

Published Studies

- ▶ Hu EA, Nguyen V, Langheier J, Shurney D. **Weight Reduction Through a Digital Nutrition and Food Purchasing Platform Among Users With Obesity: Longitudinal Study.** *J Med Internet Res.* 2020 Sep 2;22(9):e19634. [Link](#)
- ▶ Hu EA, Pasupuleti M, Nguyen V, Langheier J, Shurney D. **Sustaining weight loss among adults with obesity using a digital meal planning and food purchasing platform for 12, 24, and 36 months: a longitudinal study.** *Nutr J.* 2021 Jan 21;20(1):8. [Link](#)
- ▶ Hu EA, Scharen J, Nguyen V, Langheier J. **Evaluating the impact of a digital nutrition platform on cholesterol levels in users with dyslipidemia: A longitudinal study.** *JMIR Cardio* 2021;5(1):e28392. [Link](#)
- ▶ Shea B, Bakre S, Carano K, Scharen J, Langheier J, Hu EA. **Improved glycemic control among individuals with diabetes who used a digital, personalized nutrition platform: Longitudinal study.** [Under review at *JMIR Diabetes*].

Case Studies/Presentations

- ▶ **CDPHP: Foodsmart’s impact on weight loss and dietary behavior among overweight and obese users: A longitudinal study.**
- ▶ **Foodsmart’s impact on Nutrition and Food Insecurity in the Medicaid & Medicare population: A Case Study.** [Link](#)
- ▶ **Abstract** presented as an Oral presentation at the American Society of Nutrition Conference (June 7-10, 2021): Associations between meal planning and food ordering features of a digital precision nutrition platform and improvements in diet quality.

Studies In Progress

- ▶ **Randomized Controlled Trial: The Sustainable Weight Loss Study**
 - Description: We recruited and randomized 250 obese adults in the U.S. to 3 arms: 1) Foodsmart+telenutrition; 2) Foodsmart only; and 3) MyPlate resources. Participants are asked to report their diet and weight monthly for 6 months, during the intervention period. After the intervention, they will be asked every 6 months to report diet and weight to examine sustainability of weight loss.
 - Purpose: Through a gold standard study design with a comparator group, we can remove confounding to tease out causal associations between Foodsmart and sustained weight loss.
 - Early Findings: From preliminary analyses, we found that at the 3-month mark, the average weight change was:
 - Arm 1 (n=36): -8.2 lbs
 - Arm 2 (n=72): -7.9 lbs

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- Arm 3 (n=69): -4.9 lbs

- ▶ **Matched Pair Controlled Claims Studies**

- Description: Combining our data with the claims data of health plans, we are analyzing differences in changes in overall healthcare costs pre- and post- Foodsmart between Foodsmart users and non-Foodsmart users of the health plan.
- Purpose: By creating a control group through matching on baseline characteristics, we can simulate a randomized controlled trial that removes confounding between the intervention and control groups.
- Clients:
 - UHG, Cerner, PacificSource, Harvard Pilgrim, CDPHP

- ▶ **Cross-sectional Study: Demographic and Dietary Characteristics of Foodsmart users by Food Security Status**

- ▶ Bakre S, Shea B, Scharen J, Langheier J, Hu EA. **Improved blood pressure control among individuals with hypertension who used a digital, personalized nutrition platform: Longitudinal study.** *[In progress]*.