

## ACCELERATING FOOD AS MEDICINE

Outcomes from Tangelo's Food Delivery Pilot Program for food insecure residents in North Carolina using Diet Quality as the KPI.



### 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 2020
- Deployed successfully to a wide range of populations including Medicaid and Medicare members

#### Benefits

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

### PARTICIPANT PROFILE

- Residents of Wake County, NC
- Food insecure
- 69% earned < \$20,000 annual HH Income
- 83% obese or overweight
- 55% Hispanic
- 32% Black
- N=148

### PROGRAM DESIGN

Food insecure residents were eligible to receive 4 months of Tangelo's healthy grocery boxes. An assessment was conducted at the start and end of the program to evaluate impact on diet quality. Assessments were conducted digitally using Diet ID, with no clinical oversight.

### OBJECTIVES

Food-as-Medicine programs are effective and impactful, but may be limited by the time, expense, and resources needed to MEASURE the impact of their intervention. Rather than choosing biometric screenings or long-form, nonstandard surveys used by typical assessments, Tangelo partnered with Diet ID for a simple, affordable way to measure diet quality at the start and end of the intervention for this food insecure population in Wake County, NC.

### SOLUTIONS

Diet ID's assessment was embedded into Tangelo's onboarding workflow. Participants completed the Diet ID assessment after enrollment, prior to receiving their food benefit. Participants were also asked to repeat the assessment after a certain period of time following the intervention. Pre vs. post impact data were calculated in real time and used to develop an estimate of healthcare cost savings for the grocery delivery program.

### IMPACT

#### Improvement in Diet Quality

For those who started with diet quality < 8, participants experienced a 2 decile improvement in diet quality.

**2.1** tiers

#### Near Perfect Completion Rate

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

**98%**

#### Significant Weight Loss

Of the population who lost weight, average weight loss was 15 pounds.

**-15 lbs**

#### Estimated Healthcare Cost Savings

Estimated annual healthcare cost savings per person based on the diet quality improvement measured for those with initial diet quality of < 8. Estimate is generated by the Diet ID ROI Calculator published in the [American Journal of Health Promotion](#).

**\$1.2K**

per person