At God’s Love We Deliver, we follow a research and evidence-based approach to feeding people with serious and/or chronic illness. We know that people don’t only need food, rather, they need individually tailored meals that consider the many challenges 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 MTM, versus 64% while they were not receiving MTM.

**Improved Mental Health**

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


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**Improved Food Security**

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


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**Reduced Healthcare Costs**

**Cost Savings**

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

Improved Health Behaviors

More Patients 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.

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% of participants at follow-up.

More Research
JAMA Network Open Models the Significant National Healthcare Cost Savings of the Medically Tailored Meals Model

New research shows that medically tailored meals are associated with positive health outcomes and lower costs of care for patients with chronic and serious illness. The study demonstrates the power of MTMs if implemented nationwide: 1.5M fewer hospitalizations and a net cost savings of $13.6 billion in the first year.

God’s Love We Deliver

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:
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.

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

Project Open Hand - San Francisco

**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.
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.

Related Posts
Annual Goal Surpassed Early: 3 Millionth Meal of 2023 Delivered in May

This year, God's Love has already cooked and home-delivered medically tailored meals for more than 12,800 clients, exceeding our annual goal early! We do this with the dedicated hearts of thousands of volunteers, donors, and...
Introducing a Summer of Flavor with Menu Updates from Chef Daniel, our Culinary Team, and our Nutrition Department

Healthy Eating for a Healthy Brain

Research shows that a dietary pattern characterized by a high intake of fruit, vegetables, whole grains, fish, and olive oil is associated with a decreased risk of depression. Read on for healthy eating tips for brain health!