



Project Open Hand
meals with love

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Project Open Hand Publishes Second Issue of Medically Tailored Nutrition Magazine

Bay Area nonprofit Project Open Hand announced today its second issue of [trEATment Magazine](#), which focuses on the role medically tailored nutrition can play in diabetes treatment and management.

trEATment Magazine is the first-of-its-kind publication to educate and advocate for the national implementation of medically tailored meals (MTMs) as a healthcare solution, taking an in-depth look at the intersection of community-based "Food is Medicine" (FIM) interventions and peer-reviewed research.

Independently produced by healthcare experts and nonprofit leaders who are members of the California Food is Medicine Coalition, the magazine challenges readers to understand the untapped potential of nutrition as a form of healthcare treatment, and its role in secondary and tertiary prevention.

"We're excited to release our second issue of the magazine with a spotlight on diabetes," says Project Open Hand CEO Paul Hepfer. "Perhaps no other chronic health condition like diabetes can be impacted so clearly by nutrition. For this issue, it was important to us to highlight the critical role that medically tailored meals can play in the lives of people who are living with the disease."

According to the American Diabetes Association, 1.2 million Americans are newly diagnosed with diabetes each year, and the prevalence of type 2 diabetes continues to grow. Nearly thirty percent of Americans over the age of 65 are already living with diabetes, while 38% of all adults live with prediabetes.

"Improving diabetes is at a critical inflection point in history," states a letter from the Editorial Board in the magazine. "Healthy eating, and using food as medicine, is an opportunity to treat, and in some cases reverse, this disease. This new issue of *trEATment* provides an understanding of what's at stake and what can be done to make a difference."

In addition to stories of people living with diabetes and the impact of MTMs on their lives, this issue features insights into creating diabetic-friendly MTMs, highlights nonprofits throughout the country that are working on-the-ground to deliver these services, as well

as a discussion on how different states are experimenting with Medicaid policies to provide nutrition support.

To read *trEATment Magazine*, or for more information on hard copies, visit www.openhand.org/treatment-magazine.

About trEATment Magazine

Published annually, trEATment Magazine features a range of contributors and changemakers from the Food is Medicine movement. Each issue focuses on a singular health condition, such as heart disease or diabetes, and concentrates on the vital role nutrition can play in its treatment and prevention. To read the latest issue of trEATment Magazine, or for more information on hard copies, visit www.openhand.org/treatment-magazine.

About Project Open Hand

Since 1985, Project Open Hand has provided meals with love to older adults, adults with disabilities, and those living with complex, chronic health conditions like HIV/AIDS, cancer, and heart disease. Each year, Project Open Hand serves nearly a million meals to clients across San Francisco, Alameda, and Contra Costa counties. To learn more, visit www.openhand.org.

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