



**Validation**Institute

# 2025 Validation Report

**Review for: ModifyHealth**

**Validation Achieved: Improved Health Outcomes**

**Valid through: December 2025**



# Company Profile **modifyhealth**<sup>™</sup>



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<b>Category:</b>	<b>Food as Medicine / Outcomes</b>
<b>Website:</b>	<a href="http://www.modifyhealth.com/">http://www.modifyhealth.com/</a>
<b>Public or Private:</b>	Private
<b>Year Established:</b>	2018
<b>CEO:</b>	G.B. Pratt
<b>Company contact:</b>	customer@modifyhealth.com

## **Description Provided by the Company:**

**ModifyHealth** changes lives by making food as medicine simple, effective, and sustainable for providers and patients. Along with home-delivered, medically tailored meals, ModifyHealth provides dietitian support, remote patient monitoring, and education to ensure sustained benefits. ModifyHealth's turnkey programs improve outcomes and costs for chronic conditions such as diabetes, heart disease, kidney disease, irritable bowel syndrome (IBS), and related issues where dietary management is a recommended treatment. ModifyHealth partners with providers, payors, employers, and patients to make adopting healthier diets and lifestyles a reality.

**This quality improvement project was implemented in collaboration with Valley Health System to support their Center for Diabetes Management.**

Valley Health System, based in Paramus, New Jersey, is a leading healthcare provider that includes The Valley Hospital, Valley Home Care/Hospice, Valley





# Company Profile

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Medical Group, and a physician-led clinically integrated network, ColigoCare. Known for its commitment to high-quality patient care, Valley Health System supports more than 90,000 attributed patient lives through value-based care arrangements and incorporates a wide range of specialized services, including its Center for Diabetes Management, which supports patients in managing and improving their health outcomes.





# Claim Assertion for Validation

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People who have Type 2 diabetes and participate in ModifyHealth's Food as Medicine FIT™ program reduce their blood glucose (HbA1c) level.



# Method / Calculation / Examples

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Sixty-three participants initially enrolled.

To enroll, participants had to

- Have type 2 diabetes
- Be a patient at the clinic
- Not be pregnant, lactating, in active cancer treatment, on dialysis, have a health condition that requires significant diet changes.
- Not have an active or recent history of an eating disorder.



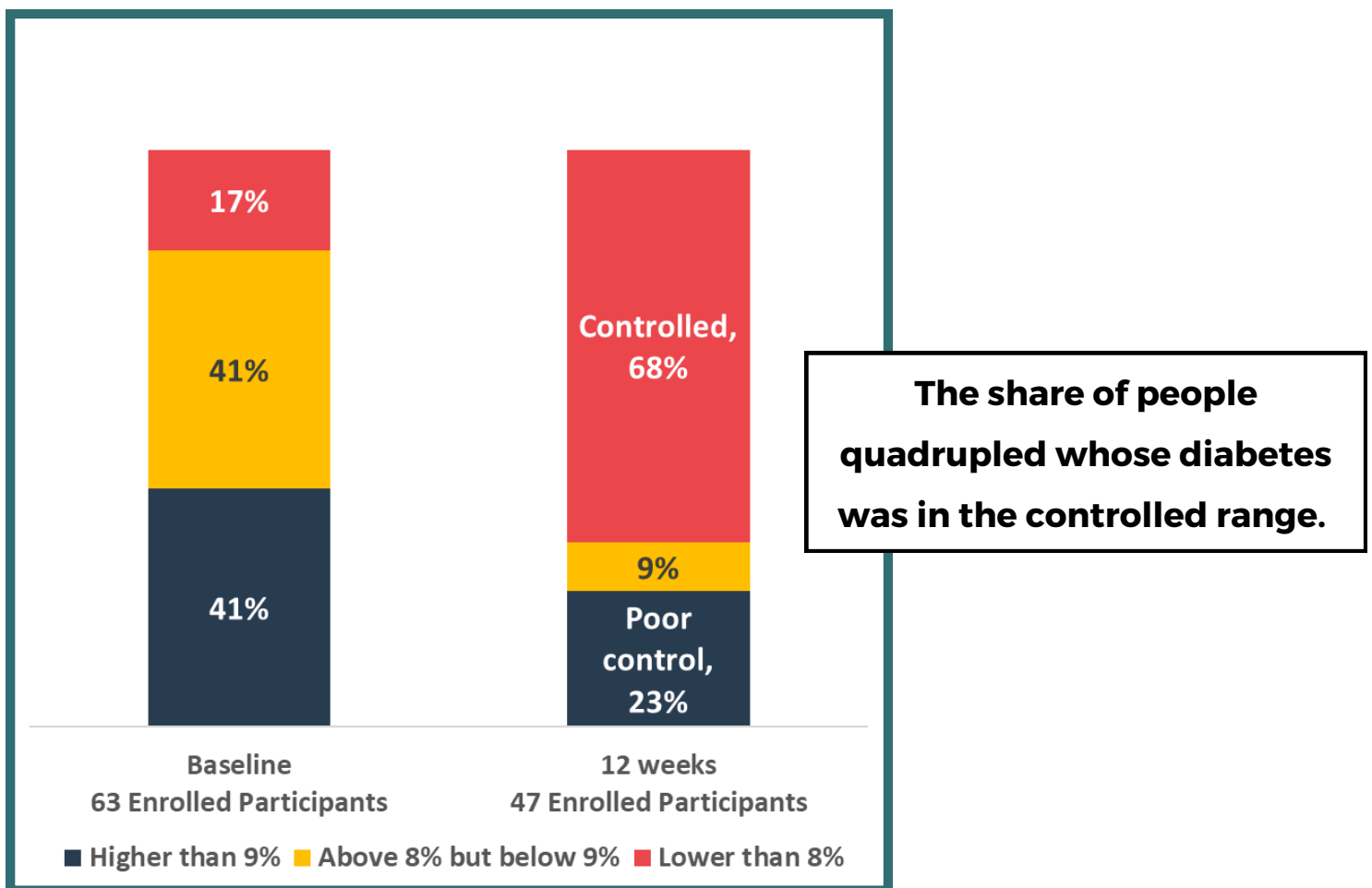
All participants received

- 10 meals per week for weeks 1 through 5
- 7 meals per week for weeks 6 through 10
- 4 virtual sessions with a Registered Dietitian

Participants had their blood glucose (HbA1c) tested when the program started and at 12 weeks. Forty-seven participants had test results for both time points. The Registered Dietitians asked about the participants' use of routine lab tests recommended by the American Diabetes Association (American Diabetes Association, 2024) for people living with diabetes. The RDs referred them for testing, if needed.

# Findings & Validation

Graph 1 summarizes the 63 enrolled participants' HbA1c results at the beginning of the program (baseline) and 47 enrolled participants at 12 weeks. The share of participants whose HbA1c level was controlled more than quadrupled; HbA1c  $\leq$  8% is considered controlled.



Graph 1: HbA1c results at baseline and at 12 weeks



# Findings & Validation

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Of the 47 participants who had HbA1c results at baseline and at 12 weeks,

- 36 (77%) lowered their levels and
- 27 (57%) lowered their level by at least 0.5%. This level of change is meaningful for the patient’s health status.

“Detecting and treating early diabetic kidney disease by using kidney protective medicines that lower blood pressure can **reduce decline in kidney function by 33% to 37%.**”

Reference:

Lewis EJ, Hunsicker LG, Clarke WR, et al; Collaborative Study Group. Reno protective effect of the angiotensin-receptor antagonist irbesartan in patients with nephropathy due to type 2 diabetes. N Engl J Med. 2001;345(12):851–860

The Registered Dietitians found underuse of routine lab tests that are recommended for people with diabetes. They referred

- 68% of participants (43 out of 63) for kidney function testing
- 22% (14 out of 63) people for eye exams.

Filling these gaps in care can prevent complications from diabetes in the long term. See side bars.

“Regular eye exams and timely treatment could **prevent up to 90% of diabetes-related blindness.**”

Reference:

Murchison AP, Hark L, Pizzi LT, et al. Non-adherence to eye care in people with diabetes. BMJ Open Diabetes Res Care. 2017;5(1):e000333



# Limitations

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This analysis focused only on people who completed the program. Such people may have traits that help them achieve positive results.





# Works Cited

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1. American Diabetes Association. (2024, September 27). Health Checks for People with Diabetes. Retrieved from American Diabetes Association website : <https://diabetes.org/living-with-diabetes/newly-diagnosed/health-checks-people-with-diabetes>
2. CDC. (2024, April). Defining Adult Overweight & Obesity. Retrieved from Centers for Disease Control & Prevention: <https://www.cdc.gov/obesity/basics/adult-defining.html>
3. Magkos F, F. G. (2016). Effects of Moderate and Subsequent Progressive Weight Loss on Metabolic Function and Adipose Tissue Biology in Humans with Obesity. *Cell Metab*, 591-601.





# Validation and Credibility Guarantee

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**ModifyHealth's Food as Medicine FIT™ program** achieved validation for **Outcomes**. Validation Institute is willing to provide up to a \$50,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit

<https://validationinstitute.com/credibility-guarantee>.

## Program Validation

Program has strong evidence of significant impact on both patient outcomes and on medical costs. Evidence is assessed based upon the certainty it provides that the result is due to the program and not to other factors, such as recruiting people to participate in the program who are most likely to succeed.

## Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

## Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.





# CERTIFICATE OF VALIDATION

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<b>Applicant:</b>	<b>ModifyHealth</b> 190 Bluegrass Valley Pkwy, Alpharetta, Georgia 30005, US
<b>Product:</b>	<b>Food as Medicine FIT™</b>
<b>Claim:</b>	People who have Type 2 diabetes and participate in Modify Health's Fresh Food Farmacy program reduce their blood glucose (HbA1c) level.
<b>Validation Achieved:</b>	<b>Validated for Outcomes</b>
<b>Award Date:</b>	December 2024

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**Linda K. Riddell, MS**  
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**Validation Institute**

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**Craig Sharpe**  
**Chief Executive Officer**  
**Validation Institute**



# About Validation Institute

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**Validation Institute** is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

## Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.