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Instacart and Foodsmart partnership drives clinical outcomes with diet-related chronic conditions

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Instacart, the leading grocery technology company in North America, and Foodsmart, the nation's largest telenutrition provider, released a detailed white paper showcasing results from their partnership over the past two years, including significant positive health outcomes for thousands of people living with obesity and diabetes.

Lack of access to nutrition is the leading driver of poor health outcomes, and according to the CDC, poor nutrition and related diseases account for most illness, disability, and death in the U.S. Poor diets are also the leading drivers of healthcare costs, and 85 per cent of all health care spending is related to the management of diet-related chronic disease â?? costing roughly $1.1 trillion each year.

Effective, scalable solutions that acknowledge the critical link between nutrition and health need to be integrated into healthcare delivery. As treatments like GLP-1s expand, experts recognise the effectiveness of these medications but also assert that sustained improvements in health depend on long-term dietary and behavioural changes. These changes are crucial for members living with diabetes and obesity to improve their health, whether as part of a lifestyle shift or to complement medication.