

Medically-Tailored Meals Associated with Reduced Hospital Utilization



MOVEABLE FEAST

Feed People | Fortify Health | Foster Hope

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)

33%

[\$10,640]

REDUCTION
IN CHARGES



21%

[0.10 PAU]

REDUCTION
IN PAU



24%

[0.57 VISITS]

REDUCTION
IN VISITS



AVERAGE AMONG HIGH-COST PATIENTS

(n=491)

59%

[\$55,379]

REDUCTION
IN CHARGES



35%

[0.43 PAU]

REDUCTION
IN PAU



38%

[1.8 VISITS]

REDUCTION
IN VISITS



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):

24%

[\$6,691]

REDUCTION
IN CHARGES



21%

[0.11 PAU]

REDUCTION
IN PAU



17%

[0.38 VISITS]

REDUCTION
IN VISITS



Those with
**CARDIOVASCULAR
DISEASE** (n=1,055)

(primary or comorbid):

24%

[\$7,360]

REDUCTION
IN CHARGES



15%

[0.08 PAU]

REDUCTION
IN PAU



19%

[0.44 VISITS]

REDUCTION
IN VISITS



Those with
KIDNEY DISEASE (n=394)

(primary or comorbid):

28%

[\$11,588]

REDUCTION
IN CHARGES



—

NO SIGNIFICANT

REDUCTION
IN PAU

16%

[0.42 VISITS]

REDUCTION
IN VISITS



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

² Mean 63, median 64; range from 9-101

³ Everyone 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



MOVEABLE FEAST

Feed People | Fortify Health | Foster Hope

JUST THE FACTS

AT MOVEABLE FEAST,

we firmly believe in elevating nutrition to the power of medicine. Our movement to reach, teach, feed, and comfort continues to gain momentum and propel us forward. In fact, we've been doing so for over 35 years!

Together with health systems, volunteers, families, and partners in 15 counties throughout Maryland, our evidence-based approach to medically tailored nutrition can change the way we fortify the health of our community.



We can help treat the following chronic illnesses using food as medicine:

- HIV
- Cancer
- Cardiovascular disease
- Diabetes
- Renal disease
- Lung disease
- Liver disease

GETTING STARTED

Clients must be referred by their medical provider. To refer a client call Client Services at 410-327-3420, Option 1.

Through our **MEDICALLY TAILORED MEALS PROGRAM**, we provide clients with a weekly friendly visit and delivery containing 10 frozen, medically tailored entrees and a bag with approximately 10 servings of fresh fruits, vegetables, and dietary supplements as needed. Additional meals and grocery items are included when there are dependents living in the home.

MEDICAL NUTRITION THERAPY

Through home visits and phone counseling, our Registered Dietitian Nutritionists (RDNs) work with clients to create individualized nutrition plans. They set realistic goals and discuss lifestyle changes that will improve clients' eating habits and long-term health. We offer meeting spaces that work best for each client, whether that's an in-home, office, or telehealth appointment.

DIETITIANS MAKE A DIFFERENCE

What is a Registered Dietitian Nutritionist (RDN)?

- Provides evidence-based nutrition education as Medical Nutrition Therapy (MNT)
- Maintains state licensure
- Possesses a bachelor's or master's degree in nutrition and passes a national exam to become an expert in the field



PERSONAL CHECK-INS

When a client starts service with Moveable Feast, staff reach out to conduct a nutrition screening and assess risk level. Clients are then scheduled to meet with one of our Registered Dietitian Nutritionists (RDNs).

A typical appointment lasts about 45 minutes and may include:

- A review of the client's health background and education on specific nutrition topics relevant to that client's history
- When appropriate and available, a physical assessment measuring anthropometrics such as weight, fat, and muscle stores
- Personal goal-setting based on the client's own health priorities

MEDICAL TRANSPORTATION

Moveable Feast offers free door-to-door transportation to medical appointments for low-income Baltimore City clients living with HIV.

For more information, please contact Client Services at 410-327-3420, Option 1

901 N. Milton Ave. Baltimore, MD 21205 | mfeast.org | 410-327-3420