

# Diabetes: Improving Outcomes and Managing Costs through Nutrition

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

 **37.3** MILLION Americans are living with diabetes<sup>1</sup>

 **1 in 4** U.S. adults with diabetes don't know they have it<sup>1</sup>

## 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, kidney failure, nerve damage and blindness.<sup>2</sup>



## 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.**<sup>4</sup>

## ... and financially



**\$327 billion:** THE ANNUAL ESTIMATED COST OF DIABETES<sup>1</sup>

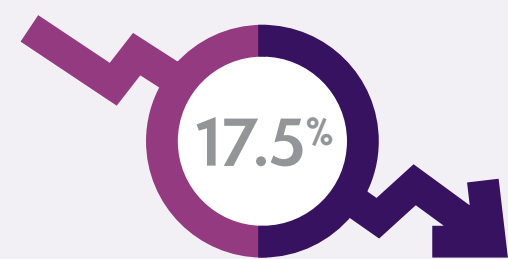
Direct medical costs: **\$237 billion**  
Reduced productivity: **\$90 billion**

 **2.3x** HIGHER

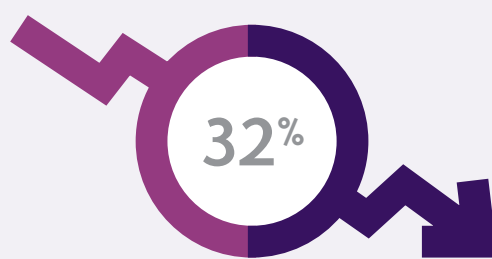
Medical expenses for those with diabetes compared to costs for those who do not<sup>3</sup>

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

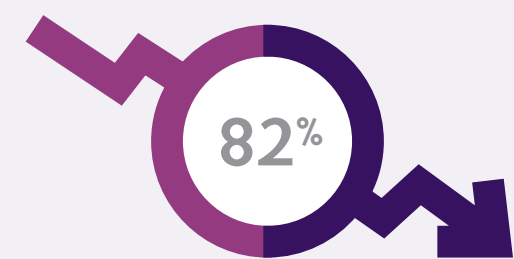
Mom's Meals<sup>®</sup> partnered with health plans for medically tailored, home-delivered meal pilot programs that resulted in:



**DECREASE** in A1c Levels<sup>5</sup>



**DECREASE** in Total Cost of Care<sup>5</sup>



**DECREASE** in Acute Inpatient Costs<sup>5</sup>



**84%** fewer IP visits<sup>6</sup>



**41%** fewer ED visits<sup>6</sup>



**66%** fewer readmissions<sup>7</sup>

## 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 aging agencies 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.

[momsmeals.com](http://momsmeals.com) | 888.343.8020



### Sources:

<sup>1</sup> <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm/>

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

<sup>3</sup> <https://diabetes.org/about-us/statistics/cost-diabetes>

<sup>4</sup> <https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html#:~:text=The%2520Diabetes%2520Plate%2520Method%2520is,you%2520need%2520is%2520a%2520plate!>

<sup>5</sup> <http://www.momsmeals.com/webres/File/2022%20Files/HPNevada%20-%20UHC%20Summary%20Report.pdf>

<sup>6</sup> This 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.

<sup>7</sup> 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