



Caring

**A National
Vision To Improve Diabetes Health
Outcomes Using Food As Medicine**

**Fresh Food
Farmacy™**
Geisinger



Making Tough Choices That Affect Health



Feeding America's clients report that their household income is inadequate to cover their basic household expenses.

69%
HAVE HAD TO
CHOOSE BETWEEN
PAYING FOR
UTILITIES AND
FOOD

67%
HAVE HAD TO
CHOOSE
BETWEEN PAYING
FOR
TRANSPORTATION
AND FOOD

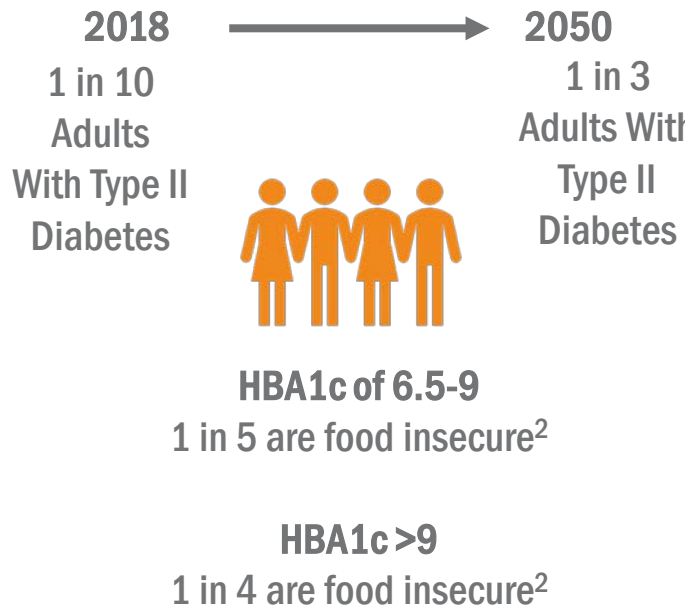
66%
HAVE HAD TO
CHOOSE
BETWEEN PAYING
FOR **MEDICINE**
AND FOOD

57%
HAVE HAD TO
CHOOSE
BETWEEN
PAYING FOR
HOUSING AND
FOOD

Sources: Map the Meal Gap (2014) and Hunger in America (2014)

Diabetes – A national call for help

Population Health Impacts



Financial Impacts

Diabetes has highest healthcare spend⁴



\$327 billion/year

Diagnosed diabetes cost to America³

2.3 times greater

Cost of healthcare with diabetes compared to
without diabetes³

¹Diabetes Statistics Report, 2014

²Berkowitz SA, Baggett TP, Wexler DJ, Huskey KW, Wee CC. Food insecurity and metabolic control among U.S. adults with diabetes. Diabetes Care. 2013;36:3093-3099

³ADA Website

⁴US Spending on Personal Health Care and Public Health, 1996–2013,” JAMA, 2016

Innovative collaboration between clinical care providers and community based organizations



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How did we do it...



A new model with 5 basic elements.

1. Identification
2. Food as medicine
3. Education/Clinical support
4. Care beyond health
5. Community partnerships

The Current Patient Experience - Meet Rita

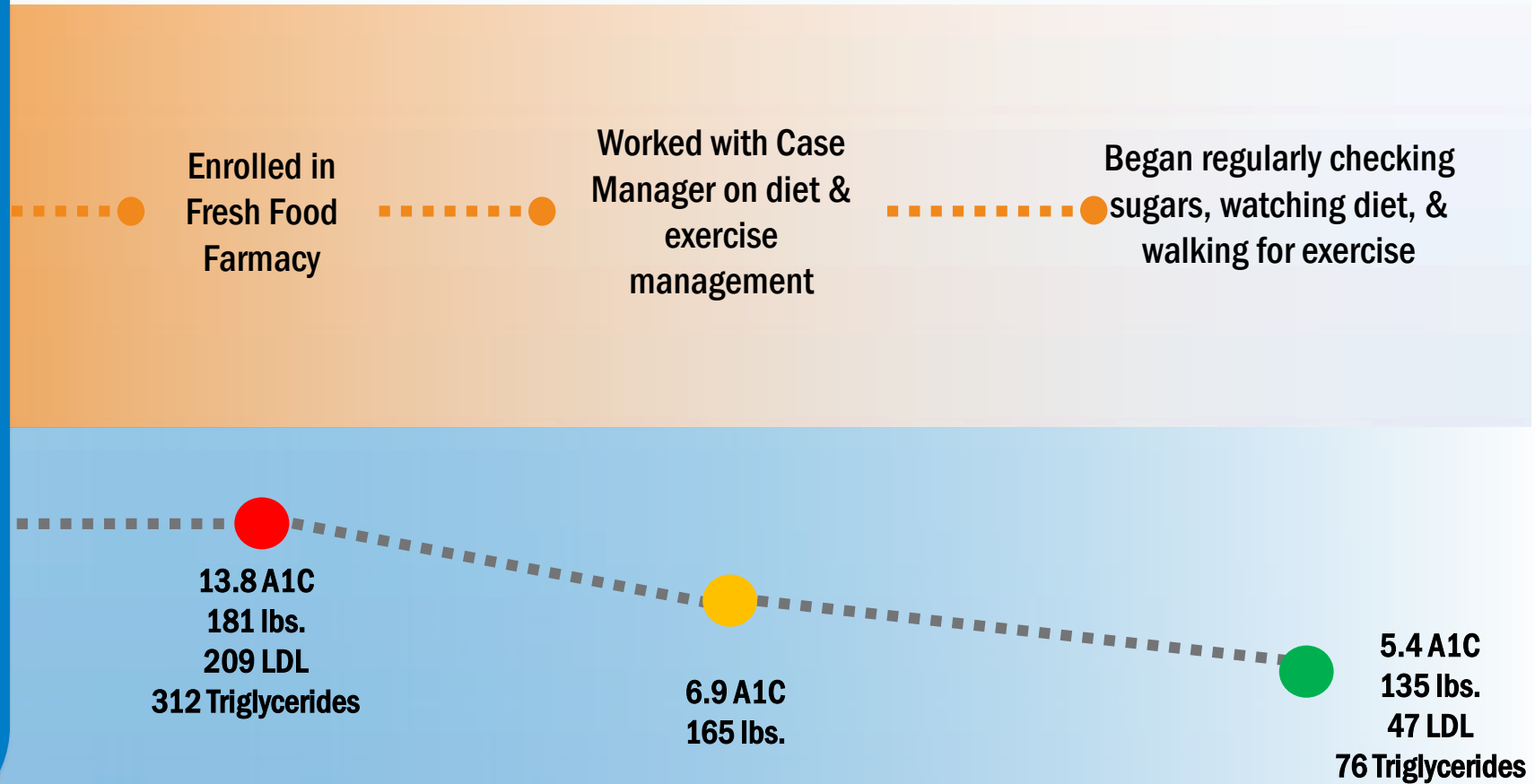


Rita

Age 55
Condition(s) Diabetes

About Rita

- Married
- Raising her 3 grandchildren
- Has been underinsured and uninsured over the last few years



Clinical measures

- Hemoglobin A1c measures improved:
 - Average 2.0 Improved A1c for FFF patients
 - **\$16,000-\$24,000 medical expense savings**
- Glucose measures improved: **-31.3%**
- Cholesterol lowered: **-15.8%**
- LDL lowered: **-17.0%**
- Triglycerides lowered: **-24.3%**

Compliance against care plan

- Improved compliance rates of adult prevention and diabetes quality measures:
 - Annual eye exams increased **16%**
 - Annual foot exams increased **23.96%**
 - Mammograms increased **7.16%**

FOOD AS MEDICINE IS HAVING A REAL FINANCIAL IMPACT

