



H.R. 5439, *Medically Tailored Home-Delivered Meals Program Pilot Act* Rep. McGovern (D-MA), Rep. Malliotakis (R-NY)

Background:

- Chronic disease, specifically diet impacted disease, is widespread among Medicare beneficiaries.
 - More than **two-thirds** of beneficiaries are overweight or obese.
 - Nearly **75% of obese beneficiaries have hypertension, 28% have type-2 diabetes.**
 - Up to 14% of beneficiaries have congestive heart failure.
- People entering Medicare are already chronically ill, with **27% of individuals aged 60+ suffering from diabetes – 7% of which is undiagnosed.**
- Health care spending is **considerably greater** for significantly obese beneficiaries than those with a healthy weight.
 - Medicare has the **highest 30-day hospital readmission rate of any payer**, with the average readmission costing **more than \$15,000.**
 - Medicare beneficiaries with chronic conditions have a **30-day readmission rate of 25%**, higher than the **national rate of 19%.**
- **Obesity-related conditions**, septicemia, heart failure, diabetes, and chronic obstructive pulmonary disease (COPD) accounted for **20% of all 30-day readmissions.**
- Studies show that improving patient nutrition through a designated **medically tailored meals (MTM) program** can improve health and lower costs, but currently, **Medicare does not cover such services.**
 - Patients receiving MTMs had **30% fewer hospitalizations** and **20% fewer emergency department visits.**
 - Per-person health care costs were **lowered by \$3,400.**

H.R. 5439, *Medically Tailored Home-Delivered Meals Program Pilot Act:*

- Creates a **6-year Medicare pilot program** for 40 hospitals to deliver MTMs for Medicare beneficiaries who live at home and have a diet-impacted disease like diabetes and heart failure after they leave the hospital.
- Meals are *medically tailored*, which means they are **designed by nutritionists** to accommodate the specific health needs of a patient.
- **No additional cost to taxpayers** – budget neutral.