medicine.” She is co-author of the key study “Examining Health Care Costs Among MANNA Clients and a Comparison Group,” published in the peer-reviewed Journal of Primary Care & Community Health, which evaluated the impact on health outcomes and healthcare costs of providing medically appropriate nutrition. Her years of practice, research and leadership at MANNA have earned her speaking roles at top US health conferences and summits, as well as numerous prestigious awards.

Jule Anne Henstenburg, PhD, RD, LDN, FAND, Director of Evaluation and Research at MANNA, is a registered dietitian and health policy researcher who is passionate about the role of food and nutrition in disease prevention, treatment and management. Prior to joining MANNA, she held positions in teaching and administration within higher education. Her previous clinical work included positions as a Board Certified Specialist in Pediatric Nutrition. Jule Anne is currently State Policy Representative for the Pennsylvania Academy of Nutrition and Dietetics and a Fellow of the Academy of Nutrition and Dietetics.

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PARTNER WITH US

The MANNA Institute seeks and supports research partnerships in the field of Food Is Medicine. Academic institutions, health centers and students interested in joining our research efforts can contact Jule Anne Henstenburg at jhenstenburg@mannapa.org or 215-496-2662, x122.

SUPPORT THE FUTURE OF FOOD IS MEDICINE

Individuals and institutions interested in financially supporting the work of the MANNA Institute can contact Sue Daugherty at sdaugherty@mannapa.org or 215-496-2662, x101.

SIGN UP FOR RESEARCH UPDATES, REPORTS AND NEWS

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