

# Hospital to Home:

## Results of the Post-Discharge Meals Program



Recognizing that nutrition is critical for patients recovering from hospitalization, Open Hand Atlanta and Grady provide healthy meals for patients at a critical time in their care. The inpatient meals program provides home-delivered, medically-tailored meals upon discharge for patients with certain health conditions experiencing food insecurity. All cost and utilization results presented below are statistically significant at  $p < 0.0001$ .

**Average Cost Savings:**  
**\$6,093 per patient**

**Cost of Care:** In the 30 days prior to enrollment, the average total cost of care was \$8,291. In the 30 days following enrollment, the average total cost of care was \$2,193.

**Hospital Readmissions:** Of the 553 patients enrolled, just 56 were readmitted to the hospital within 30 days of enrollment in the program. Note that the hospitalization triggering the program referral is included in the 30 days prior to enrollment.

**30 day readmission rate:**  
**10%**

**Outpatient visits increased significantly after enrollment**

**Outpatient Follow Up Care:** The average number of outpatient visits attended prior to enrollment was 0.65. After enrollment, the average was 1.65, resulting in a mean increase of one visit per patient enrolled.

Ways the Meals Helped	# of Participants Reporting (% Reporting)	Illustrative Quote
Meals were convenient	169 (54%)	"I'm not able to stand long, it was easy to stick the meals in the microwave"
Removed worries	28 (9%)	"It was just not having to worry about if I was going to get something or if someone was going to have to take me to get to the grocery store; it made it a lot easier"
Eased caretaker burden	15 (5%)	"All I have to do is warm them up; my son is working so that was hard for him to come over here and make sure I ate everyday, so it helps"
Illustrative healthy eating	76 (24%)	"I was just diagnosed with diabetes and I have to change my eating habits so the meals helped me see what to eat"