

Posthospitalization meal delivery boosts outcomes for older adults

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Posthospitalization home-delivered meals for older adults with and

without heart failure is associated with lower 30-day rehospitalization and mortality, according to a study published online June 25 in *JAMA Health Forum*.

Huong Q. Nguyen, Ph.D., R.N., from Kaiser Permanente Southern California in Pasadena, and colleagues assessed the impact of a four-week posthospitalization home-delivered [meals](#) benefit with the composite outcome of 30-day rehospitalization and [death](#) in members of Medicare Advantage. Analysis included 4,032 [older adults](#) with hospital admission for heart failure and 7,944 with non-heart failure admission.

The researchers found that the unadjusted rates of 30-day death and rehospitalization for the meals, no meals-2019, and no meals-2021/2022 cohorts of heart failure patients were 23.3, 30.1, and 38.5 percent, respectively; for non-heart failure patients, the corresponding values were 16.5, 22.4, and 32.9 percent. Among patients with heart failure, receipt of meals was significantly associated with lower odds of 30-day death and rehospitalization compared with the no meals-2021/2022 cohort (odds ratio [OR], 0.55; 95 percent confidence interval [CI], 0.43 to 0.71), but this difference was not significant compared to the no meals-2019 cohort (OR, 0.86; 95 percent CI, 0.72 to 1.04). For patients without [heart failure](#), receipt to meals was associated with significantly lower odds of 30-day death and rehospitalization.

"Provision of nutritional support after hospitalization may improve outcomes in older adults," the authors write.

More information: Huong Q. Nguyen et al, Association of a Medicare Advantage Posthospitalization Home Meal Delivery Benefit With Rehospitalization and Death, *JAMA Health Forum* (2023). [DOI: 10.1001/jamahealthforum.2023.1678](https://doi.org/10.1001/jamahealthforum.2023.1678)

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