

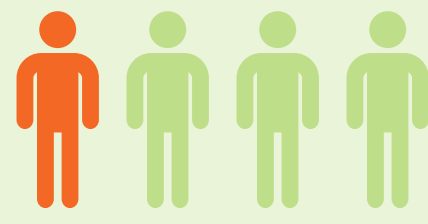
Diabetes: Improving Outcomes and Managing Costs through Nutrition

Diabetes affects millions of Americans — and many don't even know it



38.4
MILLION

Americans are living with diabetes¹



1 in 4 U.S. adults with diabetes don't know they have it¹

It is a chronic disease that can take a toll physically...

With prediabetes and diabetes there is a higher risk for serious complications such as heart disease, stroke and kidney failure.²



Nutrition can help



While there is no cure for type 2 diabetes, one of the most effective, holistic "prescriptions" for managing diabetes is to eat a **balanced diet and get regular physical activity**.⁴

... and financially



\$412.9 billion:
THE ANNUAL ESTIMATED COST OF DIABETES³

Direct medical costs: **\$306.6 billion**
Reduced productivity: **\$106.3 billion**

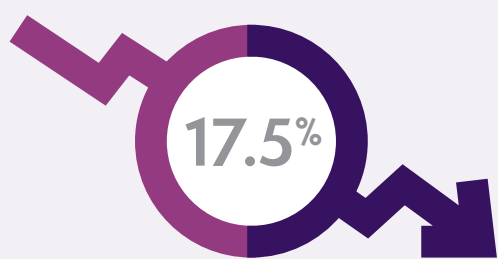


2.6x
HIGHER

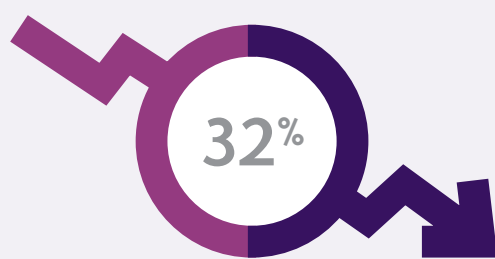
Medical expenses for those who have diabetes compared to costs for those who do not³

Case studies: Nutritious home-delivered meals make a positive difference

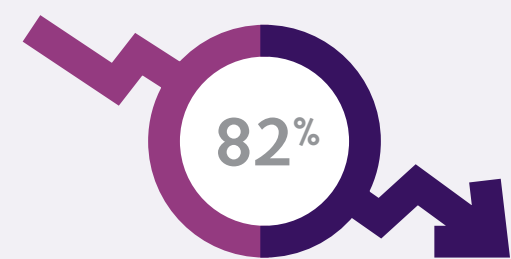
Mom's Meals® partnered with health plans for medically tailored, home-delivered meals pilot programs that resulted in:



DECREASE
in A1c levels⁵



DECREASE
in total cost of care⁵



DECREASE
in acute inpatient costs⁵



84%
fewer IP visits⁶



41%
fewer ED visits⁶



66%
fewer readmissions⁷

Get the white paper for diabetes management insights

This **white paper** will provide diabetes education and ways to help manage diabetes through nutrition and lifestyle changes.

Mom's Meals can help. As a leading provider of refrigerated, home-delivered meals and nutrition services, we work with clients and members, area agencies on aging and health plans nationwide. With a deep knowledge of legislative policy surrounding nutrition services to populations in need, we are passionate about improving health outcomes for those we serve.



Find additional diabetes information at momsmeals.com/diabetes-health.

Sources:

¹ <https://www.cdc.gov/diabetes/php/data-research/index.html>

² <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke>

³ <https://diabetesjournals.org/care/article/47/1/26/153797/Economic-Costs-of-Diabetes-in-the-U-S-in-2022>

⁴ <https://www.cdc.gov/diabetes/healthy-eating/diabetes-meal-planning.html>

⁵ <https://www.momsmeals.com/our-food-programs/nutrition/diabetes-friendly/the-advantages-of-diabetesfriendly-homedelivered-meals/>

⁶ Study from the AmeriHealth Caritas DC and Mom's Meals program analyzed 138 members for 30 days who were enrolled in the program between November 1, 2017 through February 7, 2018.

⁷ The AmeriHealth Caritas DC and Mom's Meals program analyzed 812 members who were identified on the Inpatient Census at the core hospitals that the outreach team visits. This excluded behavior health inpatient members. The analysis compared members who receive Mom's Meals with members who were attempted to be visited in the hospital but not placed on meals over 30 days.mps