

**Introduction:** The Metropolitan Area Neighborhood Nutrition Alliance (MANNA) provides medically tailored meals (MTMs) to individuals with serious illness and related nutritional risk. The goal of this research was to determine the effect of MTMs on physical health among clients with cancer diagnoses.

**Methods:** Demographic and pre-post health survey data were extracted via chart review. Variables including age, gender, ethnicity, BMI, cancer type, risk of malnutrition (Malnutrition Screening Tool, MST) and risk of food insecurity (Hunger Vital Sign™) were measured at program intake and their impact on change in pre-post program physical health (PROMIS global health – Physical 2a) was assessed using ANOVA.

**Results:** The sample was 59% female, mean age 66, and 52% Black and 6% Hispanic. Fifty-four percent of clients had food insecurity risk and 2/3 had malnutrition risk. One-third had normal BMI measures. Three-fourths of clients were in either poor health (39%) or fair health (38%) at program start. Age (65+) and risk of malnutrition were the strongest predictors of low health scores. Food insecurity and BMI were also significant, while race and gender were not. Change in PROMIS T-score was significantly associated with physical health category (poor, fair, good, or very good) at program start ( $p < .001$ ), but not associated with any other co-variables, including cancer type (breast, lung, colon, and prostate). Based on mean change in pre and post PROMIS scores, those who started in poor health improved (+2) and those who started in good or very good health declined (-6, clinically significant).

**Conclusion:** Physical health category at program start was significantly associated with change in physical health during MANNA's program. The PROMIS questionnaire is self-reported so may be subjective to the individual's perception of physical health. The progression and treatment of cancer is also dependent on other medical and social variables that were not considered in this study however they may have had different impacts on clients in poor vs good physical health categories. Although nutrition plays a role in overall physical health, it is only one of many adjunctive therapies in the management of cancer.