

Total Cost of Chronic Disease



In Billions:

1 Cardiovascular Conditions	\$294.3
2 Diabetes	\$189.6
3 Alzheimer's Disease	\$185.9
4 Arthritis & Back Pain	\$181.8
5 Other conditions	\$124.7
6 Cancers	\$98.6

Healthcare Costs

Chronic diseases such as heart disease, cancer, and diabetes are the **leading causes of the nation's \$3.5 trillion** in annual healthcare costs.



Home-Delivered Meals

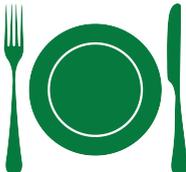
Home-delivered meal recipients have a significant reduction in ER visits, inpatient visits, and emergency transportation.

Chronic Disease

Six in 10 adults in the U.S. have a chronic disease, and **four in 10 adults have two or more** chronic diseases.

Medically-Tailored Meals

Fully prepared meals designed by a professional based on individual assessment. Typically includes individualized nutrition counseling.



Chronic disease management is one of the most critical and challenging problems in healthcare today. Approximately **40%** of those with chronic illness **are malnourished**.

Nutrition Intervention

Decreases:

- Inpatient hospital admissions, emergency department use, emergency transports, & admissions to skilled nursing facilities
- Overall healthcare costs
- Days where mental health interferes with quality of life
- Hypoglycemia in people with diabetes
- Self-reported depressive symptoms
- Trade-offs in food versus filling prescription medication

Increases:

- Diet quality
- Adherence to medication regimens



Target Population

Patients with complex medical conditions, such as cancer, HIV, or chronic heart failure, who are unable to shop and prepare meals.

Food is Medicine

Medically-Tailored Meals to Help Manage Chronic Disease

Nutrition can play a vital role in maintaining good health. Studies show that home-delivered meals can significantly improve diet quality, nutrient intake, and reduce food insecurity and nutritional risk.

Sources:

Food Is Medicine – Actions to Integrate Food and Nutrition Into Healthcare; BMJ 2020;369:m2482 <https://www.bmj.com/content/369/bmj.m2482>
 The Cost of Chronic Diseases in The U.S.; Waters and Graf; Milken Institute; <https://milkeninstitute.org/reports/costs-chronic-disease-us>
 About Chronic Diseases, Centers for Disease Control and Prevention <https://www.cdc.gov/chronicdisease/index.htm>