

DFM-C3E-MM

Department of Family Medicine
Community-Centered Clinical Excellence
Monthly Meeting

April 21, 2026

Agenda Format

- Welcome:
  - Introductions and ice breaker: in the chat 3min
- DFM-CEP-MM purpose, group norms and updates
  - Heather, Sheryl, Gil and Taryn: 10 min
- Presentation: ~25-30min
- Q & A: 10-15min
- Group share and check in *(if time allows)*
- Survey link and adjourn

Introductions and Ice Breaker

Introductions

In the chat, please share:

Your name, pronouns, title, organization, and email.

Ice Breaker questions

In the chat, please share:

What is your favorite nutritious meal?

New name and new monthly mtg logo!



Anschutz
School of Medicine

C3E Team



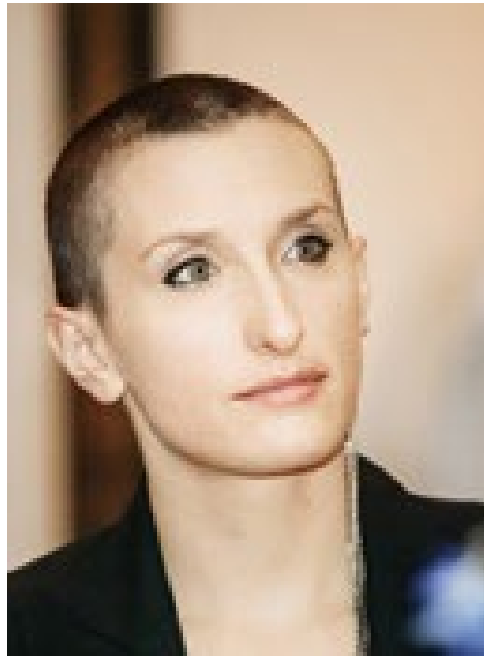
Heather Bleacher, MD
she/her



Sheryl Harrington
she/her



Gilbert Achay
he/him



Taryn Bogdewiecz,
they/them or xe/xem/xyrs

DFM Community Centered Clinical Excellence Program Monthly Meetings (DFM-C3E-MM)

Meeting Purpose:

- To increase awareness of programs and activities being done in community spaces across the state by DFM faculty, physicians, clinicians, staff, researchers, medical residents, and students as well as fellow colleagues across the Campus working in areas of community engagement and activities that promote health access and healthy outcomes.
- To learn and hear from nonprofits, state agencies, community-based organizations *(such as community groups, potential partners, and community residents)* about the resources and support they provide to our Colorado communities.
- To provide opportunities for our family medicine clinics to broaden their awareness of Campus and community-based resources available.
- To create an opportunity to make connections with each other.

DFM-C3E-MM Suggested Group Norms

- Please add your pronouns to your name in zoom meetings.
- Make sure that your microphone is on mute during presentations.
- During the presentation portion of the meeting, put questions into the chat or use the raise hand button.
- Cameras on, whenever possible, especially if we are hosting guests from an outside organization.
- We're glad you have joined us today!

Schedule of upcoming C3E Monthly Meetings:

Date	Presenter	Topic
May 19	• **Tessa Carlson** (she/her) Program Manager, Community Engagement & BOND Mentoring, Office of Access and Engagement (OAE)	OAE's Access and Connection Initiatives: • Community and Campus Connections Meetings ○ Events & opportunities newsletter • Career Exploration & Science Exposure Opportunities • Campus-focused BOND Mentoring Program
June 16	• **Javari McGill,** Customer Assistance Strategy and Performance Consultant XCEL Energy	Xcel **Energy Medical Assistance Programs**

Additional Notes

- **New to this group?** Please add your name, email, and organization to the chat.
- Join our Listserv. Email **DFM.CommunityEngagement@CUanschutz.edu**
- View our upcoming calendar and our past **C3E Monthly Meeting recordings**
- Do you have a suggestion for a future presenter or topic? Add it to our **suggestion box**

Community Events, Opportunities and Resources

- Thurs, 4/23 **Dining Out For Life**: dine at participating restaurants for B/L/D or happy hour, or takeout. 25% will go to Project Angel Heart.

- Sat, April 25th, 10-2pm **30th National Prescription Drug Take Back Day.** Variety of locations will take and dispose of old medications. See Collection(s) Site Search at https://www.dea.gov/takebackday. Note: collection sites are mostly at police departments

- Fri & Sat, May 8 & 9th, Reserve tickets for free entry to Denver Botanic Gardens, during their Spring Plant Sale with thousands of plants for sale.

- May 14th,12-4pm & May 15th, 9-3pm Course($100): ***Grant Writing and Fundraising to support Small & Medium Non-Profits***. Learn more and register here. Questions: Andres.Carrera@montbelloorganizing.org

- May 16-17: 2026 **One Colorado Youth Summit** in Salida, CO. For LGBTQIA+ youth aged 13-23, allies, educators, parents and youth workers. Food provided. Learn more and register.

- **Colorado Human Trafficking Hotline** has new translations of Hotline cards and posters in English, Spanish, Arabic, Dari, Korean, Simplified Chinese, and Vietnamese. Download link.

We appreciate your feedback!

The 2026 **DFM-C3E-MM survey** is now available.

Open the link in the chat so it's ready to complete after the meeting.

It just takes 2 minutes. Thanks!



https://forms.office.com/r/0nvdtnmPtb

Today's Presenters

Anschutz

DFM-C3E-MM

Department of Family Medicine
Community-Centered Clinical Excellence
Monthly Meeting



Project Angel Heart

a meal with heart gives hope



Lilia Chavez,
(she/her), MHA, RDN, CLC
Director of Client Care

Kate is unable to join today.
Kate Johnston (she/her) Chief Program Strategy Officer

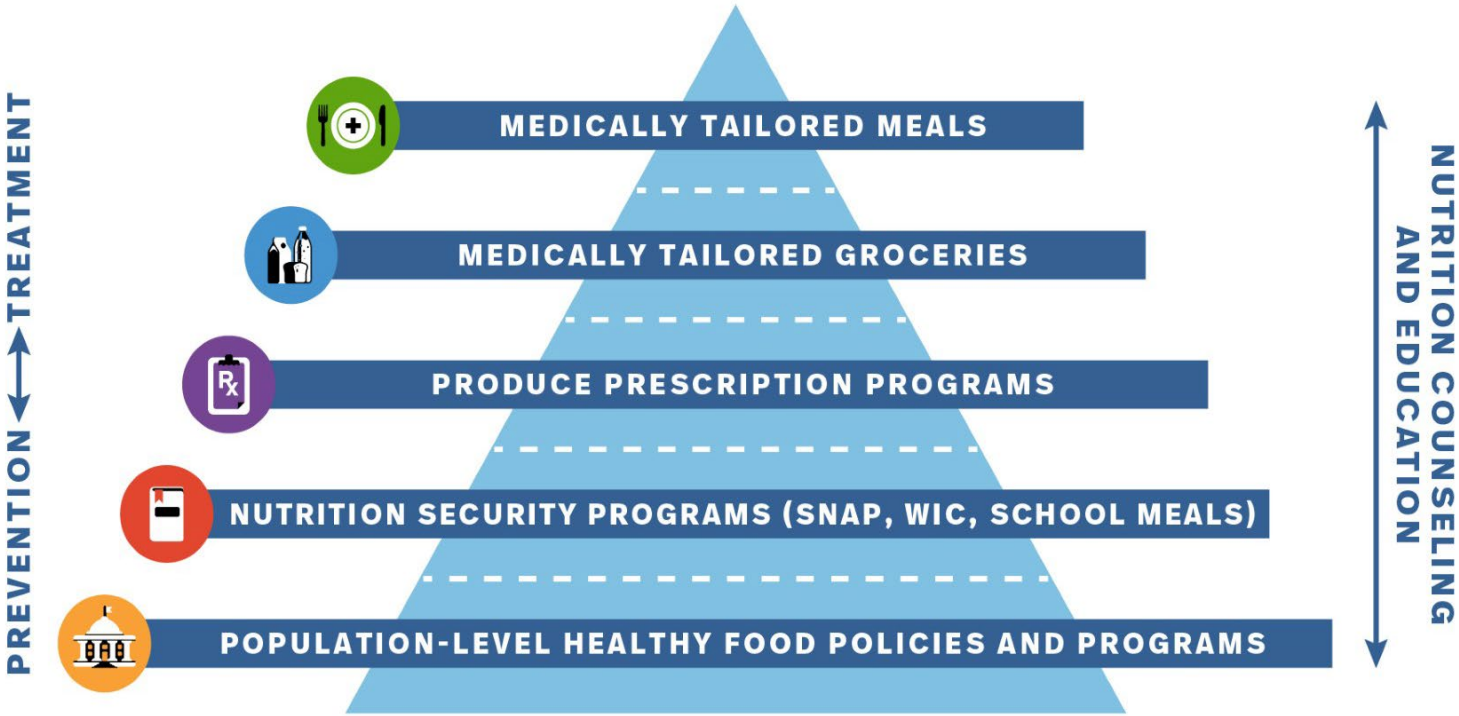
Project Angel Heart

PAH: Medically Tailored Meals for People with Severe Illnesses

Lilia Chavez, MHA, RDN
Director of Client Care
4.21.26

What is Food is Medicine?

- Integration of food and nutrition into healthcare to improve health outcomes
- Shown to decrease hospitalizations and healthcare costs
- Estimated $13.6 billion annual savings if all eligible Americans received medically tailored meals



"We're not trying to medicalize food. We're trying to naturalize healthcare."

Dariush Mozaffarian, MD, DrPH

Our Purpose

Our vision is for all Coloradans living with severe illness to have access to nutritious food that supports their health and well-being. To that end, we compassionately deliver comfort and support through high-quality nutrition services, including medically tailored meals, while also advocating for the principles of “Food is Medicine.”



Delivering Hope and Health

This year, we'll prepare and home-deliver—at no charge—815,000 medically tailored meals to 5,200 Coloradans who are living with cancer, kidney disease, HIV/AIDS, and other severe illnesses.



What We Bring to the Table

Our emphasis on nutrition is what sets us apart from other food delivery programs and is at the heart of food as medicine. Every week, our professional chefs, in collaboration with our registered dietitians, create delicious meals that meet evidence-based guidelines for the illnesses and side effects with which our clients are living. All Project Angel Heart meals contain:

Vegetables

Good source of fiber. Provide vitamins, minerals, and antioxidants that support the cells, organs, and functions of the body.

Protein

Prevents loss of muscle, provides consistent energy throughout the day, and supports bone and tissue health.



Fat

Provides energy, helps the body absorb vitamins, and supports hormone function.

Carbohydrates

Main source of energy for the body, particularly the brain and muscles. Our meals have a moderate amount of carbs and are diabetes-friendly.

What's in a Meal Bag?



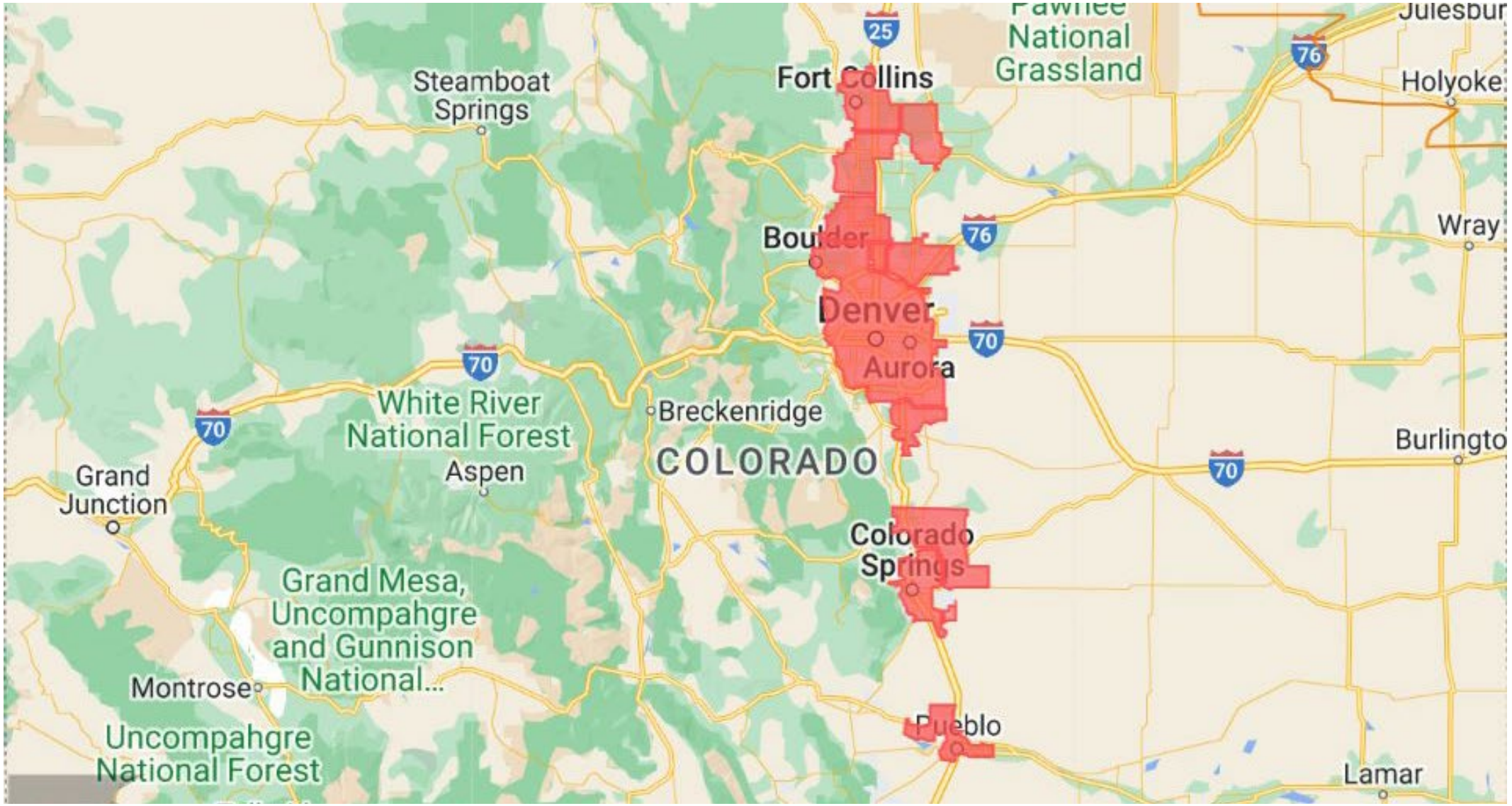
Each Project Angel Heart meal bag contains **seven nutritionally balanced meals**, prepared from scratch and tailored to meet our clients' specific needs.

We include **side items such as bread, fruit, and string cheese** for extra nutrition.

And to feed the soul, we occasionally include a homemade, non-diet-restricted dessert. Chef Summer's chocolate chip cookies, made with love and care, are always a hit!

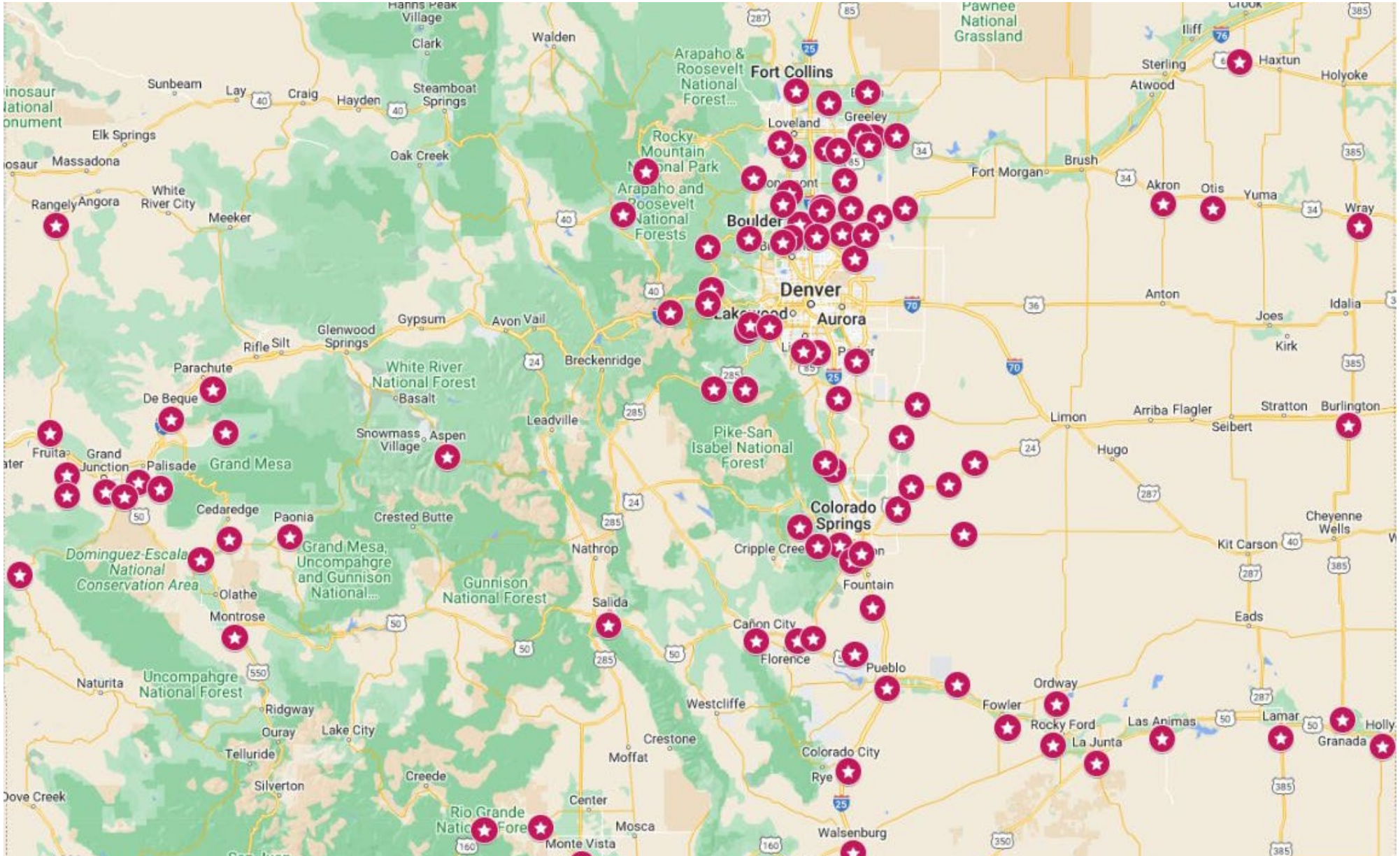
Distribution

Volunteer-led deliveries across Front Range

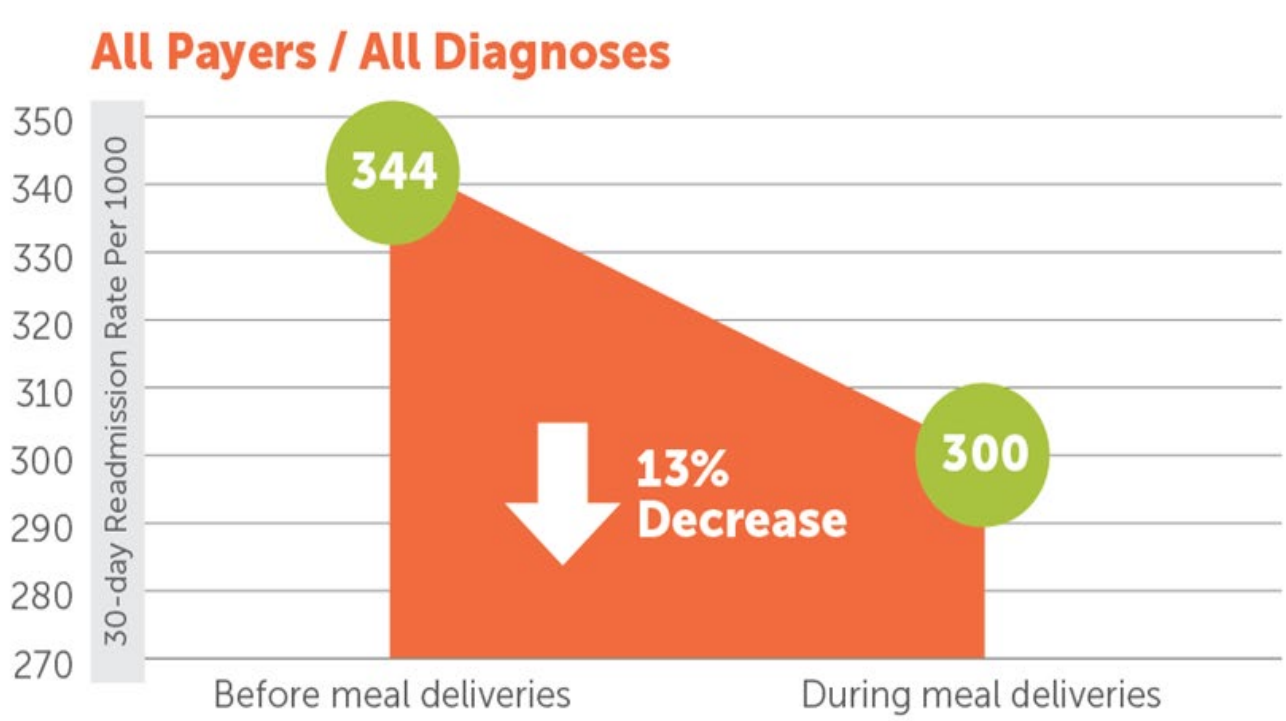


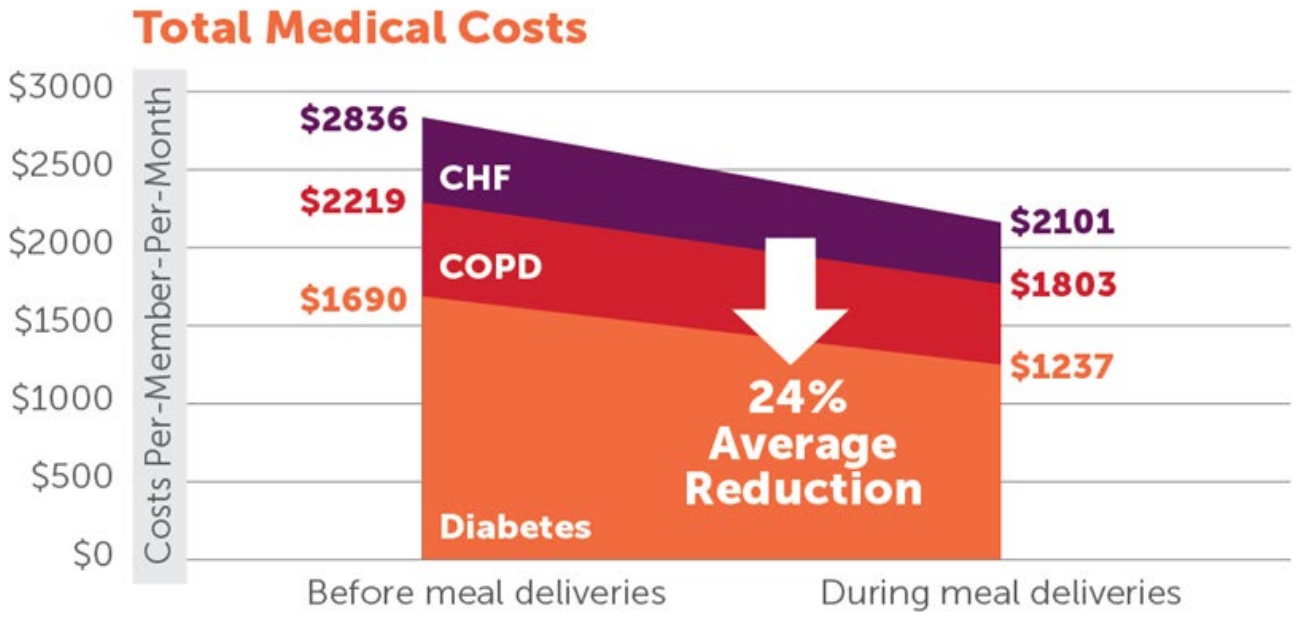
Distribution

Ship state-wide



Impact


All Payers / All Diagnoses
350
340
330
320
310
300
290
280
270
30-day Readmission Rate Per 1000
344
300
13%
Decrease
Before meal deliveries
During meal deliveries


Total Medical Costs
$3000
$2500
$2000
$1500
$1000
$500
$0
Costs Per-Member-Per-Month
$2836
$2219
$1690
CHF
COPD
Diabetes
$2101
$1803
$1237
24%
Average
Reduction
Before meal deliveries
During meal deliveries

Meals that Heal

PAH clients compared to Medicare control group



Inpatient Care

Meal recipients spent

average of 48% less



Outpatient Care

Meal recipients spent

average of 5% less



Pharmacy

Meal recipients spent

average of 33% less

Project Angel Heart

Food is Medicine Policies and Initiatives

1115 Waiver

- Colorado received approval to provide housing and nutrition support for specific populations.
- Implementation has been pushed to 2027
- When implemented additional nutrition services made available to certain populations of Medicaid recipients ~10,000 people in state of CO

Rural health transformation program

Key aspects of the Rural Health Transformation Program:

Funding & Duration:
Colorado will receive just over $200 million in RHTP grant funds for the first year of the 5-year program

Goals: The program aims to improve health outcomes, enhance sustainability of rural providers, bolster the workforce, and foster innovative care models.

Eligible Activities: Funds support prevention, technological advancements, and new care delivery models to address root causes of health disparities.

Colorado did include Food is Medicine in proposal. More to come!

Food is Medicine Impact Fund

- The Rockefeller Foundation announced funding for State Officer Program that will support up to ten U.S states
- PAH along with other organizations submitted a Letter of Interest with the hopes to be invited to apply
- Officer will work out of CDPHE

Food is Medicine Coalition

The Food is Medicine Coalition (FIMC) is a national coalition of nonprofit organizations

- Advance access to these life-saving interventions through policy change, research and evaluation, and best practices..
- Offers a community of learning for existing practitioners
- Equips new organizations to launch medically tailored meal programs.

FOOD IS MEDICINE™ COALITION

Volunteers Make It Possible









DINING OUT FOR LIFE



April 23, 2026

Join us for a day of delectable dining and giving back. Dine out with one of our restaurant partners for breakfast, lunch, happy hour, or dinner and they donate 25% of your bill to help provide medically tailored meals with severe illnesses.





Find participating restaurants at:
DiningOutforLifeCO.org

Scan here for participating restaurants

Refer to Our Program

www.projectangelheart.org

Client Services Team at Project Angel Heart
303-830-0202 option 1

Step 1

For NEW Clients – Complete and submit a **New Client Application form** securely online or download an application.

Online Application Form

Download Application Form

For EXISTING Clients Recertifying or Resuming Services – Complete and submit a Health Status Update form securely online or download the form.

Online Update Form

Download Update Form

Step 2

If you are *not* using the secure online application form, return the completed application using one of these methods:

- Send an encrypted email to refer@projectangelheart.org
- Fax to our confidential line at **303.865.7002**



Step 3

If you wish to check the status of the application or verify the application was received, reach out to our client services team at refer@projectangelheart.org.

Thank You

Project Angel Heart

Q & A

Feel free to:

- come off mute to ask your questions,
- put your questions into the chat,
- or use the raise hand button.

Survey Reminder

https://forms.office.com/r/0nvdtnmPtb

Group Share and Check In

- **Do you have an event or community activity that you want to share with the group?** Raise your hand or come off mute.

- Don’t forget to email event details to DFM.CommunityEngagement@CUanschutz.edu by the end of the day so we can share it in our follow-up email.

Thank you for coming. Our contact info:

DFM's Community Engagement Program: DFM.CommunityEngagement@CUanschutz.edu

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