

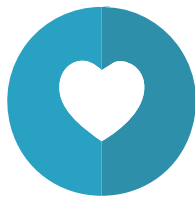
# Impact of Mealtime on the Myasthenia Gravis Community

How food deserts and nutrition barriers can worsen daily living with MG.

Co-created with 

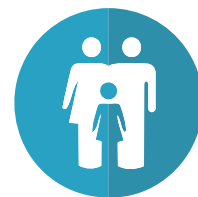


## WHY NUTRITION ACCESS MATTERS



### Adequate Nutrition Supports Strength and Quality of Life

Emerging evidence suggests that adequate protein and anti-inflammatory nutrition may support muscle strength, immune regulation, and overall quality of life in MG.



### MG Symptoms Limit Meal Preparation

Fatigue, muscle weakness, and difficulty chewing or swallowing often limit meal preparation and nutritional intake.



### Food Insecurity Impacts Treatment Outcomes

Research presented at the 2023 MGFA Scientific Session found that food insecurity and other social determinants of health are associated with suboptimal treatment in people with MG.



### High-Risk Poverty Regions May Increase Food Desert Burden

High-risk poverty regions of the U.S. could have direct impact on food desert landscape and symptoms of myasthenia gravis.

## For MG Patients, mealtime preparation and nutrition concerns exacerbate symptoms

- Mealtime preparation, and eating while experiencing MG symptoms, induce high levels of stress and compound symptom expression.
- Patients may not consume healthy foods or be getting proper nutrition in their diets.
- Individuals with MG need time to rest because of profound fatigue and may not have time to prepare meals.
- Financial stress and the cost of high-nutritional foods impact daily living and monthly budgets.
- Patients and caregivers require the ability to manage and mitigate typical MG symptoms in order to live a better quality of life.

## MGFA Food Support Trial to Address Food Deserts

100%

Roundtable participants reported reduced financial burden

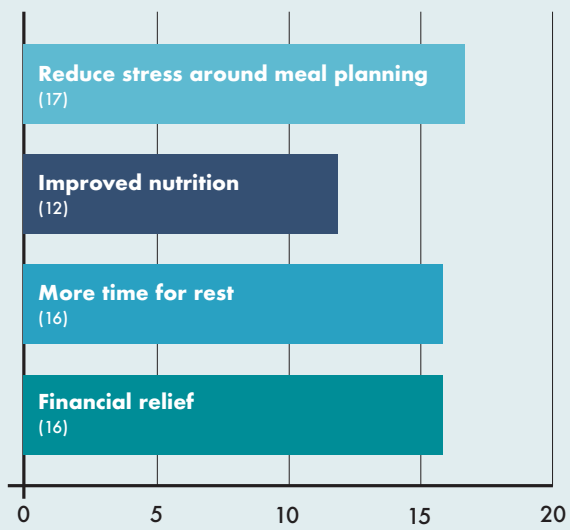
70%

Reported improved energy

90+%

Rated meal preparation as "extremely easy"

*"Convenience was a lifesaver during periods of fatigue."*



## THE MGFA FOOD SUPPORT PROGRAM

Nutritious, ready-made meals delivered directly to the homes of eligible individuals living with MG

### Purpose

Designed to remove barriers to proper nutrition.

### Impact Goal

Intended to improve treatment adherence, daily quality of life, and overall health.

### 2026 Goal

Launch program in April  
Support 250 families

### Program Timeline

June – December 2026

Thank you to our generous Strategic Partners:



 myasthenia.org

To apply or learn more about the program  
<https://myasthenia.org/mgfa-food-support-program>

