



Empowering the Aging Community: Addressing Nutrition and Food Insecurity Across NC

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**United
Healthcare®**

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Agenda

- I. UnitedHealthcare Overview
- II. Food Insecurity in North Carolina
- III. Data Driven Strategies

UHC Community Plan of North Carolina

While national in scope, we are local in the focus of the work we do and remain committed to *helping people live healthier lives and making the health system work better for everyone.*

We work within communities across the state to improve access to care, address social drivers of health and connect individuals to local organizations and resources that benefit health and well-being.

Key health priorities align with the state:

- Behavioral Health & Resilience
- Child & Family Well-being
- Strong & Inclusive Workforce

UHC Community Plan:

- NC Medicaid Statewide Community Plan launched on 7/1/2021
- NC DSNP launched in 2012 (Serving over 155k Dual Eligible Members)
- NC Individual & Family Plan (ACA) launched November 2020

Value Added Services:

- 20+ Value Added Services not covered by traditional Medicaid to help members live healthier lives.
- Services focus on education, prenatal, wellness and youth benefits.



Medicaid, DSNP, IFP
Lines of Business



124
Hospitals in Contract



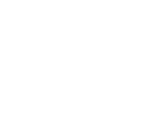
28,126
PCP Providers In
Contract



33,524
Specialists in Contract



652,497 Total
483,638 Medicaid
168,859 DSNP
Current Covered Lives



Invested >\$15 million
Access to Care
Affordable Housing
Expanding Behavioral
Health



Member Benefits

- Doctor Visits
- Medical Supplies
- Hospital Visits
- Lab Tests
- Therapies
- Prescriptions
- Hospice
- Eye Care
- Care Management
- Behavioral Health
- Extra Benefits
- Transportation





Food As Medicine

Food as Medicine

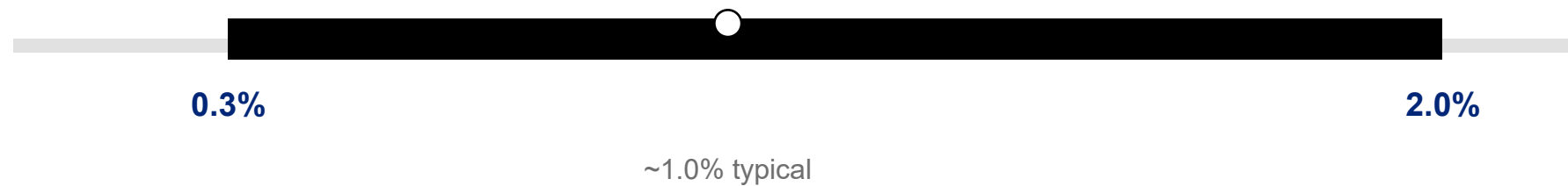
- Food as Medicine (FIM): integrates nutrition into health care to prevent, manage, and treat diet-related chronic disease
- Broader systematic reviews link healthier dietary patterns with improved cardiometabolic outcomes, supporting food as a modifiable clinical exposure
- Acceleration across health systems and policy
- Evidence syntheses of randomized trials show FIM programs can improve diet quality and food security among people with chronic disease

Citations: AJCN 2025 (FIM movement); AHA 2025 scientific statement on FIM RCTs; JAMA Netw Open 2022 and Cardiovasc Diabetol 2025 diet-outcomes reviews.



A1c Reduction with Medical Nutrition Therapy

Type 2 diabetes (RDN-delivered MNT): typical A1c reduction range



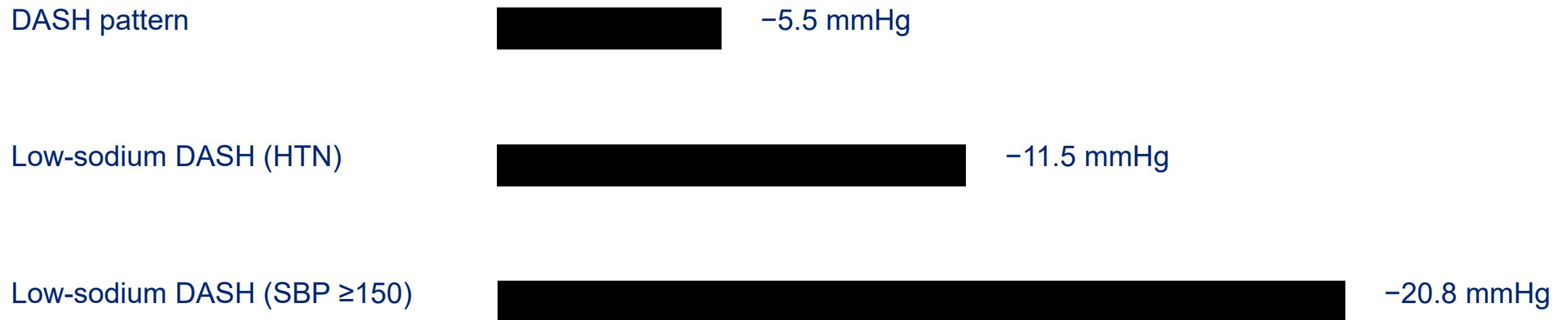
Prediabetes: RCT meta-analysis of dietitian-delivered MNT showed HbA1c -0.30% vs usual care.

Sources: Diabetes nutrition updates summarizing MNT A1c range (T2D $\sim 0.3\text{--}2.0\%$); Dudzik et al., AJCN 2023.



Blood Pressure Reduction with DASH & Sodium Reduction

Systolic BP reductions reported in DASH/DASH-Sodium controlled feeding trials



Sodium counseling targets: <2,300 mg/day; WHO benchmark <2,000 mg/day (~5 g salt).

Sources: NHLBI/BioLINCC and ACC DASH-Sodium analyses; WHO sodium reduction guidance.



Why Nutrition Still Matters with GLP-1 Therapy

GLP-1 receptor agonists work best with adequate nutrition support

- GLP-1 therapies reduce appetite and intake, but do not ensure adequate protein, micronutrient, or fiber intake.
- Low protein intake during rapid weight loss increases risk of lean mass loss and functional decline (especially older adults).
- Diet quality influences BP, lipids, and glycemia—so nutrition supports cardiometabolic benefit beyond weight loss.
- Nutrition counseling helps manage GI effects (nausea/early satiety) and supports long-term adherence.



Nutrition Priorities When Prescribing GLP-1s

- Prioritize protein to preserve lean mass (individualize; consider higher risk in older adults).
- Encourage fiber-rich foods to support glycemic control, BP reduction, and GI tolerance.
- Monitor for micronutrient risk if intake is markedly reduced (e.g., B12, iron, calcium).



Food Insecurity: A Clinical Issue

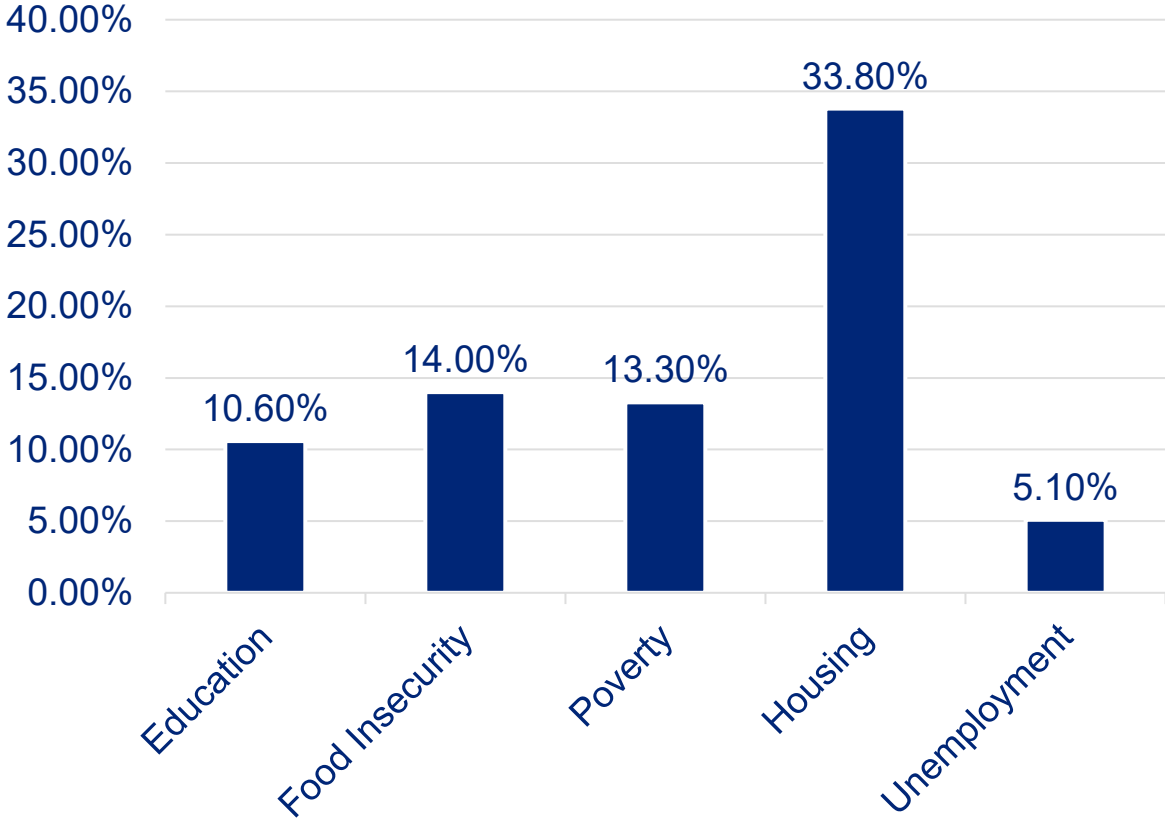
- Affects ~13% of U.S. households,
- Associated with higher rates of diabetes, hypertension, CVD, depression
- Linked with poorer diet quality, higher health care utilization, and higher costs
- Limits effectiveness of standard treatments

Citations: USDA ERS 2024; USPSTF 2025; CDC 2019 cost estimates; Diabetes Care 2023 review.



Social Risk

Social Risk In North Carolina

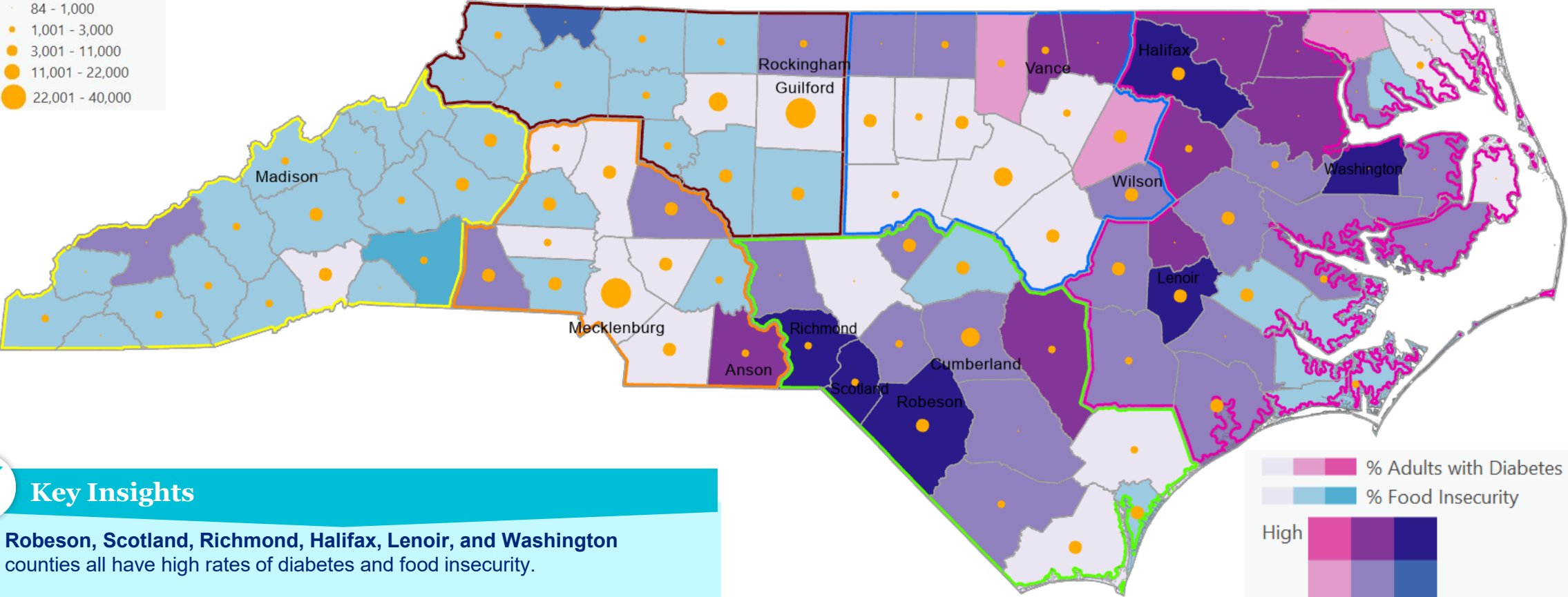
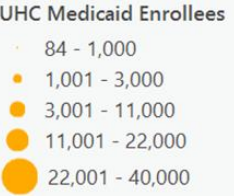


REGION	Social Risks (Ranked) by Region		
	1	2	3
Region 1	Food Insecurity	Poverty	Education
Region 2	Poverty	Education	Food Insecurity
Region 3	Housing	Unemployment	Education
Region 4	Housing	Unemployment	Food Insecurity
Region 5	Poverty	Unemployment	Food Insecurity
Region 6	Poverty	Housing	Education

Sources: 1. American Community Survey/Census published 2024
 2. U.S. Department of Agriculture/Economic Research Service published 2022

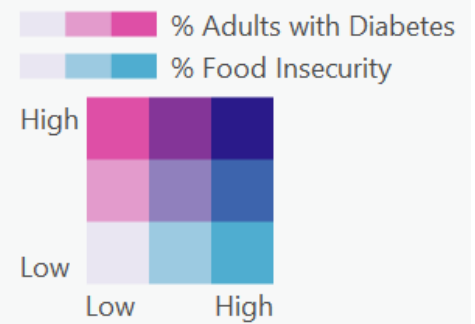


Adults with Diabetes and Food Insecurity



Key Insights

Robeson, Scotland, Richmond, Halifax, Lenoir, and Washington counties all have high rates of diabetes and food insecurity.



Areas of high food insecurity combined with high rates of diabetes are in dark purple



Data Driven Strategies

Nutrition & Community Partnerships

- Food RX – Food as Medicine Program – NC State, NC Cooperative Extension, Goldsboro Pediatrics
- Food Smarts Nutrition Classes
 - Rocky Mount Housing Authority, Rocky Mount, NC – An 8-week nutrition and cooking series sponsored by UHC and facilitated by Down East Partnership for Children and UHC
 - Member Advisory Committee health education sessions (e.g., Food Labels & More)
- NC Cooperative Extension / NC State University Collaboration: 6-week nutrition and cooking series sponsored by UHC and conducted by extension agents
 - Southeast Raleigh YMCA, Raleigh
 - Advance Community Health Center, Raleigh
 - Lenoir Housing Authority, Lenoir, NC
 - Charlotte/Mecklenburg Housing Authority



Connecting Members, Providers, and Communities—A 360° Integrated Approach



D-SNP Members

- **Ucards** – credits to use in stores or online; 60,000 retailers (including Walmart, Dollar General)

Enrollees with Access to Credits, by Type of MA Plan	Enrollees Using Credits	Eligible Expenses	Average Annual Value of Credits
4.8 million enrollees in standard MA Plans	3.1 million (64% of those eligible)	<ul style="list-style-type: none"> • OTC wellness products, such as <ul style="list-style-type: none"> • Vitamins • Pain relievers • Cold remedies • First aid 	\$232
259,000 enrollees in Chronic Condition SNPs (C-SNPs)	192,000 (74% of those eligible)	<ul style="list-style-type: none"> • OTC wellness products • Healthy foods, such as <ul style="list-style-type: none"> • Fruits & vegetables • Milk & eggs • Meat & fish 	\$708
2.4 million Medicare-Medicaid enrollees in Dual Eligible SNPs (D-SNPs)	2.2 million (91% of those eligible)	<ul style="list-style-type: none"> • OTC wellness products • Healthy foods • Utilities, such as <ul style="list-style-type: none"> • Water & sanitation • Electricity & natural gas • Phone & internet 	\$2,244



Extra Benefits to Combat and Prevent Diabetes

Wellness

- Fresh, nutritious meals after hospitalization
- One Pass-yearly gym memberships for 18+

Behavioral Health

- Mobile app that offers access to on-demand help for stress, anxiety, and depression at no cost

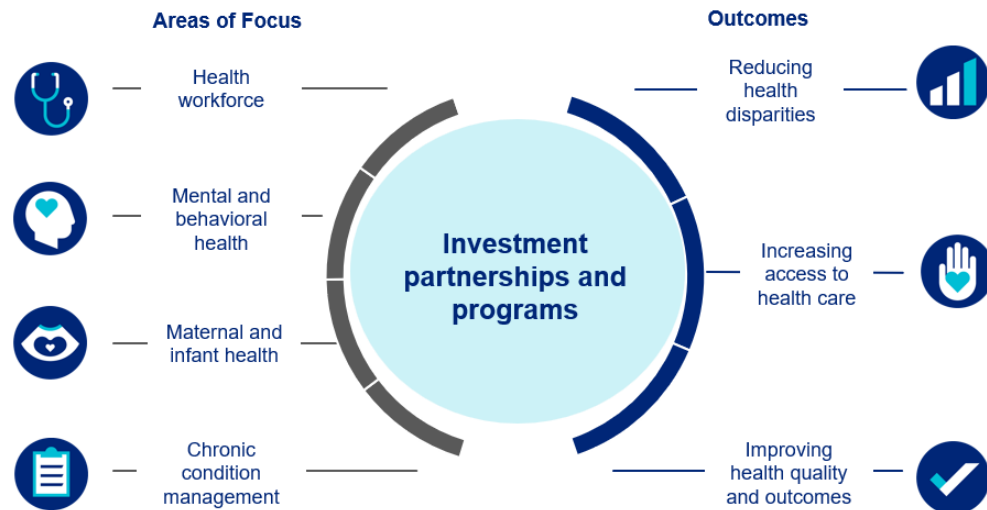


Providers

- We hold **listening sessions** to explore new strategies for improving chronic disease management.
- **Clinical rounds** focus on meeting the intricate needs of our members.
- Our **provider recognition program** includes:
 - Clinical Innovation Award
 - Access to Care Award
 - Social Determinants Impact Award
 - Quality Measure Performance Award



Strategic Investments to Build Healthier Communities



•**Ripe for Revival** aims to revitalize communities through food by connecting surplus farm produce with those in need. Our investments support their mobile market initiatives that work to combat food insecurity.

•**YMCA Diabetes Prevention Program** empowers participants with education, nutrition support, and lifestyle coaching to reduce their risk of developing type 2 diabetes. Our investment supports program expansion.

•**YMCA Mental Health Programs** aim to destigmatize mental health, educate youth, and connect them with resources. Our investment supports program expansion.



Questions

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Appendix

Extra Benefits

Education

- GED exam voucher and materials
- Back to school supply gift card (\$25 value)
- \$25 gift card for students grades 6-12 with 3.5 GPA or higher

Youth

- \$75 youth sports program at YMCA
- Healthy Weight and Your Child wellness program
- Gift card to online sensory store (\$75 value)
- Yearly Highlights for Kids magazine subscription

Asthma

- Hypoallergenic mattress cover and pillowcase
- HEPA filter vacuum cleaner and purifier



Extra Benefits



Phone Program

- Free monthly unlimited data, minutes, and texts

Transportation

- Rides to job interviews and other employment-related activities

