**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*

**Questions/Concerns?**

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