

EPICURED

Managing Diabetes

STARTS WITH A GREAT MEAL



Buddha Bowl



Sesame Crusted Salmon



Zaatar Chicken with Quinoa Tabbouleh



Warm Autumn Salad

PREVENT AND MANAGE DIABETES WITH MEDICALLY TAILORED MEALS

How effective is Food as Medicine (FAM)?



National implementation of food and nutritional education programs for patients with **both diabetes and food insecurity** could avert 292,000 cardiovascular events – 36.3% of total Heart Attacks each year (Tufts).



The estimated total economic cost of diagnosed diabetes in the U.S. was \$412.9 billion as of 2022, according to the ADA. This figure includes:

- \$306.6 billion in direct medical costs.
- \$106.3 billion in reduced productivity.



These costs do not account for the economic burden associated with **undiagnosed diabetes and prediabetes**, which affects an estimated **98 million U.S. adults** (CDC).



What FAM programs is Epicured involved with?

Nutrition and medical science are at the core of our business. The following programs are illustrative of our work:

- **Fair Start:** in collaboration with **Columbia University** and a **Medicaid Social Care Network (SCN)**, delivering a nutrition intervention to address the **complex interplay between diet, health, and social determinants** in designing meals for these underserved and vulnerable populations.
- **PACE:** Delivering Medicare Advantage (MA) members a **Diabetes-friendly menu** and higher quality of meals for seniors in multiple care-assisted centers.

How can I learn more?

Food As Medicine Coalition Diabetes Symposium January 22, 2025



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Nebeyou Abebe
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