

Better Health at the Doorstep

Achieving better health isn't a simple path for everyone. America's most vulnerable populations, such as people who are food insecure or have a chronic condition, often have a difficult time getting the nutrition they need to stay healthy. This directly impacts healthcare costs.



Chronic diseases are the leading drivers of increasing the nation's healthcare costs to **\$3.8 trillion annually.**¹

—Centers for Disease Control and Prevention (CDC)

U.S. healthcare spending is projected to rise from 17.9% in 2016 to 19.7% by 2026.²

—Centers for Medicare and Medicaid Services (CMS)



U.S. hospitalizations related to diabetes and hypertension are about **50% higher** than other wealthy nations.³

—The Commonwealth Fund

What's Driving the Increase in Healthcare Costs?

- 1 PRESCRIPTION DRUGS**
CMS projects prescription drug spending will increase by 6.1% each year through 2027.⁴
- 2 TECHNOLOGICAL ADVANCES**
Healthcare economists estimate new or increased use of medical technology accounts for 40–50% of annual healthcare cost increases.⁵
- 3 A "GRAYING" AMERICA**
The number of Americans ages 65 and older is expected to nearly double from 52 million in 2018 to 95 million by 2060.⁶
- 4 LIFESTYLE CHOICES**
Obesity-related medical care costs in the U.S. in 2008 were an estimated \$147 billion.⁷ The CDC reports 50% of U.S. adults don't get enough physical activity, and 70% are overweight or obese.⁸

Improving nutrition can have a dramatic impact on medical costs and health outcomes for people who are food insecure or have a chronic condition.

FOOD INSECURITY

13.8 million, or 10.5% of U.S. households were food insecure at some time during 2020.

Food-insecure households spend **45% more** on medical care than people in food-secure households.

Senior citizens are the **fastest growing** food insecure population in the country.

PEOPLE WITH A CHRONIC CONDITION



6 in 10 adults in the U.S. have a chronic condition.

4 in 10 have two or more.

Sources:
<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx>
<https://www.ahip.org/about/>
<https://www.feedingamerica.org/about-us/press-room/older-adult-food-insecurity-at-highest>
<https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>

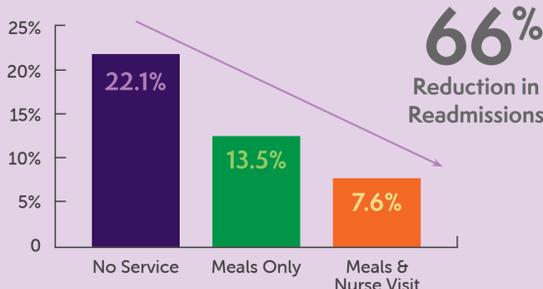
Better Nutrition Reduces Hospitalization & Readmissions

A recent study showed better nutrition reduced hospital admissions by 7% for people with diabetes and 50% for people with multiple conditions.⁹

Nutrition Post-Discharge Reduced Readmissions



30-day Readmission Rates



Medically Tailored Meals Make a Difference¹⁰

A recent study among adults dually eligible for Medicaid and Medicare showed **those who received customized meals for six months had:**

- fewer ER visits
- reduced hospital admissions
- lower healthcare spending

Let us help you bring better health to your members through a home-delivered meals program that addresses their unique nutritional needs.

Contact us to learn more.

Catherine Macpherson MS, RDN
 Senior Vice President, Healthcare Strategy and Chief Nutrition Officer
 Catherine.Macpherson@momsmeals.com
 Direct: 1.844.280.2134

Michael Gonzales
 Vice President of Medicare Sales and Account Management
 Michael.Gonzales@momsmeals.com
 Direct: 1.888.859.3653

MOM'S MEALS

momsmeals.com

Sources:
¹ <https://www.cdc.gov/chronicdisease/about/index.htm>
² <https://www.cms.gov/newsroom/press-releases/cms-office-actuary-releases-2017-2026-projections-national-health-expenditures>
³ <https://www.commonwealthfund.org/press-release/2020/new-international-report-health-care-us-suicide-rate-highest-among-wealthy>
⁴ <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/Downloads/ForecastSummary.pdf>
⁵ <https://www.thehastingscenter.org/briefingbook/health-care-costs-and-medical-technology/>
⁶ <https://www.prb.org/resources/fact-sheet-aging-in-the-united-states/>
⁷ <https://www.cdc.gov/chronicdisease/resources/publications/aag/dnpao.htm>
⁸ <https://www.cdc.gov/obesity/adult/causes.html>
⁹ <https://onlinelibrary.wiley.com/doi/full/10.1111/1475-6773.13133>
¹⁰ <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2017.0999>