

# The Strategic Value of Home Delivered Meals



Value-based models, growing enrollment, and a renewed focus on social determinants of health are leading many Medicaid managed care organizations (MCOs) to develop preventive models of care. **Today, home-delivered meals programs are helping MCOs to drive positive clinical, quality and cost outcomes.**



Reduced utilization



Fewer hospital admissions



Shorter inpatient stays



Slowed disease progression



Greater emphasis on health behaviors like medication adherence

## HIGHLIGHT: PILOT STUDY

In a recent study, researchers used Mom's Meals® lower-sodium meal options to analyze health outcomes in patients undergoing dialysis. A lower-sodium meal intervention was associated with reduction of the following:

- Significant interdialytic weight gain
- Thirst and dry mouth scores
- Plasma phosphorus
- Volume overload
- Systolic blood pressure

— Perez LM, Fang H-Y, Ashrafi S-A, et al. Pilot study to reduce interdialytic weight gain through low-sodium home-delivered meals in hemodialysis patients. *Hemodialysis International*. 2020.

# 76,705,180

INDIVIDUALS WERE ENROLLED IN MEDICAID in the 51 states that reported enrollment data for July 2021.

Medicaid.gov



Another study showed people with a chronic condition who received meals had:



LOWER AVERAGE MONTHLY HEALTHCARE COSTS



FEWER ADMISSIONS



SHORTER LENGTH OF STAY WHEN ADMITTED

*Journal of Primary Care and Community Health 4(4) 311-317; "Examining Health Care Costs Among MANNA Clients and a Comparison Group; J. Curvey, et al.; 9/9/13.*

## INNOVATION AT WORK

Mom's Meals works with many MCOs and can share best practices in implementing, operating, scaling and paying for home-delivered meals programs. Some ways MCOs are working with us include:



Improving follow-up after discharge by offering meals to patients after hospitalization



Improving birth outcomes and prenatal care for women with gestational diabetes and high blood pressure



Providing meals to support complex dietary needs associated with diabetes, high blood pressure, high cholesterol or chronic kidney disease/ESRD

## QUALITY MEASURES: HOW ARE MCO'S MEASURING PERFORMANCE?

# 1

**Healthcare Effectiveness Data and Information Set (HEDIS)** is a set of standardized performance measures that allows for comparison across health plans.

# 2

**Core Set of Adult Health Care Quality Measures for Medicaid** helps states monitor and improve the quality of health care provided to Medicaid enrollees. Reporting is voluntary but encouraged across states to drive toward a national uniform set of measures.

Some states are also adding/expanding **pay-for-performance requirements** as well as **performance bonuses or penalties** tied to quality metrics.

## HEDIS MEASURES MEALS CAN IMPACT



Improving or maintaining physical health



Comprehensive diabetes care



Hospitalizations for potentially preventable complications



Relative resource use for people with chronic conditions



Plan all-cause readmissions (diabetes, CVD, HTN, COPD, asthma)



Hospitalization following discharge from a skilled nursing facility



Health plan quality improvement



Consumer Assessment of Healthcare Providers and Systems (CAHPS) Health Plan Survey

Contact us today to learn more.

[momsmeals.com](http://momsmeals.com)