

Medically-Tailored Meals Associated with Reduced Hospital Utilization

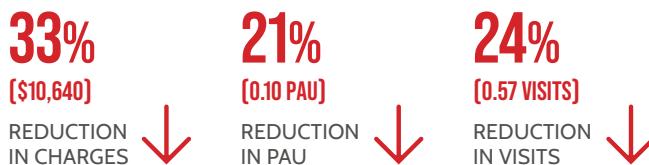


OVER A ONE-YEAR PERIOD, Moveable Feast's medically tailored meals were linked to reductions in hospital charges, potentially avoidable utilization (PAU), and non-outpatient hospital visits.¹

Reductions vary by subgroups as shown below.

AVERAGE AMONG ALL CLIENTS

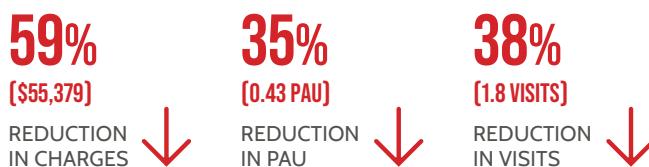
(n=2,214)



AVERAGE AMONG HIGH-COST PATIENTS

(n=491)

High-cost patients are those in the top 25% of hospital charges.

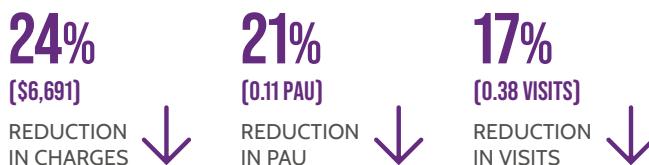


High-cost patients accounted for 77% of hospital charges in the pre-intervention period

High-cost patients were more likely to be Black (vs NH White) and male compared to the rest of the sample

AVERAGE AMONG THOSE WITH CHRONIC ILLNESSES

Those with **DIABETES** (n=1,046)
(primary or comorbid):



Those with **CARDIOVASCULAR DISEASE** (n=1,055)
(primary or comorbid):



Those with **KIDNEY DISEASE** (n=394)
(primary or comorbid):



¹The topline findings presented are based on t-tests and do not include adjustment for any covariates. The sample included inpatient, emergency department, and observation visits.

²Mean 63, median 64; range from 9-101

³Everyone not non-Hispanic White

In 2024, Moveable Feast delivered 420,000+ medically-tailored meals to clients in 15 Maryland counties including Baltimore City, its five surrounding counties and the Eastern Shore. These clients were referred by healthcare personnel, offered a nutrition assessment with a Registered Dietitian Nutritionist, and began a meal and care plan tailored for their specific medical circumstances. This analysis relied on data from the six months prior to program enrollment and six months after to assess program impact on hospital charges, potentially avoidable utilization (PAU), and non-outpatient hospital visits. The sample included clients who received services between January 2021 and December 2023.

OVERALL SAMPLE DEMOGRAPHICS

60% WOMEN 40% MEN

<1% gender diverse

63 yrs AVERAGE AGE²

74% BIPOC³

72% AT OR BELOW THE FEDERAL POVERTY LINE

47% have any diabetes

48% have any cardiovascular disease

18% have any kidney disease