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