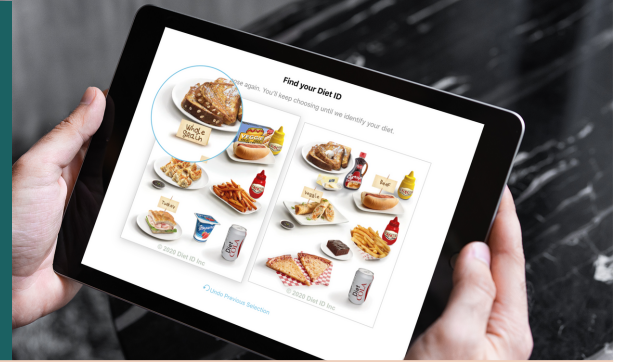


MAKING DIET QUALITY A VITAL SIGN

Outcomes from Kaiser Permanente's Home-based Cardiac Rehab Program



DIET ID AT A GLANCE

What we do

- Validated, self-guided, and brief (60 seconds) comprehensive dietary assessment
- Evidence-based, culturally relevant nutrition guidance
- Standardized metric—Diet Quality—using the Healthy Eating Index 2015
- Deployed successfully to wide range of populations including Medicaid and Medicare members

Benefits

- Integrated into Epic
- Available in Spanish
- Recommended by the American College of Lifestyle Medicine



"I see the value of nutritional assessment in such a tangible, easy fashion applicable in so many spaces within cardiology. I envision a day when patients being checked into the cath lab, take Diet ID, and receive their diet score. At that visit, we talk about the importance of diet -- here's where you're at today, and here's what the improvement can be if we make some small changes."

Dr. Columbus Batiste

Kaiser Permanente Southern California
Regional Chief of Cardiology
Kaiser Permanente Southern California
Regional Medical Director of Home-Based Cardiac Rehab



OBJECTIVES

Poor diet quality is a leading contributor to cardiovascular disease risk. As such, improving diet is a critical opportunity to reduce CVD risk, especially after a cardiac event. However, this Cardiac Rehab program did not have the resources to provide individualized RDN support to each person, but still needed to measure and improve diet quality in everyone in the program.

SOLUTIONS

Diet ID's assessment, goal setting, and challenges modules were offered during onboarding with the virtual Cardiac Rehab program. Patients completed the assessment and goal setting to get a personalized nutrition plan, which was reviewed by the coach. Patients also participated in the daily challenges to help them build healthy eating habits. Their coaches checked in on their progress intermittently during the program.

IMPACT

High Enrollment

Of those who were eligible to enroll in Diet ID, the majority started their journey.

75%

Near Perfect Completion Rate

Of those who registered, nearly all completed the Diet ID assessment, generating real-time analysis and recommendations.

95%

Significant Improvement in Diet Quality

Diet quality improved from a 6.1 to a 7.9 on the 10 point Diet ID scale, which is mapped to deciles in the Healthy Eating Index 2015.

30%

Estimated Healthcare Cost Savings

Estimated annual healthcare cost savings per person based on the diet quality improvement measured. Estimate is generated by the Diet ID ROI Calculator published in the [American Journal of Health Promotion](#).

\$3.4K
per person