Here at God's Love We Deliver, we follow an evidence-based approach to feeding people with serious illness. We have seen that people with serious illness don't just need food, rather they need individually tailored meals that consider the many challenges that they face. We provide medically tailored meals (MTM), an effective combination of medical nutrition therapy from Registered Dietitian Nutritionists and healthy meals customized to a client's medical conditions. Research from across the country has proven that this act of tailoring each meal to meet a client's specific medical diagnosis works. In fact, it not only improves a client's health outcomes, but it also keeps clients out of the hospital and improves food security and healthy eating behaviors, all the while dramatically reducing their healthcare costs.

The research we describe below has been completed by God's Love and peer MTM agencies across the country.

**Improved Health Outcomes**

**Reduced Healthcare Costs**

**Improved Health Behaviors**

**More Research**

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**Community Health Advisory & Information Network (C.H.A.I.N.) Study**

God's Love We Deliver collaborated with the Columbia Mailman School of Public Health to analyze the impact of food insecurity and the provision of food and nutrition services on health outcomes among people living with HIV. Read the fact sheets below:
Community Servings - Boston

**Association Between Receipt of a Medically Tailored Meal Program and Health Care Use**

In a retrospective cohort study using information from the Massachusetts All-Payer Claim database, Community Servings and researchers at the UNC Chapel Hill examined healthcare costs for MTM recipients.

Community Servings - Boston

**Meal Delivery Programs Reduce The Use Of Costly Health Care In Dually Eligible Medicare And Medicaid Beneficiaries**
Community Servings and UNC Chapel Hill researchers compared the healthcare costs of three groups of dually eligible Medicare and Medicaid beneficiaries in Massachusetts: recipients of MTM, recipients of nontailored meals and those receiving no meal intervention.

Project Open Hand - San Francisco

**Comprehensive and Medically Appropriate Food Support Is Associated with Improved HIV and Diabetes Health**

Project Open Hand partnered with UCSF to survey MTM recipients with Type 2 diabetes and/or HIV on how MTM impacts their disease management and health behaviors.
**Examining Health Care Costs Among MANNA Clients and a Comparison Group**

MANNA investigated inpatient and emergency department healthcare costs among MTM recipients and nonrecipients.

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**Small Intervention, Big Impact: Health Care Cost Reductions Related to Medically Tailored Nutrition**

Using data from the Colorado All Payer Claims Database, Project Angel Heart examined the healthcare costs of Project Angel Heart clients before and after receiving medically tailored meals.