



Welcome from the Executive Director

Welcome to the first edition of Feeding the People's newsletter. Each issue will bring you news about our work and other topics of interest related to diabetes.

As a social worker with over eight years of experience providing in-home therapy for the chronically mentally ill, I have personally witnessed the devastating effects of diabetes on low-income people. Over 1/3 of my clients have Type II diabetes.

Not everyone can afford to eat right. Most people receiving state assistance purchase all of their food at the beginning of the month.

They stock up on the cheapest food they can afford such as white bread, macaroni and cheese, and ramen noodles. These low quality, processed foods have devastating effects on the health of diabetics.

We recently completed a six-week pilot delivering nutritious meals to people with diabetes.

The feedback was very positive. One child's parents say he is excited about eating his meals for the first time and finishes everything on his plate.

Feeding the People will save lives. I want to thank everyone who has supported us so far. We are just beginning a very exciting journey.

Sincerely,

Jennifer Schugam, MSW
Executive Director

Eustache and James LLP and MVLS Support Feeding the People

Eustache and James LLP, The Capital Health Law Group, is providing pro-bono legal services for Feeding the People. The firm specializes in helping health care providers such as physicians, pharmacists, dentists, psychologists, and healthcare sales professionals with all their legal and business concerns.

Feeding the People was connected with Eustache and James by Richard Reitzel Chambers, Director of Community Development and Taxpayer Programs for the Maryland Volunteer Lawyers Service. MVLS is a nonprofit organization that provides free (and in some cases low cost) legal representation to Marylanders

with limited income. MVLS also provides free legal help for community-based nonprofits that are working to strengthen low-income communities in Maryland.

We would like to thank Attorneys Harold J. Eustache, Sr. and Sharon James (Williams); Richard Reitzel Chambers; and MVLS Executive Director Bonnie A. Sullivan for their support.

For more information about Eustache and James LLP visit www.eustachejames.com

For more information about Maryland Volunteer Lawyers Service visit www.mvlslaw.org

THANK YOU FOR YOUR SUPPORT

Thank you to everyone who has supported Feeding the People's annual fund:

- Sue Birch
- Bob Bartlett
- Sheri DePetro
- Eagle Voice Center
- Carolyn Johnson
- Abdul Kargbo
- Ellen Love
- Christine Mitchell
- Henry and Paula Niese
- Lyn K. Ostrov
- Ann Palmer
- Ilysa Peak
- John and Shirley Riffle
- Jennifer and Larry Schugam
- Leonard and Jennifer Schugam
- Martin and Paula Schugam



Research: Diabetic Meal Delivery Improves Glycemic Control

A 2007 study from Japan “provides evidence that intervention with delivery of diabetic meals to patients with type 2 diabetes can be equally effective for achieving glycemic control as individual dietary counseling by a dietitian.”

“Diabetic meal delivery can therefore be used successfully to provide diabetes education to out-patients ... It is hoped that delivery of diabetic meals makes it easier to maintain an appropriate diet at home and also to motivate and empower underserved patients to start self-management and thereby avoid the serious complications of diabetes.”

To read more about the study visit: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2212351/>

Feeding the People provides low-income diabetics with home-delivered meals, nutrition education, and intensive support.

Our mission is to develop and implement a research-based model of nutrition-related in-home care for under-served, low-income diabetics in order to reduce the incidence of diabetes and diabetes related illnesses in Maryland.

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Community Outreach in W. Baltimore Lowers Medicaid Costs

A 2003 report on the impact of community health workers on health care utilization of African-American Medicaid patients with diabetes in West Baltimore found that weekly education and support from health workers was effective in improving quality of life and

lowering Medicaid costs.

Total emergency room visits declined by 40% and the average savings per client was \$2,245 per patient per year.

To read more about the study visit: <http://www.ishib.org/journal/ethn-13-01-22.pdf>

Feeding the People Test Run a Success

In January Feeding the People completed an initial test run of our operations.

We conducted the test run to assess our operational plan, meal quality, and gather some preliminary impact data.

Four participants received seven free meals a week for six weeks. The response was overwhelmingly positive.

The test run was made possible by generous donations from Feeding the People volunteers and supporters.

Meals were prepared and delivered by Jennifer Schugam and Ilysa Peak.

“We took the whole family on a few of our delivery runs,” says Feeding the People Director of Development Larry Schugam.

“I explained to our children how some people have a disease called diabetes and that they cannot afford to buy the food that will keep them healthy.”

“I know that one day they will look back and remember that they were a part of the foundation of this organization.”

The mother of one participant said: “My son’s experience with

Feeding the People has been great. He is so excited about his meals and has really enjoyed them.”

“Being mom and seeing how well his levels have remained and how easy it is for me to prepare his dinner is wonderful.”

Participants also reported that the meals helped stabilize their blood sugar levels.

Soon after the test run ended we received a call from a local clinic that had heard about Feeding the People via word-of-mouth and wanted to send us referrals.

The next step will be a six-month pilot serving 50 low-income diabetics.

The Johns Hopkins Center for a Livable Future is providing us with research technical assistance for the pilot.

We would like to thank everyone who supported and participated in our test run.

