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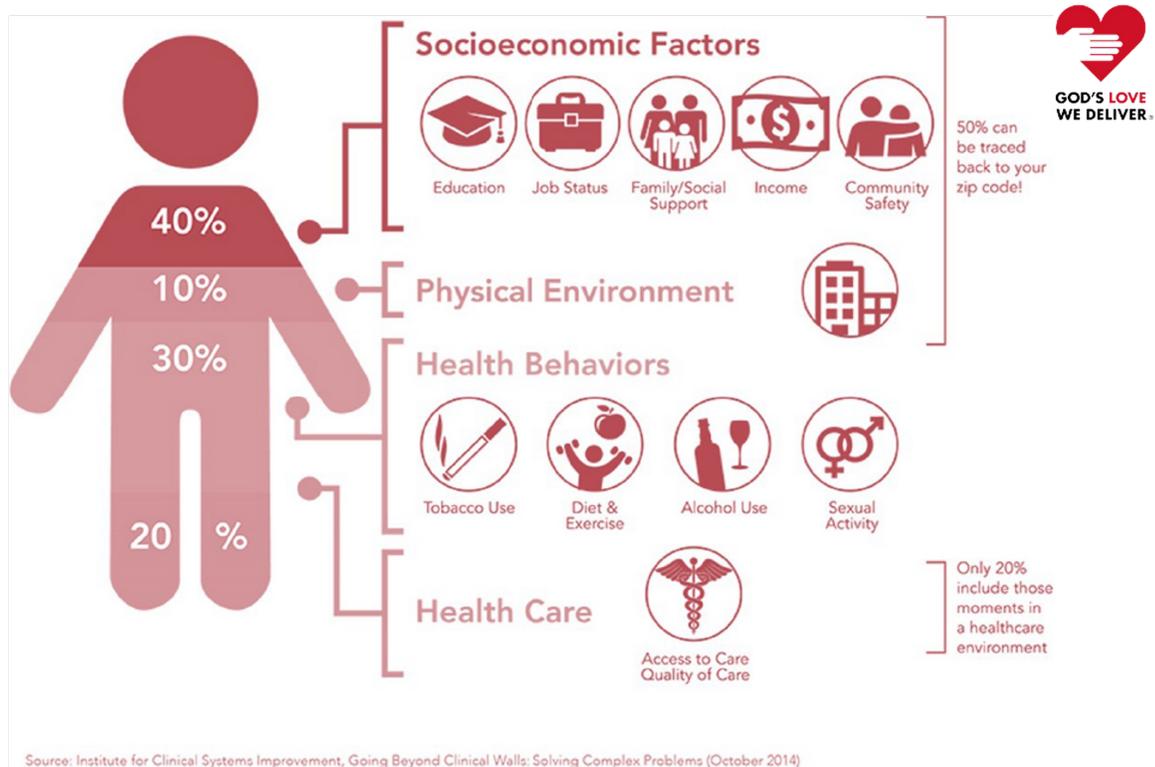
Healthy Diets and the Social Determinants of Health

By [Natasha Bunzl, Communications Associate](#)

This World FoodDay, the U.N. is leading the conversation about the importance of emphasizing **healthy diets** for achieving a zero hunger world. Their goal of Zero Hunger by 2030 is “not only about feeding the hungry, but also nourishing people.”¹ God’s Love We Deliver has been working towards making nutritious, medically tailored meals available to under-served populations since 1985. We tackle both **food insecurity** and **malnutrition** every day, acknowledging that these two challenges are **inextricably linked** and even more dangerous to and likely to affect those living with **life altering illness**.

People who are food insecure often struggle to follow medication plans, control chronic conditions, and receive timely medical care. At the same time, they often face increased fatigue and need for emergency medical services. People who are malnourished are 50% more likely to be readmitted to the hospital after a first hospitalization. We’re thrilled that more institutions are beginning to recognize that health care must address the fact that 80% of a person’s health is attributable to factors outside of the medical system.

The Social Determinants of Health



Malnutrition causes more than 2 million hospital stays annually in the United States. The good news is, we know that seriously ill people who receive medically tailored meals:

- Spend 16% less on health care.
- Have 50% fewer hospital admissions.
- Are 23% more likely to be discharged to their homes instead of institutions.

This World Food Day, remember that everyone has a role to play in ensuring that knowledge of nutrition is an integral component our fight against hunger, malnutrition and food insecurity. As our President & CEO, Karen Pearl, recently said at the 50th Anniversary of The White House Conference on Food, Nutrition and Health, "We will never reach our healthcare goals of improving outcomes and lowering costs without fully integrating the medically tailored meal intervention into healthcare."

¹ <http://www.fao.org/3/ca5467en/ca5467en.pdf>

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The Food and Nutrition Services Rundle

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Alissa Wassung to Present at American Public Health Association Conference on a Coordinated Network Approach to Food Insecurity

This week, the American Public Health Association's conference begins, meeting online as most conferences do these days. God's Love's Senior Director of Policy & Planning, Alissa Wassung will present wit...



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Alissa Wassung to speak at US Conference on HIV/AIDS

Alissa Wassung, Senior Director of Policy & Planning at God's Love We Deliver, will present on Monday, October 19th at the US Conference on HIV/AIDS on "Responding to a New Epidemic: Structural Interventions f..."



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God's Love Provides Medically Tailored Meals to Eligible Medicaid Health and Recovery Plans Clients through EmblemHealth

As of October 1, EmblemHealth is covering medically tailored, home-delivered meals for Medicaid and Health and Recovery Plan (HARP) members under certain EmblemHealth value-based provider (VBP) agreements. Our meal interventi...