Breaking the Mold of Population Health *for Diabetes & Metabolic Disease*

July 13, 2021

MBGH

Midwest Business Group on Health

Catalysts for Change in Health Care & Benefits

MIDWEST HEALTH PURCHASERS COLLABORATIVE
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Midwest Health Purchasers Collaborative

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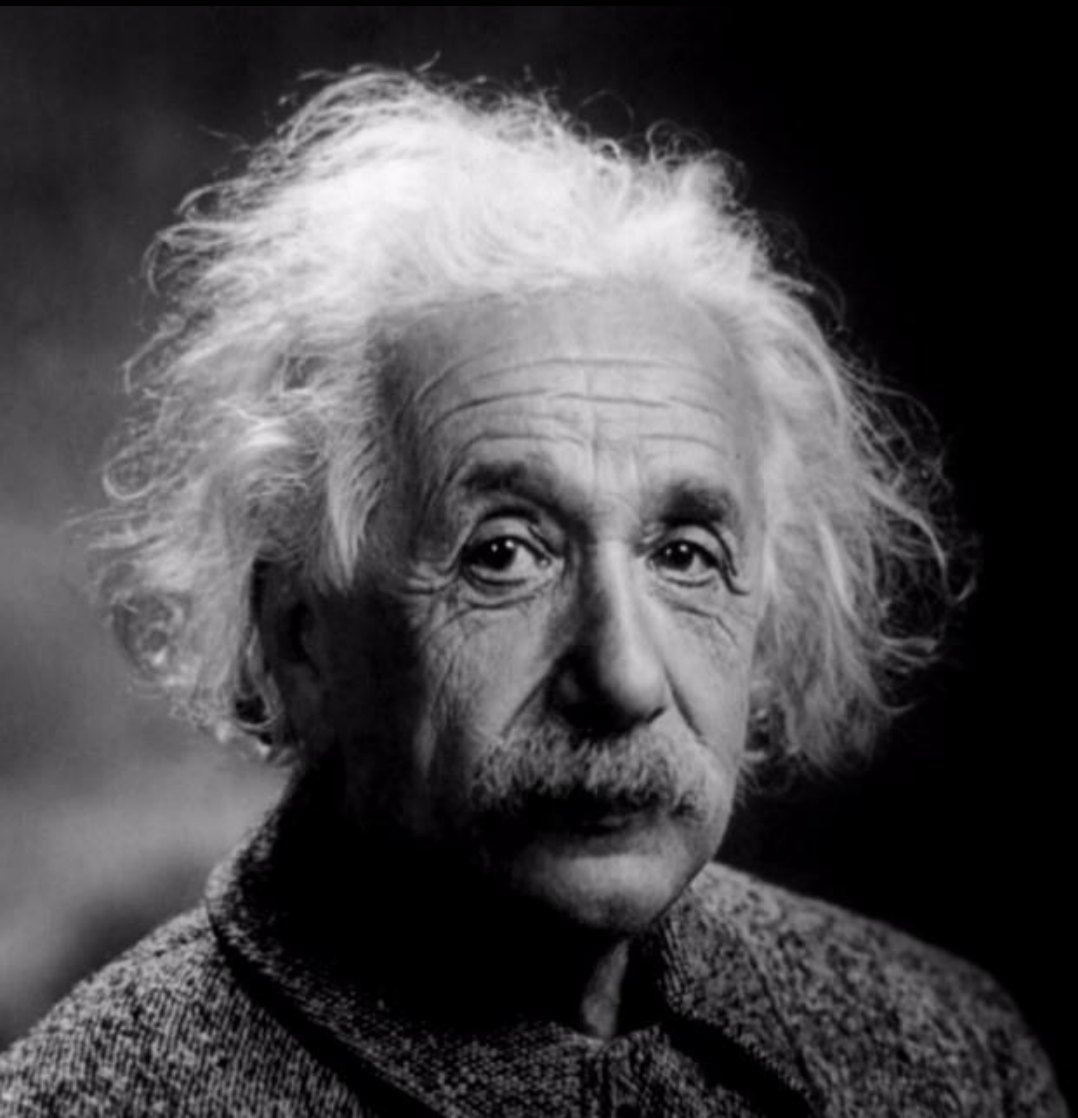
The mold of population health must be broken

*1-size-fits -all = mediocre result over and

Why are we still doing the same thing?



Insanity:
Doing the same thing over and over again and expecting different results.

Albert Einstein

A perfect example: metabolic diseases affect 50% of US adults

Population

38MM

Type 2 Diabetes

Human Impact

1 in 10

Population

88MM

Pre Diabetes

Human Impact

1 in 4

Population

82M

NAFLD

Human Impact

1 in 4

Population

134MM

Clinical Obesity

Human Impact

1 in 2

The problem: traditional approaches are limited

Decades of "one way to spread it!"

1-size-fits-all, hard to maintain

ADA Guidelines

Expensive + Side effects

Medication

1-size-fits-all, hard to maintain

Strict Diet

Expensive + Invasive

Surgery

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The problem: medications are not personalized

Amblify *(aripiprazole):* Schizophrenia

Nexium *(esomeprazole):* Heartburn

Humira *(adalimumab):* Arthritis

Crestor *(rosuvastatin):* High cholesterol

Cymbalta *(duloxetine):* Depression

Enbrel *(etanercept):* Psoriasis

Advair Diskus *(fluticasone propionate):* Asthma

Remicade *(infliximab):* Crohn's disease

Copaxone *(glatiramer acetate): Multiple sclerosis*

Advair Diskus *(fluticasone propionate):* Asthma

Based on published number needed to treat (NNT) figures. For a full list of references, see Supplementary Information at go.nature.com/4dr78f

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The science has changed, the time is NOW.

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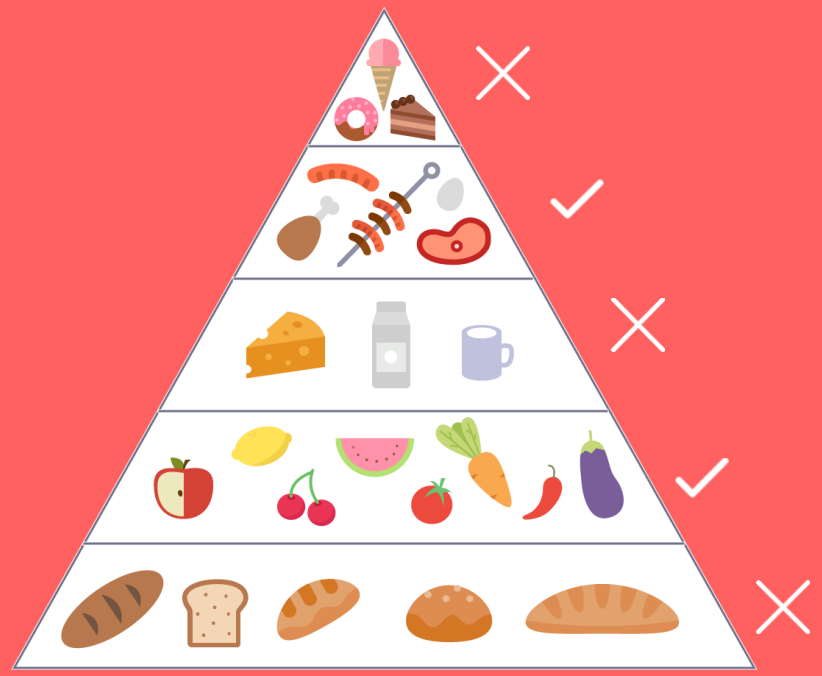


***Diets are** 1-size-fits-all*

Says "yes" & "no" to certain foods for all people with metabolic diseases

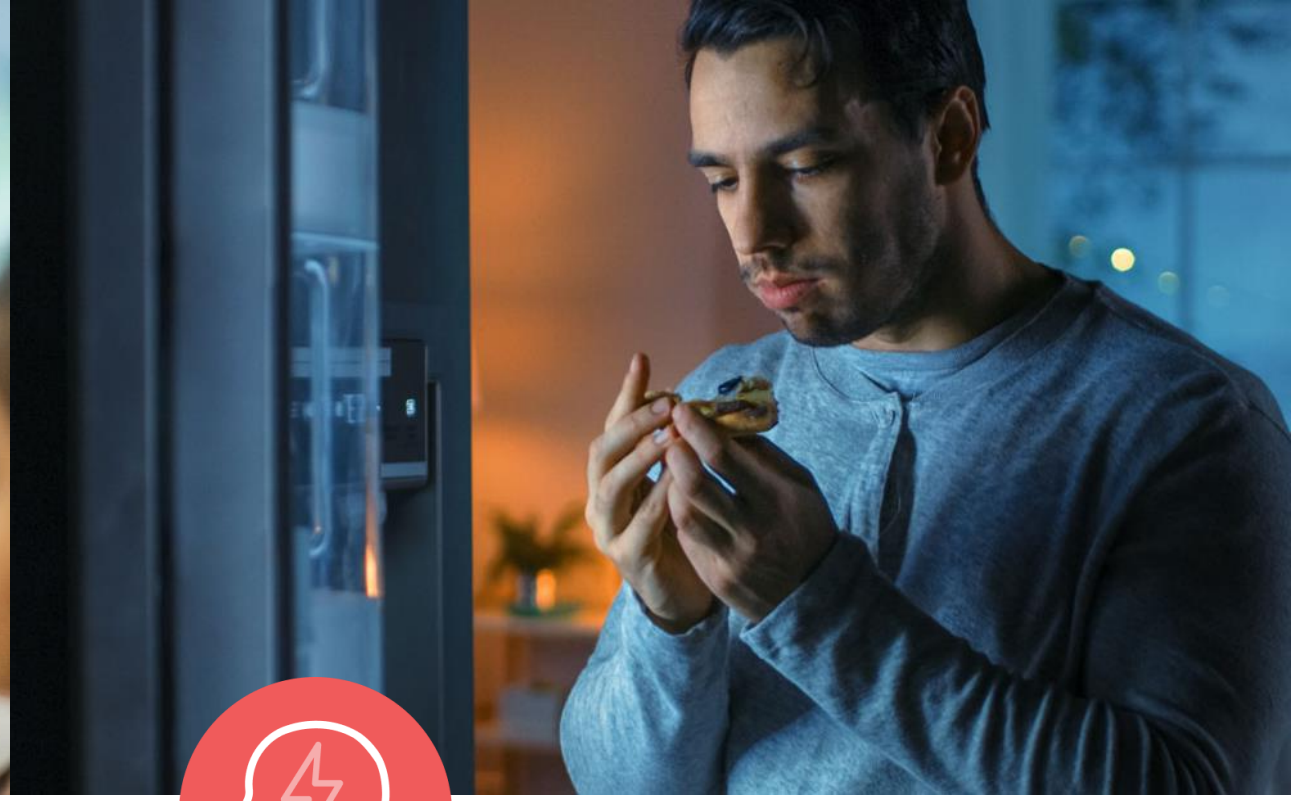
Source: data adapted from USDA

With microbiome insight, we can provide precise direction

N of 1 Nutrition

Individuals respond to foods differently

Food is.....



Love, Family, Celebration

Pain, Hate, & Sadness

This is not only psychological but also physiological

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The problem: food choices are the biggest stressor

TABLE 1. Ranking of Factors That Have a "Big Impact" on Daily Life With Diabetes by Respondents' Diabetes Type and Therapy

Rank*	Diabetes/Therapy Type		
	T1	T2I	T2NI
1	Food choices (63%)	Food choices (67%)	Food choices (64%)
2	Time-in-range (57%)	Time-in-range (45%) A1C (44%)	Time-in-range (41%) A1C (41%)
3	Unexpected blood glucose numbers (42%)	Nondiabetes health issues (36%) Dosing insulin (34%)	Nondiabetes health issues (31%)
4	Dosing insulin (37%)	Unexpected blood glucose numbers (28%)	Unexpected blood glucose numbers (20%)
5	Hypoglycemia (30%) A1C (30%) Nondiabetes health issues (27%)	Symptoms of complications (24%)	Symptoms of complications (15%)

Source: *Clinical* Diabetes (ADA)

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CARE

The Solution: N of 1 Precision Nutrition

Microbiome
Analysis

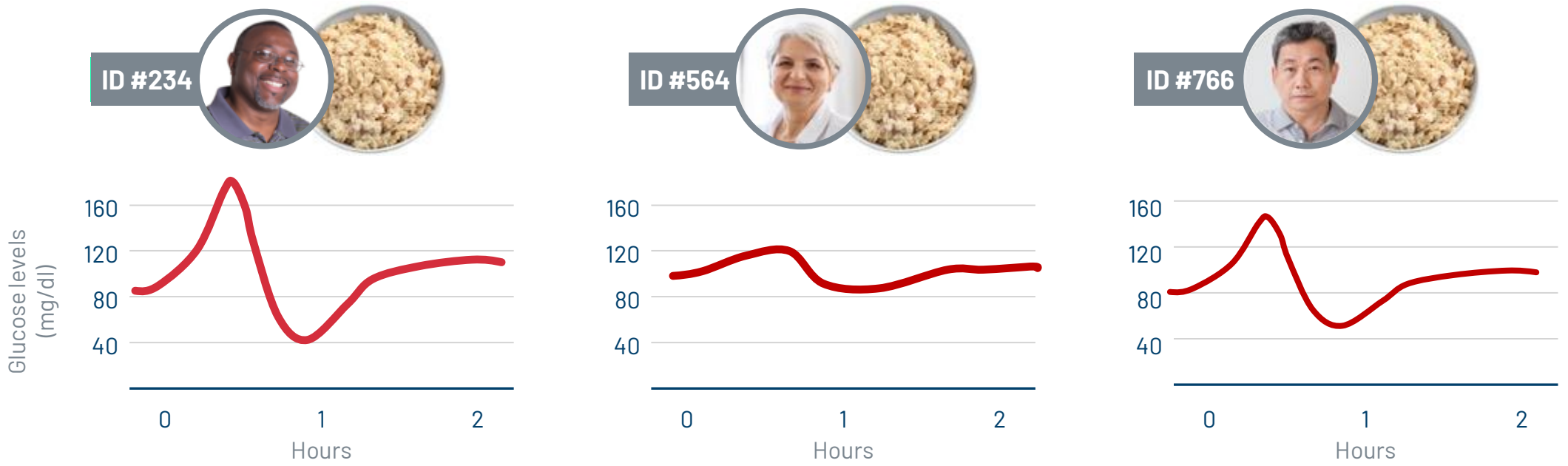
+

Predictive Food Rx
AI- Powered

+

1:1 Dietitian
Support

People Respond Differently to the Same Food



Source: Cell Personalized Nutrition by Prediction of Glycemic Responses

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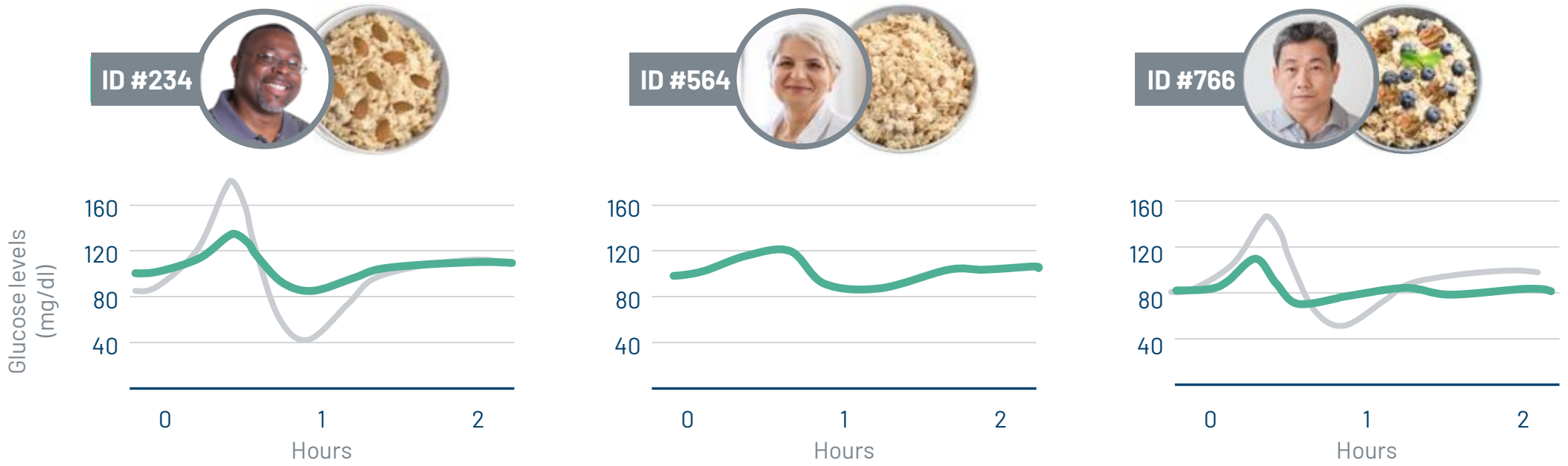
Food Responses Can Be Normalized



Source: Cell Personalized Nutrition by Prediction of Glycemic Responses

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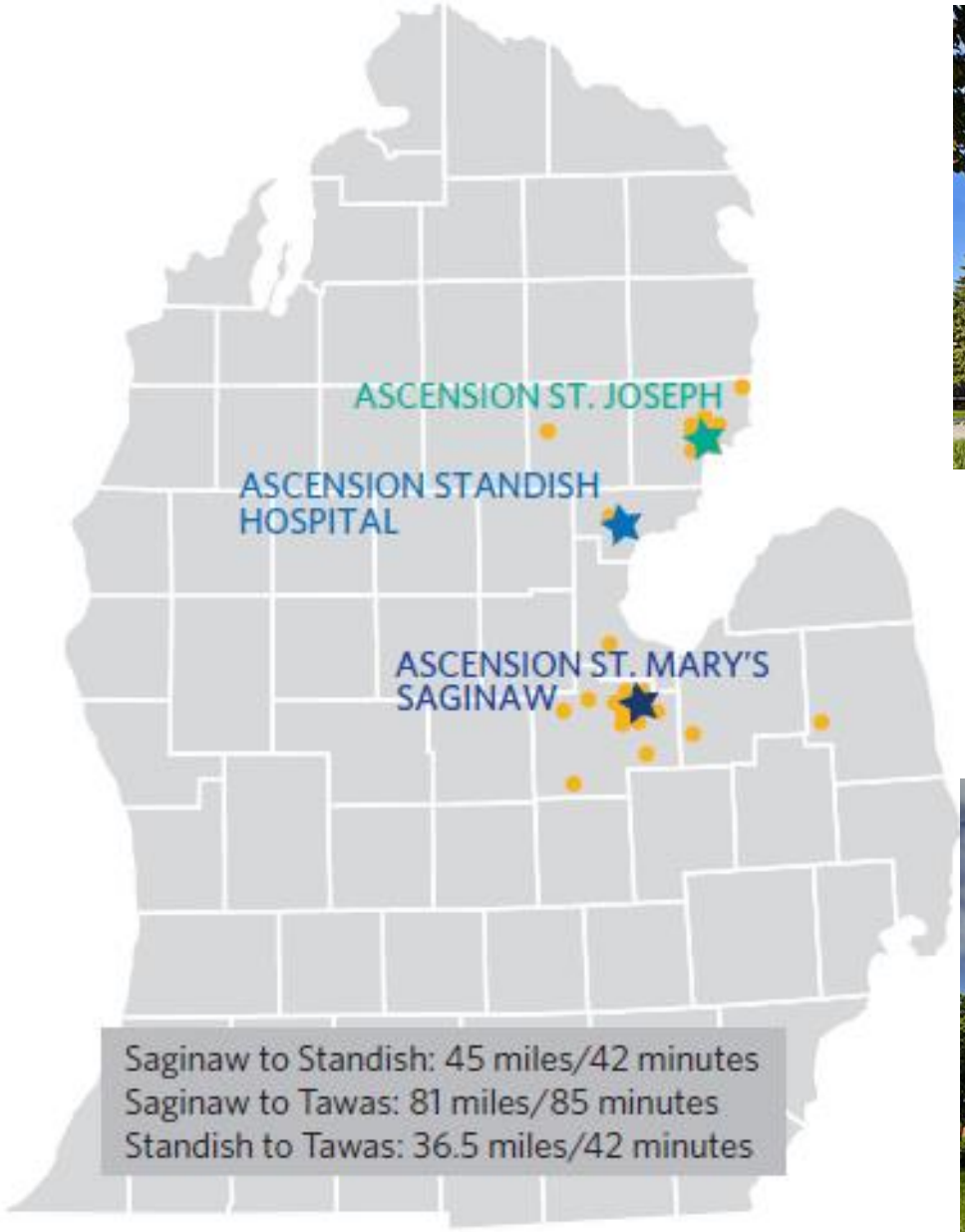
Ascension St. Joseph, Tawas City
Ascension St. Joseph is a 47 bed acute care hospitals with multiple outpatient care centers. They are a Top 100 Rural and Community Hospital for six consecutive years.

Ascension Standish Hospital, Standish
25 acute and critical care beds
29 skilled nursing beds
5-Star CMS for 4 years



Ascension St. Mary's Hospital, Saginaw
Ascension St. Mary's is a verified Level II Trauma Center and certified Comprehensive Stroke Center, with 268 beds and 25 specialty centers. The Towne Centre location includes an ER, surgery center, infusion therapy and chemotherapy, wound care and more.

Ascension

Impact on members

▼ 1.4 *Drop in A1C*	▲ 34% *Time-in-range*	▼ 12 lbs *Weight Loss*	▲ 90% *Engagement*	▼ 32% *Medication*
▲ 73% *Energy*	▲ 45% *Sleep Quality*	▼ 50% *Hunger*	▼ 18% *Stress*	▲ 88 *NPS*

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Member Success Stories

THERESA

A1C: 7.9 to 5.8

I'm not hungry all the time and I'm not tired all the time. The support system, individual scores, and results are amazing.

LIZ

A1C: 8.2 to 7.5

I feel I have a lot more energy, able to do my job better - don't get as tired. This has been transformative."

TOM

A1C: 8.1 to 6.7

It's a program designed around my body's reaction to food. I'm never hungry, have so much more energy, and I'm losing weight

CARL

A1C: 7.3 to 6.1

My dietitian kept me motivated and responsible. You have changed my life, I am really grateful for you.

Ascension

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