



Revive & Thrive Project
Nourishing the community, one meal at a time.

Client Impact Report

2023



About Revive & Thrive Project



Mission: We provide nourishing meals to those facing a health crisis while empowering the next generation.

Vision: Optimal health outcomes through equitable access to nutritious foods, nutrition information and a caring, connected community.



Since 2015, Revive & Thrive Project has served over 70,000 nutritious, home-delivered meals to individuals and families facing medical crises in greater Grand Rapids, Michigan. Meals are provided with a focus on improving health outcomes, relieving stress on families, reducing healthcare costs, and creating a community of vital support.

Revive & Thrive Project
1815 Hall Street SE
East Grand Rapids, MI 49506

www.reviveandthriveproject.org

*Kent County
Senior Millage*



Funding provided in part by
Kent County Senior Millage.
www.aaawm.org/kcsm

2023 Client Impact at a Glance

17,765

healthy meals served

272

people served



58%
increase
from 2022



27%
increase
from 2022

1,743

home deliveries
completed



16

average weeks of meal
service per client household



48

weeks of meal service

> 90%

scores on all quality of life
indicators after 12 weeks of
meal service

6 more weeks
than in 2022



What We Serve – Our Food Philosophy

Revive & Thrive Project provides medically supportive meals - healthy, fresh, locally-sourced meals that meet the nutritional needs of individuals living with chronic and acute illnesses such as cancer, congestive heart failure, organ transplant, and Diabetes. Our whole-food, nutritious meals are 85% vegetarian and align with the DASH and Mediterranean diets.

Main components of Revive & Thrive meals include:

- **Lean and plant-based proteins:** one-quarter of our meals contain chicken or turkey, while the majority highlight beans, nuts, and legumes
- **Fresh vegetables:** a wide variety of fresh, colorful vegetables are the centerpiece of Revive & Thrive meals, sourced locally and organically whenever possible
- **Whole grains:** We round out our meals with complex carbohydrates including quinoa, rice, and pasta.

Revive & Thrive meals do not include:

- Red meat
- Saturated fats
- Refined sugars
- Pre-processed ingredients

Medically supportive meals are a key factor to reduce diet-related diseases and health disparities among those facing life-altering illnesses.

We are dedicated to strengthening the health of people, communities and the planet through exceptional patient care, educating the community about healthy eating, and supporting a sustainable food system.

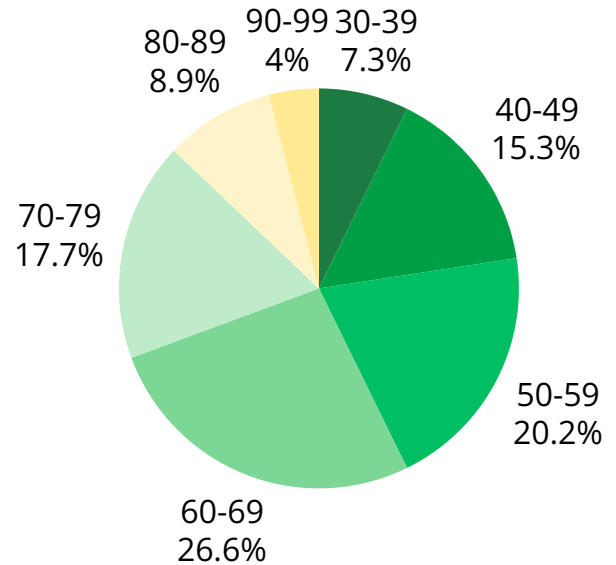


Client Demographics

Client demographics were collected on referral and enrollment forms at the time of program enrollment. Information is self-reported by the client or caregivers, except for information provided by community or healthcare professionals making the referral.

Age

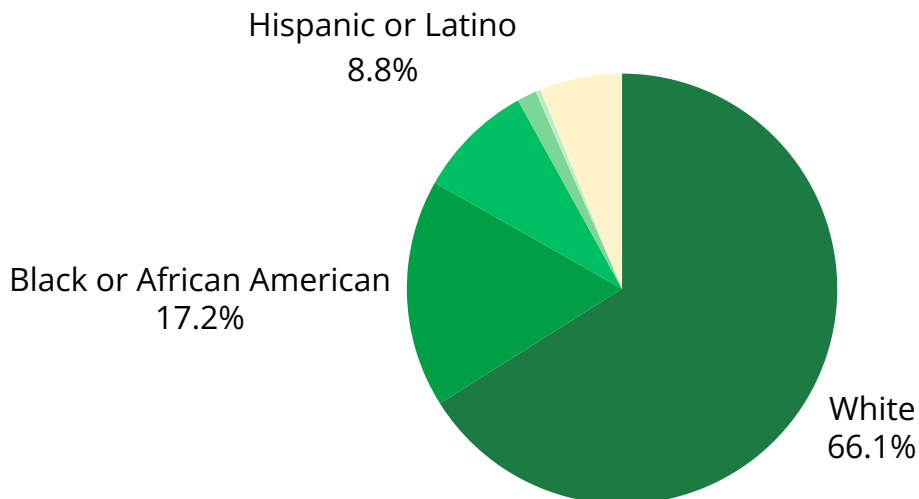
Client ages in 2023 ranged from 33 to 96 years at the time of referral. The average age of all clients served was 52 years.



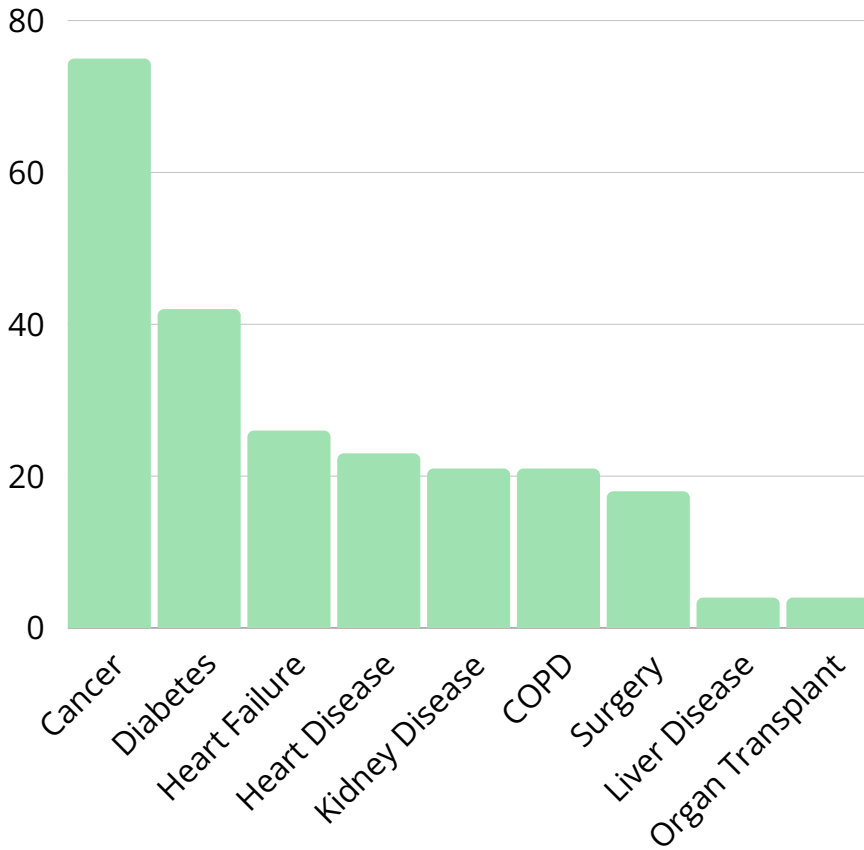
70% of Revive & Thrive clients served in 2023 self-reported their gender as female. This aligns with Revive & Thrive Project's history serving breast cancer patients, who still comprise a high percentage of our client population.

Race/Ethnicity

Clients self-reported their race and ethnicity, with 6% of clients choosing not to report. The racial makeup of our clients is broadly reflective of demographics in greater Grand Rapids.



Client Diagnosis



Diagnosis

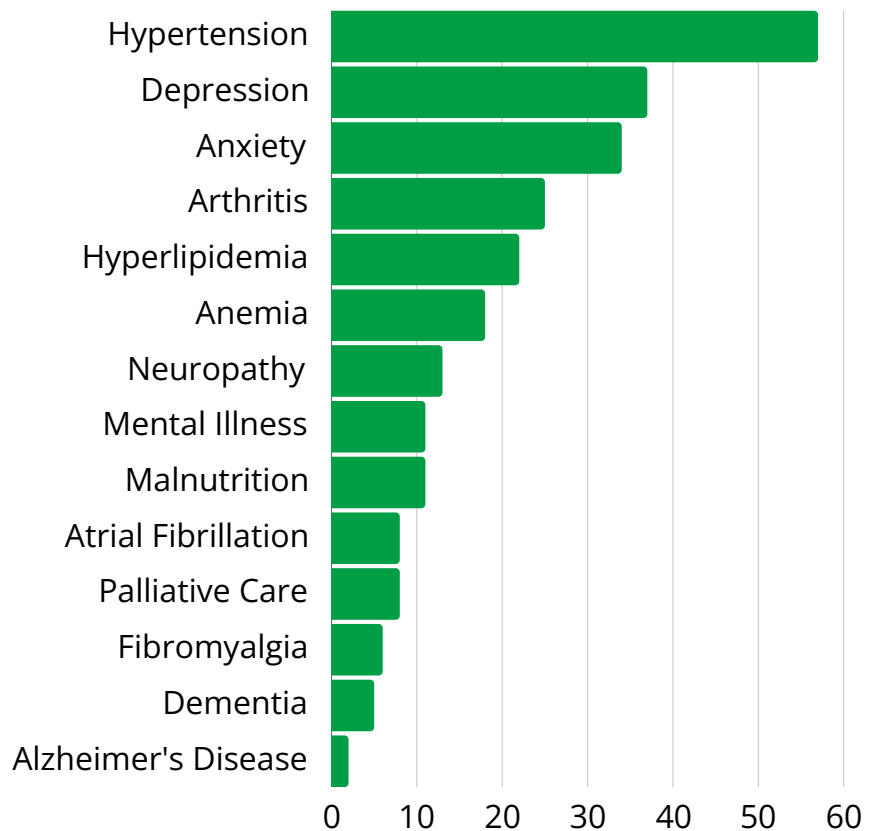
In 2023, Revive & Thrive had 9 eligible diagnoses for clients to qualify for meal service. Overall, 53% of our clients had cancer as their primary diagnosis, while 47% had one or more chronic diseases. Diabetes was the most frequent chronic disease, followed by heart failure.

There is significant overlap of diagnoses among our clients, with 40% of meal recipients experiencing at least two qualifying diagnoses, and 13% experiencing three or more.

Attendant Health Factors

In 2023, 65% of clients reported at least one attendant health factor. Nearly half of clients exhibited at least two health factors, with 6% exhibiting five or more conditions. These health factors can heighten the risk of complications for clients and are addressed in nutrition education.

The most common health factor was hypertension, with 40% of clients reporting high blood pressure. 26% of clients reported a diagnosis of depression.



Revive & Thrive Project Client Spotlight: Yvonne

Yvonne's cancer diagnosis provided an answer for the debilitating pain and weakness in her arms, legs, and back - though not an easy answer. With an intensive treatment plan including chemotherapy and a bone marrow transplant, Yvonne turned to Revive & Thrive for nourishing meal support. "Because of Revive & Thrive, I know I have something to eat daily. And the food is great! Some of the combinations of vegetables, I would never have thought to put together - like broccoli and sweet potatoes."

Yvonne shared that our meals helped her to eat more vegetables, and to feel supported by her community. Having a weekly delivery of meals from a smiling, caring delivery driver volunteer made a huge difference in her outlook during treatment and recovery. She shared, "The delivery drivers are friendly, warm, and a source of encouragement. This is a great service."



Meeting Basic Needs

Revive & Thrive Project clients self-reported the impact of their illness on meeting their basic needs. Following 12 weeks of medically supportive meals, 13% fewer clients reported that they had severe difficulty meeting their basic needs.

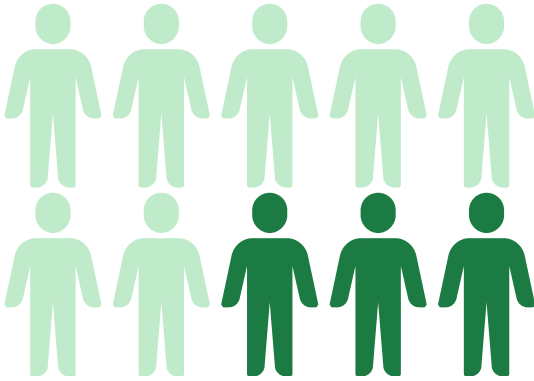
While many clients still face daily challenges due to their medical crises, Revive & Thrive meal service relieves stress and improves feelings of well-being. Our home-delivered meals provide vital nutrition for our clients, allowing them to focus on recovery.

94%

of clients reported that Revive & Thrive meal service helped them feel better physically.

Client Health Outcomes

Revive & Thrive Project clients self-reported their health information at the time of intake, as well as 12 weeks after beginning to receive meal service, with 35 total respondents. While client health ratings are extremely subjective, especially given the diversity of diagnoses and prognoses facing our clients, Revive & Thrive focuses on supporting each client to attain their health goals and improve their quality of life.

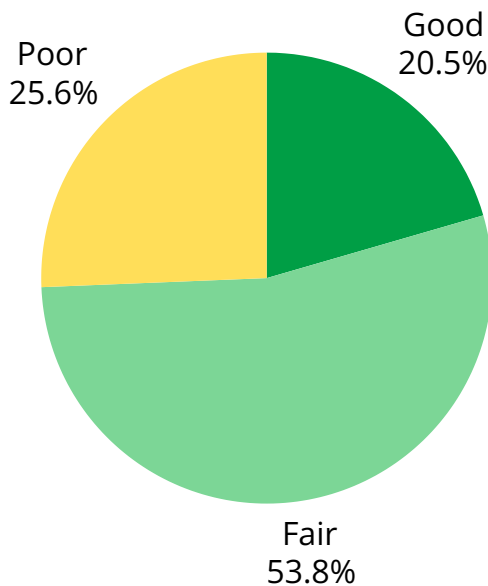


Treatment Side Effects

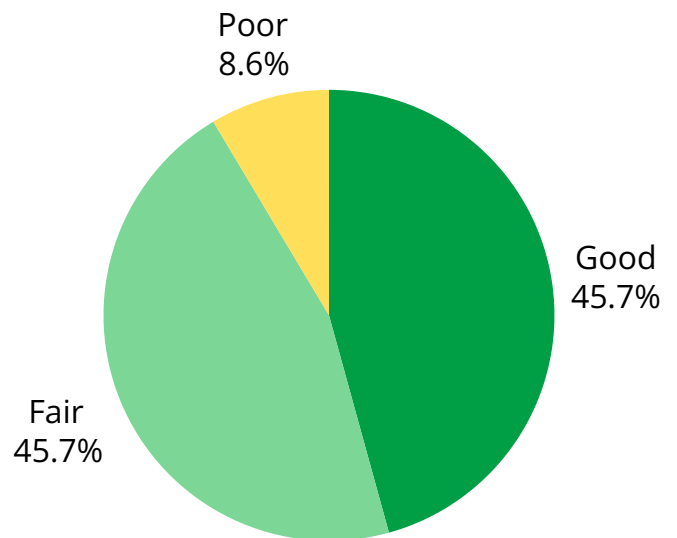
At the time of intake, 68% of clients indicated that exhaustion and/or side effects from treatment created a barrier to accessing healthy food.

Self-Reported Health Rating

Before Meal Service



After 12 Weeks of Meals



Revive & Thrive Project clients served in 2023 demonstrated a significant increase in self-reported health ratings after at least 12 weeks of receiving medically supportive, home-delivered meals. The proportion of clients rating their health as poor dropped by 2/3 after 12 weeks, while the proportion of clients rating their health as good nearly doubled.

Revive & Thrive Project Client Spotlight: Philip & Renee

Philip's cancer diagnosis early last year was devastating, especially since he was already the primary caregiver for his spouse Renee, who has MS and other chronic conditions. Philip and Renee turned to Revive & Thrive for support during his radiation treatments, as it became incredibly difficult for him to shop for groceries and cook meals while also caring for his wife.

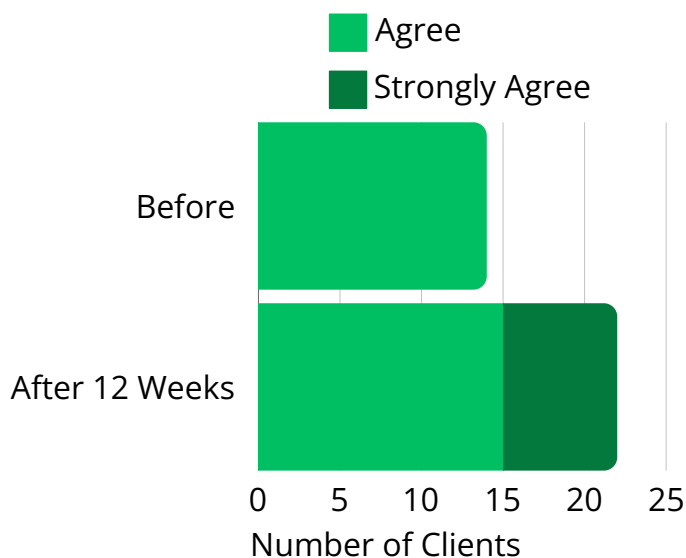
Having healthy meals delivered to their door every week allowed Philip and Renee to focus on their health and enjoying time together, in addition to introducing them to new healthy ingredients. He shared, "How blessed we are to have all of you in our community! Thank you for so many delicious dinners, salads, and soups. I never thought I could enjoy beans or kale - thank you for expanding my food horizons!"



100% of Revive & Thrive clients said that our meal service reduces stress related to grocery shopping and cooking.

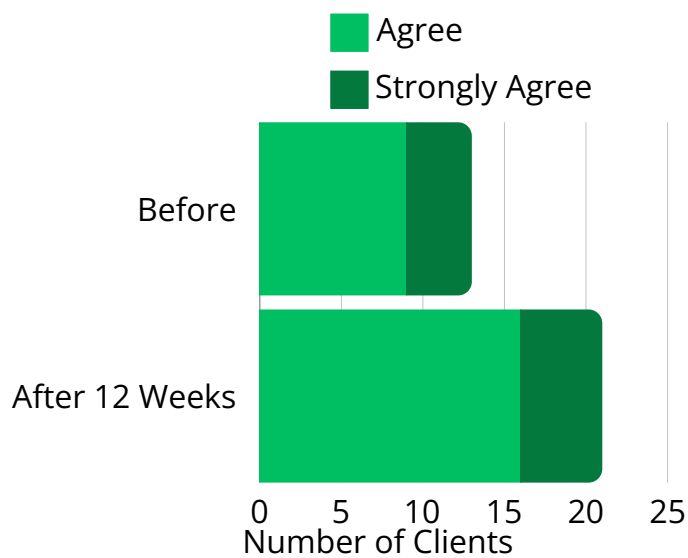
Ability to shop for groceries.

Average 11% increase in self-reported scores.



Ability to cook a healthy meal.

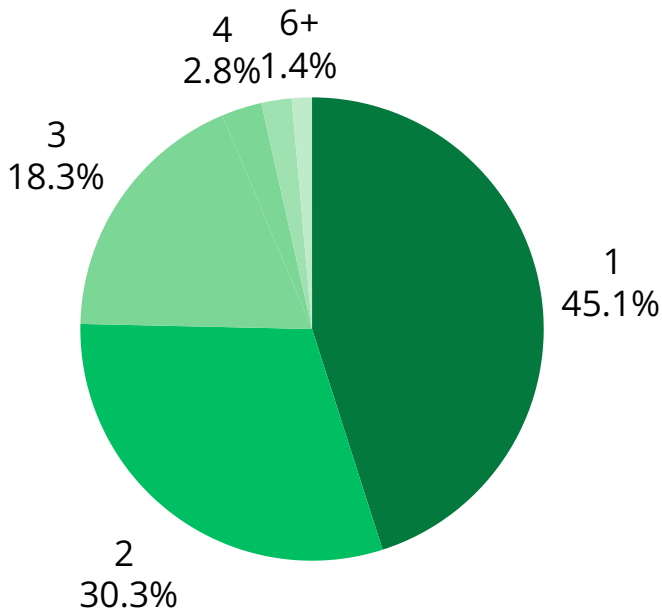
Average 9% increase in self-reported scores.



Household Factors

Revive & Thrive Project served 272 people in 2023. Of those served, 130 (48%) were members of the client's support system or family and 142 (52%) were individuals in medical crisis. Household size ranged from 1 to 7 people, with a majority being one to two-person households.

Household Size



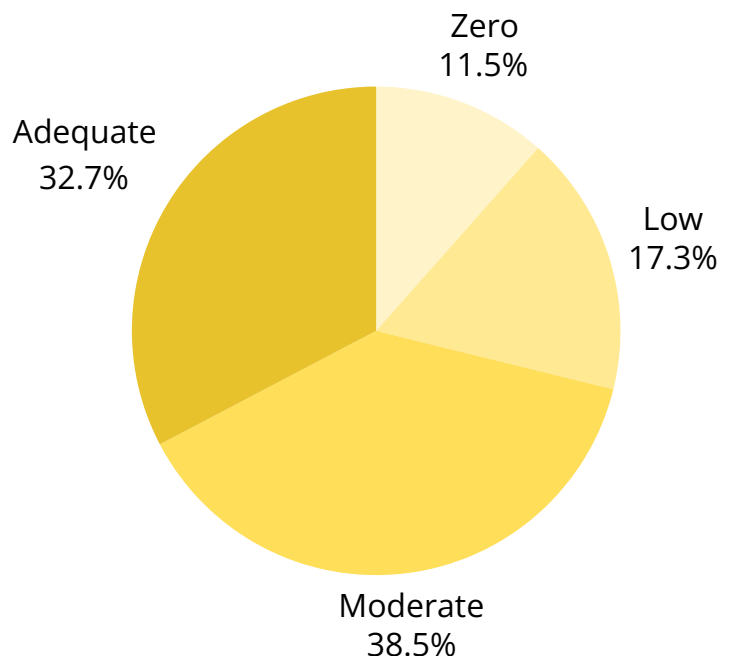
Healthy, low-cost meals for both client and family members provide vital nutrition and reduce stress on the entire family when factors affecting healthy eating such as financial pressure, lack of transportation, and lack of nutrition knowledge are felt most acutely.

11% of people in households receiving meals from Revive & Thrive were children under 18, while 40% were seniors over 60. Many of our clients act as caregivers for children, spouses, or parents while going through a medical crisis themselves, making meal deliveries for the whole family even more valuable.

Level of Family Support

55% of clients indicated that lack of support from family or caregivers created a barrier to healthy eating.

At the time of intake, 54% of clients said that they are not always able to grocery shop or cook for themselves.



Revive & Thrive Project Client Spotlight: Rachael



Rachael felt that her health was out of control. She had spent the last decade of her life battling heart failure, Diabetes, and kidney disease. A new diagnosis of breast cancer left her feeling hopeless and alone.

Revive & Thrive provided healthy meals for Rachael throughout her cancer treatment journey, delivering the nutrition she so desperately needed along with recipes and resources to support her long-term health goals and combat chronic disease.

Even more than the food, though, what mattered to Rachael was knowing that people cared for her. She shared, "The drivers have always been so friendly." Knowing that the meals were prepared by young people learning about culinary skills also helped Rachael feel motivated to eat during chemotherapy: "I think it's wonderful to have volunteer programs for teens who can learn a rewarding life skill and get the good feeling that comes with volunteering."



Revive & Thrive Project clients receive a weekly home delivery of meals, brought to them by a friendly volunteer. As much as possible, we build consistency with our delivery routes so that our delivery driver volunteers and clients can build relationships. We hear often from clients that their delivery driver is one of the only caring people they see every week. Providing home delivery, along with regular encouragement cards, promotes our clients' social interaction and helps them feel less alone.

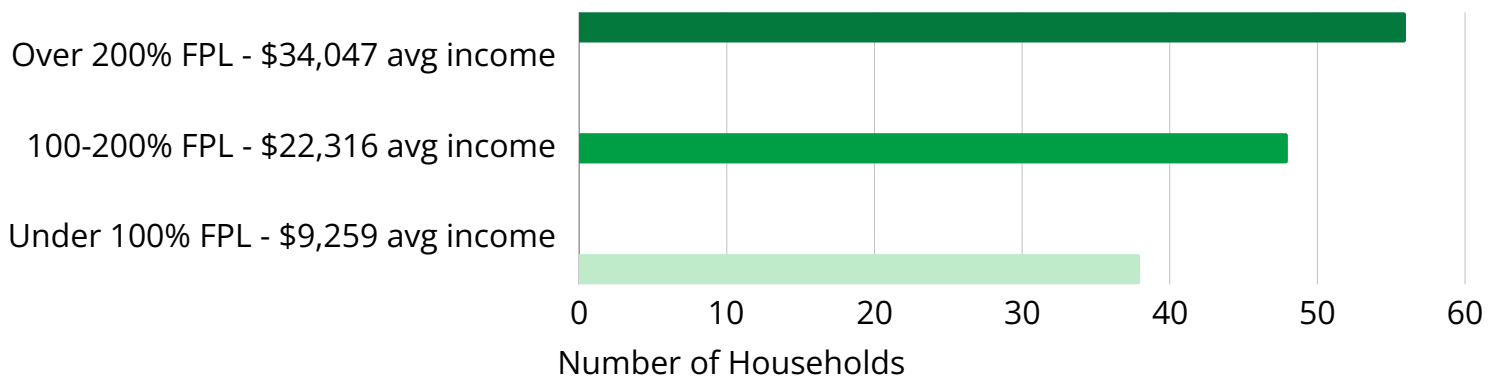
94%

of Revive & Thrive clients said that our meal service helps them feel cared for and less alone.

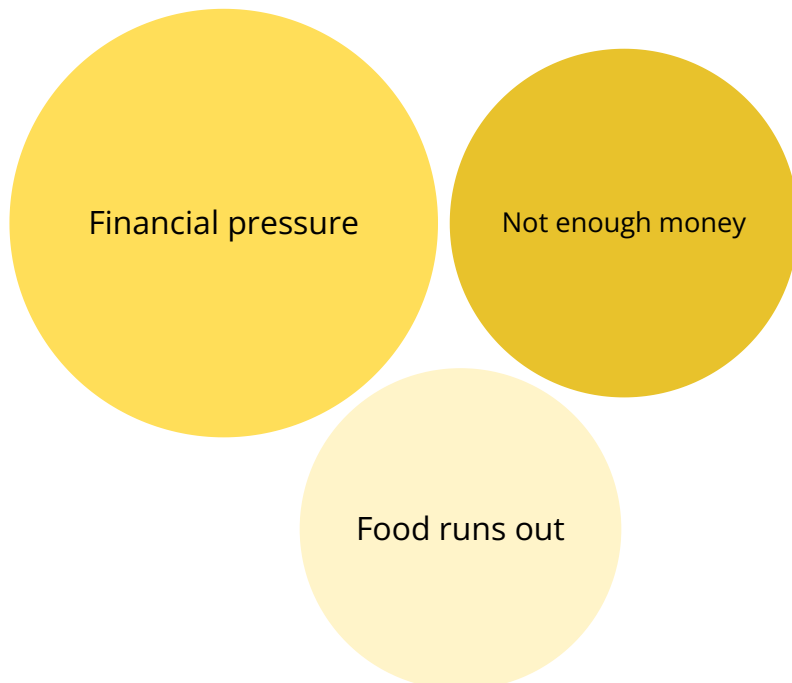
Client Income

Finances can create a considerable factor in a client's ability to access healthy food. For those facing financial pressure as a result of treatment costs or insurance premiums, purchasing healthy food often feels out of reach. Revive & Thrive provides meals at no cost to our clients to ensure that those facing medical crises can access nutrition when it is needed most.

Household Income Compared to Federal Poverty Level (FPL)



The average household income among all clients in 2023 was \$23,448.



Income & Food Security

At intake, 50% of clients indicated that financial pressure created a barrier to healthy eating.

33% said that they do not have enough money to buy the food they need.

28% said that their food runs out before they have the money to buy more.

Revive & Thrive Project Client Spotlight: Alan

Alan was referred to Revive & Thrive for home-delivered meal service by a free clinic where he receives care. Alan lives in a boarding house and has very limited access to transportation for groceries. As he has very little income, just paying for bus fare to get to the grocery store was often a strain, not to mention purchasing fresh, healthy foods.

Alan turned to Revive & Thrive as his Diabetes, high blood pressure, and high cholesterol were becoming increasingly difficult to manage with his current diet. He shared, "I would have cereal for breakfast and either a bologna or PB&J sandwich for dinner. That's all I was eating."

Revive & Thrive provides fresh, nourishing meals for Alan that not only support his health outcomes, but expose him to simple, cost-effective ingredients and cooking methods for preparing healthy food. He shared, "I am delighted over the help I am receiving. In the past I didn't have enough fruits and vegetables in my diet, but now I am getting more. I particularly love your salads with vegetables."



97%
of clients reported that
Revive & Thrive meal
service helped them
save money.

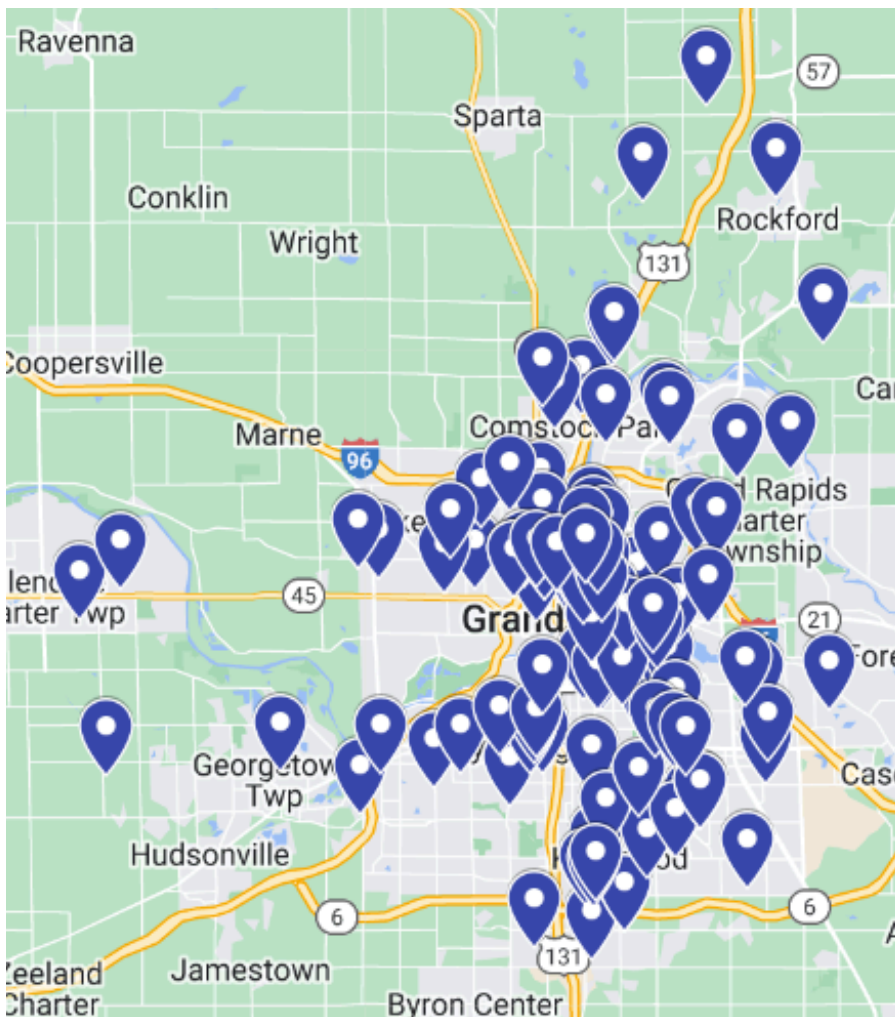
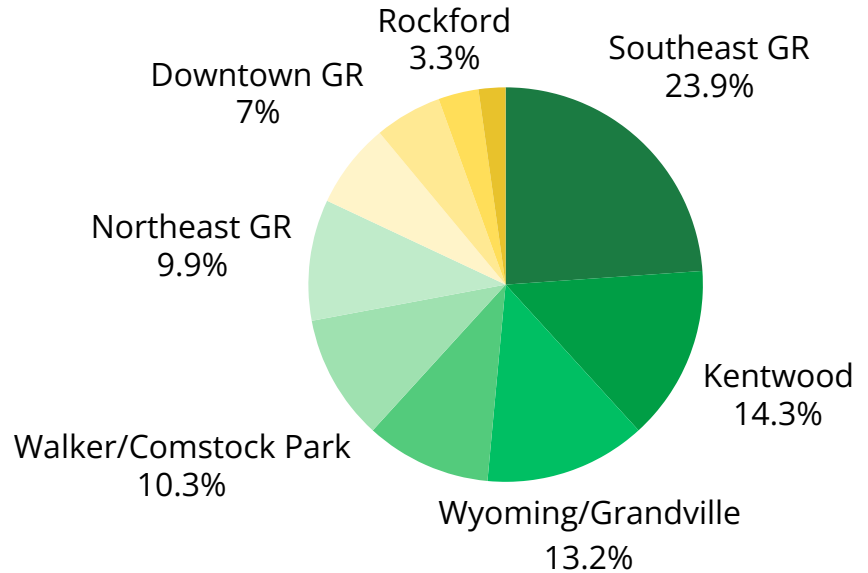
In addition to the home delivery of 4 entrees, soup, salad, yogurt parfait, and a refined sugar-free dessert, Revive & Thrive Project provides nutrition and community resources that Alan has found very helpful. Knowing what to eat to manage his Diabetes, along with knowing where to access healthy food at low or no cost, helps him make long-term plans to continue enjoying fresh, nourishing food. He shared, "Thank you for helping me! The food that you send every week is wonderful. I am learning all about healthy eating."

Client Location

The majority of Revive & Thrive clients served in 2023 lived in the southern portion of the Grand Rapids metropolitan area, including southeast Grand Rapids, Kentwood, Wyoming, and Grandville. Revive & Thrive Project's location in Grace Episcopal Church in East Grand Rapids has made serving clients in this area much more efficient.

Delivery Locations

Revive & Thrive provided meal deliveries to clients throughout the City of Grand Rapids, Kentwood, Walker, Comstock Park, Wyoming, and Grandville.

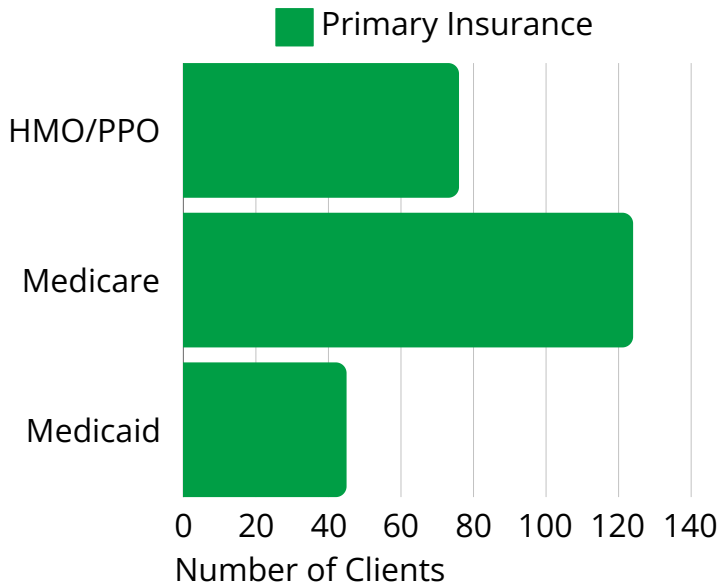


Map of Client Homes

While the majority of Revive & Thrive clients lived in our delivery area, we also provided meals for several clients living in Rockford, Howard City, Lakeview, Middleville, Lowell, Allendale, and Byron Center. Clients living outside of the delivery area were able to pick up meals at our kitchen or meet a driver at a designated location between their home and our kitchen. Some clients from rural areas also participated in meal service while staying at a hotel in downtown Grand Rapids to receive daily cancer treatment.

Resource Access

Access to transportation, community resources, and healthcare are major social determinants of health that impact clients receiving Revive & Thrive Project meals. Clients served in 2023 self-reported their transportation, mobility, and resource access at the point of intake. Revive & Thrive provides information on community resources to clients every week, including options for those with limited transportation.



Health Insurance

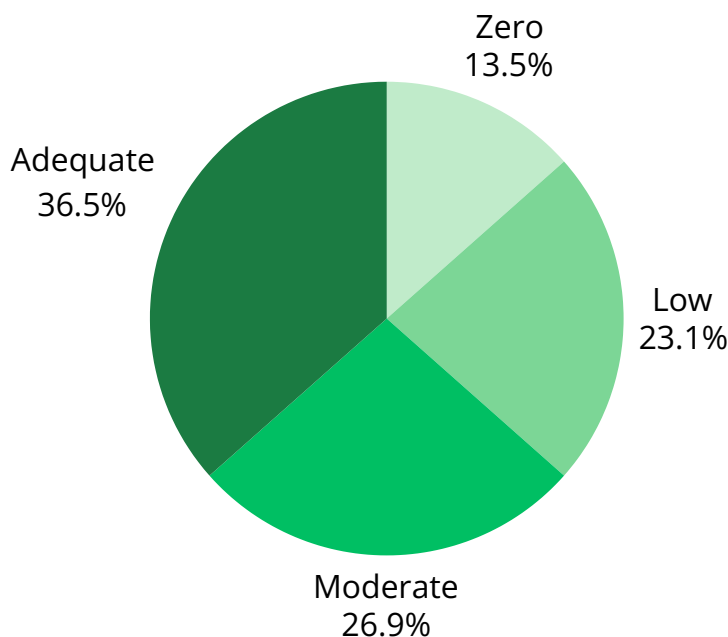
The majority of clients served in 2023 were enrolled in Medicare.

25% of clients were dual-enrolled in Medicare and Medicaid.

30% of clients had Medicaid as a secondary insurance to their HMO/PPO.

Transportation

1 in 3 clients indicated that lack of transportation or being homebound prevented them from accessing healthy food.



Community Services

64% of Revive & Thrive clients stated at the time of intake that they did not have adequate access to community resources, with nearly 1 in 7 clients stating that they had zero access to community resources.

For example, at the time of intake only 13% of clients were participating in SNAP benefits, and only 11% were using a local food pantry.

Revive & Thrive Project Client Spotlight: Olga



Olga loves animals so much that she could never imagine eating one. Unfortunately, being a vegetarian severely limited her diet. "Black beans covered in ketchup from the food pantry - that's mostly what I was eating." Olga wanted to eat more lean protein and vegetables, but severe pain and difficulty walking prevented her from shopping and cooking. She was very concerned that her congestive heart failure was worsening, but could not find enough low-sodium, ready-to-eat options that she could eat.



Thanks to Revive & Thrive Project, Olga now has the vegetarian options packed with vegetables and plant-based protein that she so desperately needs. "My meals are all very delicious! Thank you all for all the work you put into preparing them for me!"

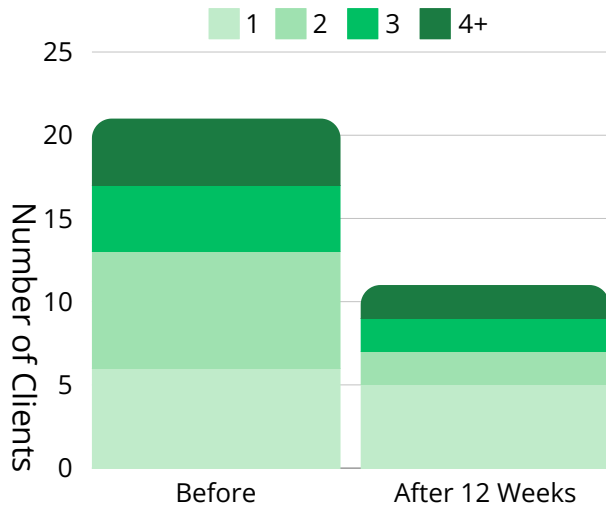
Revive & Thrive meals contain hundreds of pounds of fresh produce each week! For many of our clients, receiving our healthy meal service is the first time they have had fresh, whole foods in their refrigerator - prepared in an appetizing way that makes them actually want to eat fruits and vegetables! We use a wide variety of nutrient-packed vegetables to prepare delicious, nourishing meals.

32%
of clients reported that before receiving our meals, they were not eating fruits and vegetables every day.

Emergency Room Visits

Revive & Thrive Project clients self-reported their emergency department visits at the time of intake and after receiving at least 12 weeks of meal service, with 35 clients responding to both surveys. There was an average decrease of .6 emergency room visits per client after receiving at least 12 weeks of meals.

ED Visits in the Last 90 Days



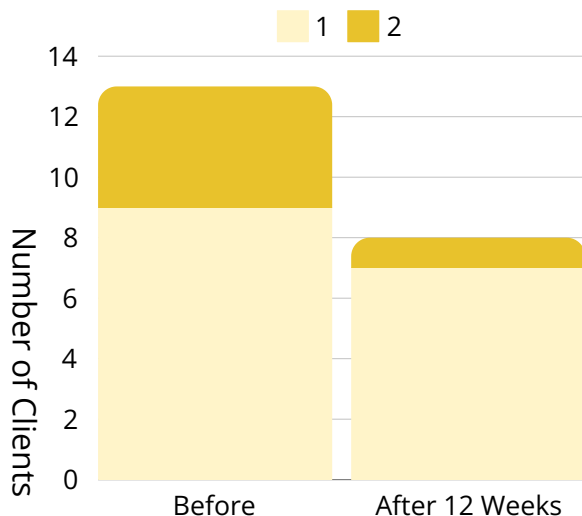
Clients with No ED Visits in the Last 90 Days



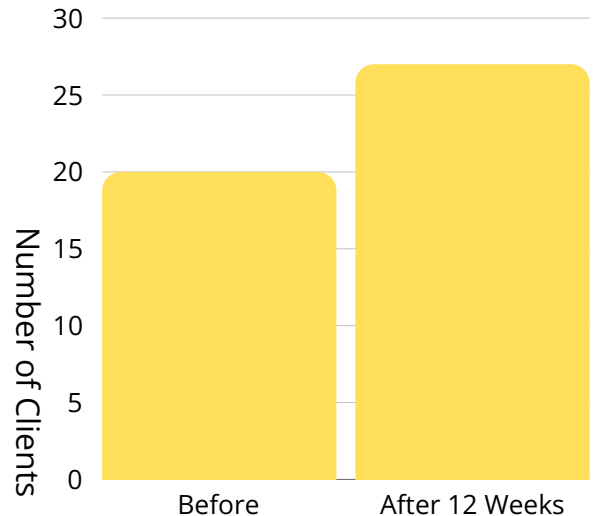
Hospital Admissions

Client reported an average decrease of .4 admissions per client after receiving at least 12 weeks of meal service. The number of clients who were not hospitalized also increased, with 84% reporting no hospitalizations after receiving meals.

Hospital Admissions in the Last 90 Days



Clients with No Admissions in the Last 90 Days



Revive & Thrive Project Client Spotlight: Nancy



When Nancy was referred to Revive & Thrive by a community health worker in the hospital, she was there for her 6th emergency room visit in 90 days. With uncontrolled Diabetes, she reported that her blood sugar was frequently in the 600s and 700s, causing frequent trips to the hospital and putting her at risk of serious complications.

Nancy was skeptical of eating mostly vegetarian food at first, but with no family in town to support her, she decided that she would try all the food Revive & Thrive delivered. And as it turns out, she enjoyed everything from avocados to zucchini!

Nutrition can have a demonstrable impact on stabilizing health for patients who have a history of hospital readmissions or frequent visits to emergency departments. Nancy is living proof of the impact healthy eating can have on stabilizing health and improving quality of life.



After receiving Revive & Thrive meals for 24 weeks, Nancy reported that she was no longer making frequent visits to the emergency room - in fact, she had not gone at all in the last 3 months. Her blood sugars were in the high 100s, and her doctors were very impressed by her progress. Nancy shared, "Everything is wonderful!"

10%

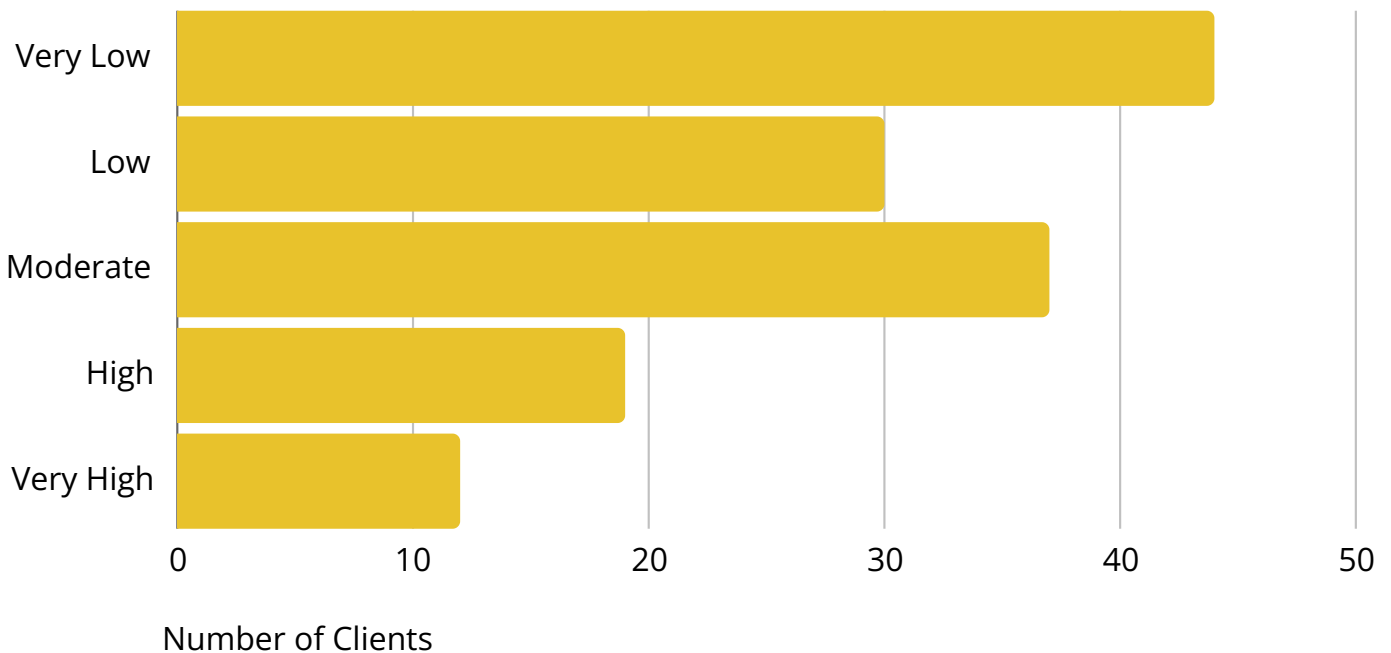
average increase in
quality of life scores
after 12 weeks of meal
service

Nutrition Risk

Revive & Thrive Project clients completed nutrition risk surveys in 2023 at the point of intake. Any score above “very low” is considered an elevated risk of malnutrition. 69% of clients served in 2023 had an elevated nutrition risk, with 21% reporting a high or very high nutrition risk. Surveys included indicators listed below relating to consumption of food, along with food access factors.

Overall, the high proportion of clients with elevated nutrition risk indicates that Revive & Thrive meal service is crucial to meeting the health and nutrition needs of our clients as they face medical crises.

Pre-Service Nutrition Risk Scores



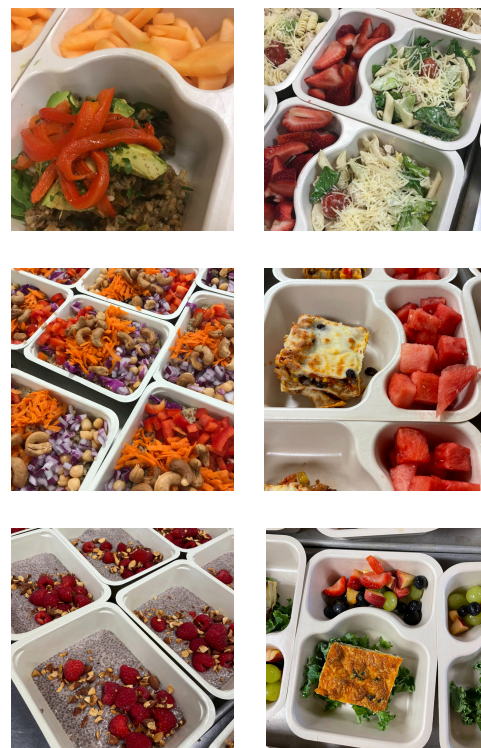
Pre-Service Nutrition Risk Survey Results

- 49%** My food intake has declined over the past 3 months.
- 40%** Without wanting to, I have lost 10 or more pounds in the last 6 months.
- 30%** I eat fewer than 2 meals per day.
- 20%** I am experiencing malnourishment or uncontrollable weight loss due to treatment or symptoms.

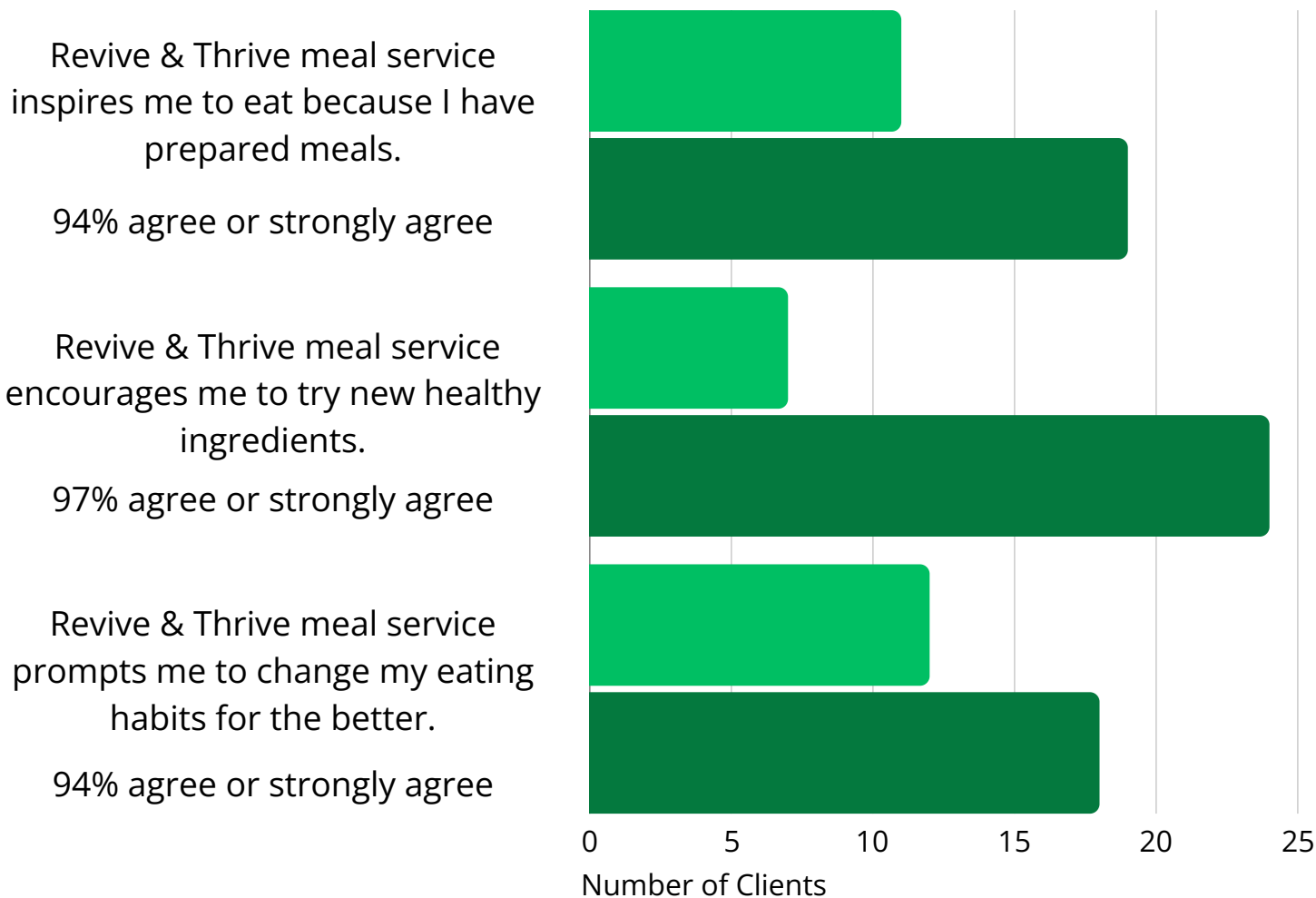
Impact of Healthy Meals on Nutrition Risk

Clients rated the impacts of the 12-week meal program on their health and well-being using a rating scale from 0 (strongly disagree) to 10 (strongly agree), with a total of 32 clients responding to both surveys in 2023.

Overall, average rating scores were high indicating a positive impact including a reduction in stress, promotion of healthier eating habits, and improved quality of life. As Revive & Thrive seeks not only to relieve malnutrition in the moment for clients experiencing symptoms from chemotherapy or chronic disease, but also to build long-term healthy habits and nutrition knowledge, these results demonstrate substantial progress.



■ Agree
 ■ Strongly Agree



Revive & Thrive Project Client Spotlight: Jeremy & Angela

As parents of three young children who both work full-time, Jeremy and Angela were already extremely busy before Angela was diagnosed with cancer. They turned to Revive & Thrive for help with prepared meals while she recovered from surgery and went through radiation. Angela shared, "I was so overwhelmed and had no idea what to cook. I was afraid to eat anything unhealthy, but I was too tired after radiation to cook for my family."

With Revive & Thrive, Jeremy, Angela and their kids were able to experience fresh, nourishing, and delicious meals prepared with lean protein, whole grains, and lots of vegetables. She shared, "Revive & Thrive provided fast and healthy meals. It let me relax and know we had good food to eat." Now, they also have a repertoire of healthy recipes to keep nourishing their family.



"I'm used to a meat and potatoes diet," is a statement our client services team hears all the time. For many of our clients, healthy eating, especially with a focus on vegetables and plant-based proteins, is a brand new approach to their daily meals. In 2023, a quarter of our incoming clients said that lack of nutrition knowledge was a barrier to their ability to eat healthy food. Many of our clients know that they need to change their diet in order to promote better health outcomes and improve their quality of life, but they feel intimidated and don't know where to start.

Revive & Thrive Project meals, which align with the DASH and Mediterranean diets, are some of the most hands-on education available - knowledge from tasting and seeing that vegetables, beans, and grains can be delicious!

91%

of clients served in
2023 said that Revive
& Thrive meals teach
them about nutrition
and healthy eating.

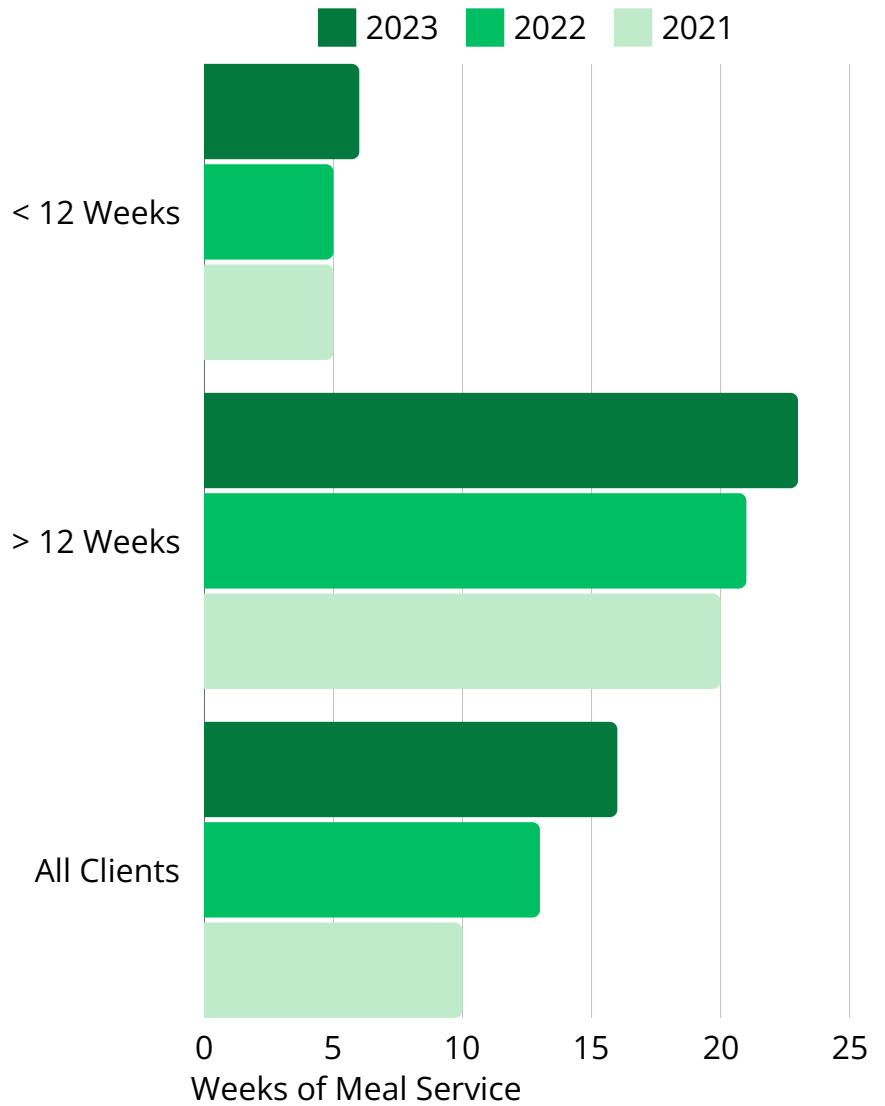
Meal Program Utilization

Many national food is medicine, home-delivered meal programs offer a maximum of 12 weeks of meals. Revive & Thrive Project offers up to 24 weeks of healthy meal service for most clients. The additional 3 months of service has potential to make a greater impact on health and quality of life.

The Revive & Thrive Project meal program is designed to provide a minimum of 12 weeks of meals and a maximum of 24 weeks of meal service.

In 2023, clients who cancelled service before receiving 12 weeks of meals received 6 weeks on average. The most common reason for early cancellation was improved health and/or ability to shop and cook.

Clients who were still enrolled in the meal program at week 12 received, on average, 23 weeks of meals. Overall, clients received 16 weeks of meals on average in 2023. This is a slight increase from previous years. Revive & Thrive client services staff view this increase positively, as a reflection of improved intake and eligibility procedures, a more accessible menu, and relevant referrals.



Meal Service Renewals



63% of Revive & Thrive clients served in 2023 chose to renew their meal service beyond the initial 12 weeks.

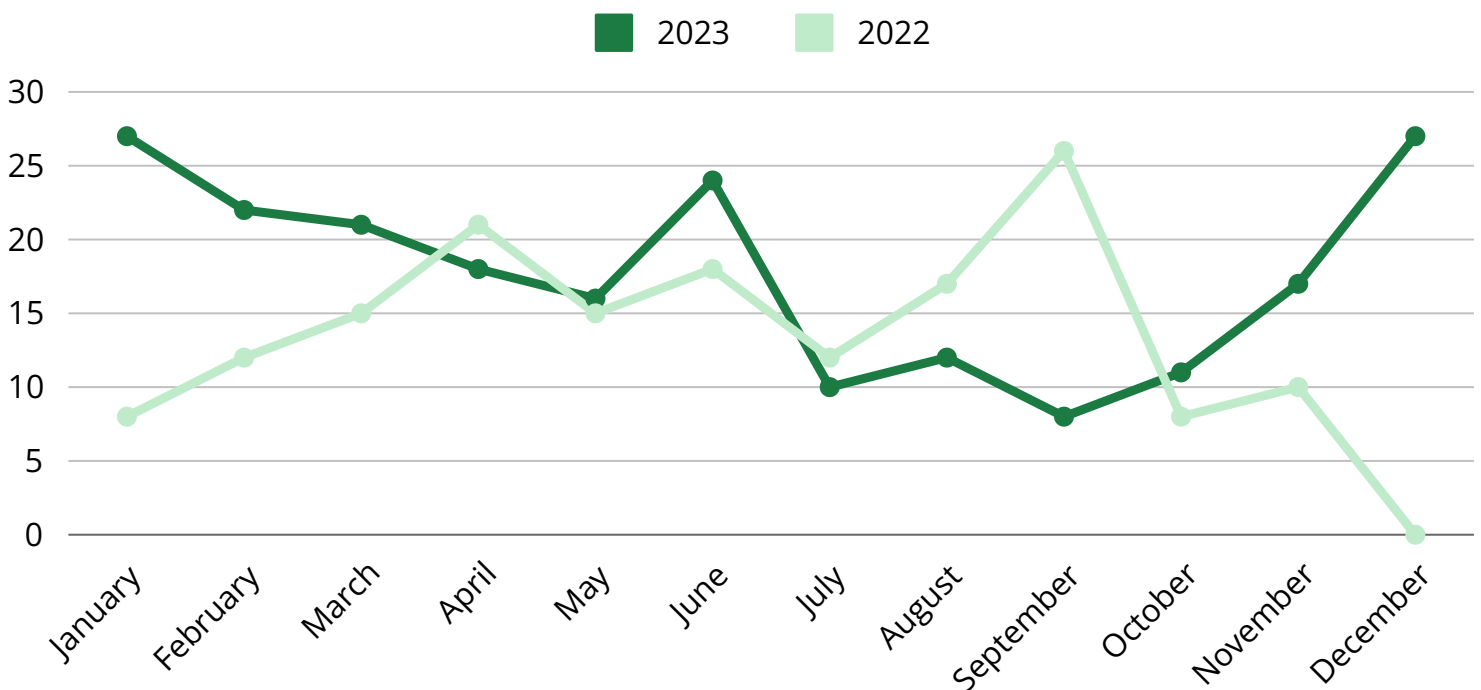
45% of Revive & Thrive clients served in 2023 participated in the maximum delivery term of 24 weeks of meal service.



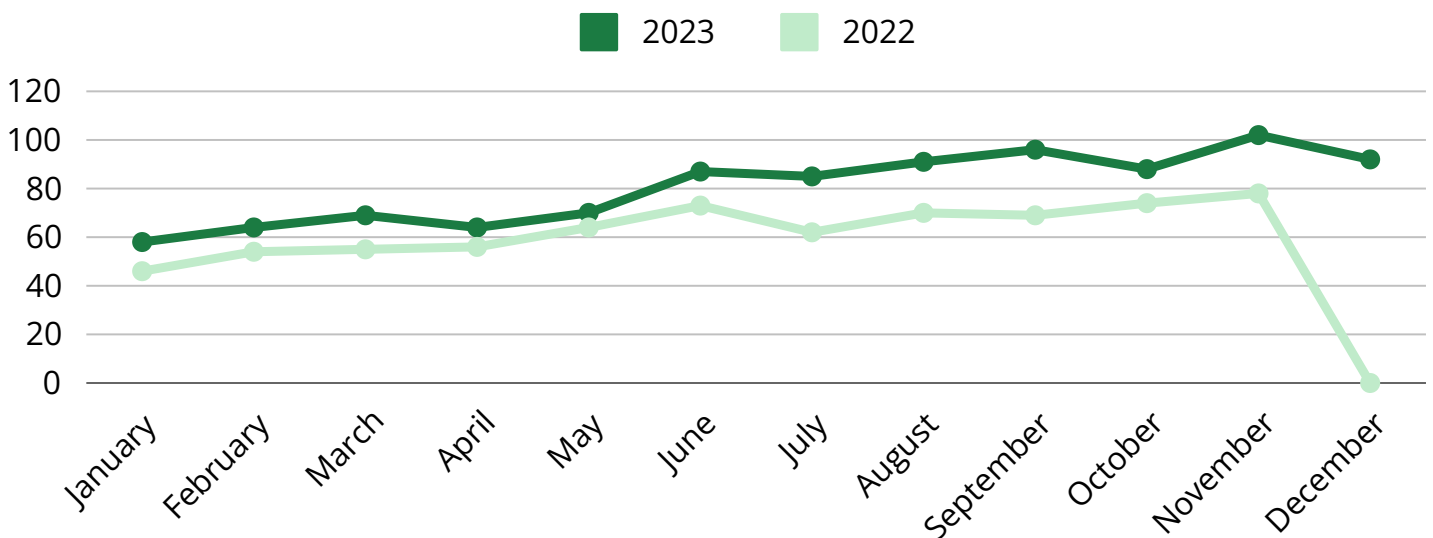
Meal Service Trends

Revive & Thrive had a waiting list for incoming clients to start meals for all but one month in 2023. Since our meal service is nearly always at capacity, the number of new clients we are able to serve each month is dependent on other clients completing meal service terms or cancelling service. On average, clients waited 25 days to begin receiving Revive & Thrive meal service in 2023. While not prohibitive to the participation of most clients, our goal is to decrease this waiting time by increasing our capacity for serving more clients per week in the future.

New Clients Served per Month



Total People Served per Month





These words are derived from client comments in regard to our healthy meal program and the team at Revive & Thrive Project.

**Names and photos of clients featured in spotlights have been changed to protect privacy.*

Revive & Thrive Project

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