

Introduction

Western medicine is undergoing a transition towards transparency of quality and costs, and health care systems are striving to achieve the Triple Aim.

Meanwhile, there is growing recognition of the impact of social determinants of health, and a new requirement of non-profit hospitals to implement prevention strategies. The meal service Simply Delivered for ME (SDM) was formed in an effort to improve care and reduce 30-day hospital readmission rates.

Methods and Materials

- Maine Medical Center (MMC) partnered with the Southern Maine Agency on Aging (SMAA) to offer SDM.
- The project served a total of 1,745 people in southern Maine across four hospitals between July 2013 and July 2015.
 - Our study analyzes data from the largest hospital, MMC.
- SDM was offered on a voluntary basis to high-risk Medicare patients already enrolled in the Community-based Care Transition Program (CCTP).
- We report the results of the two – year intervention in terms of health (readmission) and two financial measures: return-on-investment and cost savings.

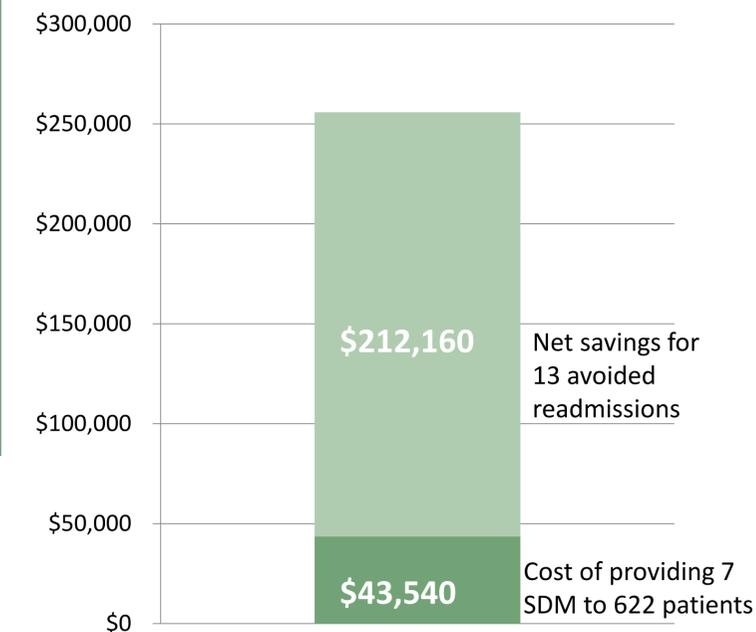
Table 1. Patient Characteristics

| Patient Characteristics | n = 622 |
|--|----------------------|
| Gender | |
| Female | 56.6% |
| Male | 43.4% |
| Age | 71.7 years (SD 13.1) |
| Body Mass Index Category (n= 48 missing) | |
| Underweight | 3.5% |
| Normal weight | 22.0% |
| Overweight | 30.7% |
| Obese | 37.0% |
| Top 10 Admitting Diagnosis | |
| 786 (chest pain/respiratory/cough) | n = 108 (17.4%) |
| 780 (mental status/dizziness/fever) | n = 39 (6.3%) |
| 428 (heart failure) | n = 34 (5.5%) |
| 427 (atrial fibrillation/dysrhythmias) | n = 29 (4.7%) |
| 715 (osteoarthritis) | n = 23 (3.7%) |
| 410 (acute myocardial infarction) | n = 21 (3.4%) |
| 789 (abdominal pain) | n = 21 (3.4%) |
| 486 (pneumonia) | n = 20 (3.2%) |
| 491 (bronchitis) | n = 16 (2.4%) |
| 787 (nausea/vomiting/diarrhea) | n = 14 (2.3%) |

Results

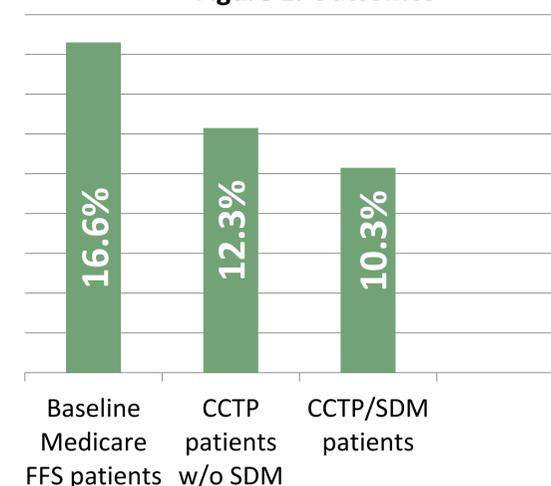
- For the 622 high risk Medicare patients who received 7 meals after hospital discharge, the 30 day readmission rate was 10.3% compared to 12.3% for similar patients who did not receive the meals.
- The average cost for hospital admission for a high risk patient is \$16,320.
- The avoided cost for 13 patients who were not readmitted is \$212,160.
- This represents a 387% return on investment.

Figure 2. Return On Investment



Simply Delivered Meals (SDM) Impact on Hospital Readmissions and Avoided Cost for Care

Figure 1. Outcomes



FFS: fee for service CCTP: community-based care transition program SDM: simply delivered for ME

“I really don’t know what I would have done without the meals, everything has been so overwhelming for me.”
-Simply Delivered Meals Recipient

Conclusions

The SDM program yielded positive health outcomes for patients and lower costs for the health care system.

Acknowledgements

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Nothing to Disclose