

# EPICURED

## Managing Diabetes

# STARTS WITH A GREAT MEAL



Three-spice Turkey Chili



Atlantic Cod Baby Bok Choy



Grilled Chicken Bruschetta



Warm Autumn Salad

## PREVENT, MANAGE AND EVEN REVERSE 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. (ADA, CDC)



The estimated total economic cost of diagnosed diabetes in the U.S. was \$327 billion as of 2017, according to the ADA. This figure includes:

- \$237 billion in direct medical costs.
- \$90 billion in reduced productivity.



These costs do not account for the economic burden associated with **undiagnosed diabetes and prediabetes**, which affects an estimated **96 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



State of  
Diabetes

HIGHMARK

EPICURED

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