

Home Delivered Meals (HDM): More than Healthy Food, Also Good For the Bottom Line

In Maine, one study measured return on investment by aiming to reduce hospital readmission rates by offering HDMs upon discharge for high-risk patients. After 2 years they compared program participants that chose HDMS with participants that chose NOT to receive HDMS and they found:

Savings due to fewer readmissions	→	\$212,160
Cost of HDMs for all participants	→	\$43,540
Return on Investment - \$3.87 for every \$1 Spent.		

Professors from Brown University examined nationwide data and came to a similar conclusion – HDMs are a good investment for some States. Their methods estimated that for **Illinois**, increasing the proportion of older adults receiving HDMs by 1% would mean saving Medicaid money -

Potential New Clients Served	→	15,945
Estimated Total Yearly Savings	→	\$853,417

In another project, patients with advanced chronic diseases were studied. The project cohort were current patients that had also been hospitalized within the previous 12 months. Enrolled patients (84) were given HDMs for 3 months upon discharge. Two time periods of the cohort were examined -

Total Hospital Expenditures, 3 Months Prior to Intervention	→	\$1,445,637
Total Hospital Expenditures, 3 Months of the Intervention	→	\$435,258
Total hospital expenditures reduced by an average of \$12,028/patient.		

Source: Simply Delivered Meals: A Tale of Collaboration, *The American Journal of Managed Care*, [Simply Delivered Meals: A Tale of Collaboration](https://www.ajmc.com/abstracts/simply-delivered-meals-a-tale-of-collaboration)

Source: Providing More Home-Delivered Meals Is One Way To Keep Older Adults With Low Care Needs Out Of Nursing Homes, *Health Affairs*
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4001076/>

Source: Together in Care: An Enhanced Meals on Wheels Intervention Designed to Reduce Rehospitalizations among Older Adults with Cardiopulmonary Disease, *International Journal of Environmental Research and Public Health*, <https://pmc.ncbi.nlm.nih.gov/articles/PMC8744970/>