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**

**Better Diabetes Management**

Among patients with Type-2 diabetes, 47% reported an episode of hypoglycemia while they were receiving MTMs versus 64% while they were not receiving MTMs.

Improved Food Security

Study participants receiving MTM with very low food security decreased by 48% over the study period.


Improved Mental Health

Study participants experienced approximately two fewer depressive symptoms, and 13% of respondents reported less binge drinking once they started receiving meals.


Reduced Healthcare Costs

Cost Saving

In a study of the effect of MTM, meal delivery corresponded to a reduction in healthcare costs of 16%.

Mean Monthly Healthcare Costs for Study Participants

- $4,591
- $4,380
- $4,160
- $3,940
- $3,720
- $3,500
- $3,838

Improved Health Behaviors

More Patients Stay at Home

Receipt of MTM was associated with 72% fewer skilled nursing facility admissions compared to a group that did not receive MTM.


Fewer Hospitalizations

Receipt of MTM was associated with 50% fewer inpatient admissions compared with a matched cohort that did not receive meals.


Decreased Healthcare Utilization

MTM was associated with 70% fewer ED visits, 50% fewer hospitalizations and 72% fewer uses of emergency transport.

Changes in Use of Select Health Care Services when Receiving Medically Tailored Meals

- Emergency Department Visits: 2.3
- Inpatient Admissions: 0.37
- Emergency Transportation Events: 0.46


Improved Health Behaviors
Healthier Eating Habits

Recipients of MTM reported increasing fruit and vegetable intake to more than 2 times per day.


Medication Adherence

Among participants with HIV, ARV medication adherence of 95% or greater increased from 46.7% of participants at baseline to 70.0% of participants at follow-up.


More Research
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 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.

**Meal Delivery Programs Reduce The Use Of Costly Health Care In Dually Eligible Medicare And Medicaid Beneficiaries**

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.

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**Examining Health Care Costs Among MANNA Clients and a Comparison Group**

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