

Medically Tailored Meals Work! Research Shows:

Peer-reviewed research has demonstrated that for individuals with complex health conditions, medically tailored meals led to:

- 49% fewer inpatient admissions ([Berkowitz 2019, JAMA](#))
- 16% reduction in health care costs ([Berkowitz 2019, JAMA](#))
- 72% fewer skilled nursing facility admissions ([Berkowitz 2019, JAMA](#))
- 70% less emergency department visits ([Berkowitz 2018](#))
- 52% fewer inpatient admissions ([Berkowitz 2018](#))

Data also shows that people who receive medically tailored meals:

- Have better adherence to medication ([Kartika Palar, et.al., 2017, Journal of Urban Health](#))
- Have improved lab results ([Berkowitz 2019, J. Gen. Int. Med](#))
- Have improved quality of life ([Tapper 2020](#))

Per the Tufts study of 2022, if every eligible patient were able to access MTMs in just the first year, our country would realize:

- \$14B in net cost savings for our health systems
- 1.6 million hospital visits avoided

Food Insecurity

For individuals living with severe chronic illness, they're not just facing food insecurity—they are facing nutrition insecurity.

According to Food Bank for NYC:

- More than 35.2 million United States residents, or 10.9 percent, are food insecure.
- Nearly 2.1 million New York State residents, or 10.7 percent, are food insecure.
- Nearly 1.1 million New York City residents, or 12.5 percent, are food insecure.
- New York City residents make up half (50 percent) of all food insecure people living in New York State.
- The number of food insecure individuals in New York City is projected to increase by more than 44 percent due to COVID-19. As such, nearly 1.6 million or 18.6 percent New York City residents are now projected to be experiencing food insecurity.

Source: NYS & NYC: Map the Meals Gap (2019); Feeding America (2021). Note that this data is released one year after it is collected

According to the New York State Department of Health:

- Among New York City boroughs, the percentage of adults who experience food insecurity is highest in the Bronx (39 percent) and lowest in Richmond County (22.1 percent).

Questions/Concerns?

Please reach out to the Communications Team at communicationsteam@glwd.org.