

# EPICURED Managing Diabetes STARTS WITH A GREAT MEAL





## PREVENT AND MANAGE DIABETES WITH MEDICALLY TAILORED MEALS

Zaatar Chicken with Quinoa Tabbouleh

Warm Autumn Salad

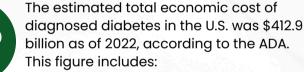
Sesame Crusted

Salmon

#### 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).



- \$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



Chelsea Musial Executive Director, Western PA



Nebeyou Abebe SVP, SDOH



Dr. Saba Khan, MD Chief Medical Officer Scan here to learn more:

