



Corporate Resources for Chronic Disease Prevention & Reversal

Plant Powered Metro New York promotes vibrant health in and around New York City through whole food, plant-based (WFPB) nutrition. This evidence-based dietary pattern enables the prevention, and in some cases the reversal, of many of common chronic diseases, including heart disease, diabetes, hypertension, stroke, Alzheimer's disease, a variety of cancers, overweight/obesity, and autoimmune conditions.

A growing body of scientific evidence is revealing that optimal human health can be achieved by eating predominantly **whole plant foods**, minimizing animal products and refined or highly-processed foods including added oils and sugars, all of which are staples in the standard American diet. A WFPB dietary pattern works through many mechanisms to reduce chronic inflammation, oxidative stress, and imbalances in the gut microbiome while bolstering the immune system and even modulating gene expression. This movement is championed by the [American College of Lifestyle Medicine](#). Recently, clinics have opened in the greater NYC area applying food as medicine, including NYC H+H/Bellevue Hospital's [Plant-Based Lifestyle Medicine Program](#) and Montefiore Einstein's [Cardiac Wellness Program](#).

The implications for employers are significant:

- Chronic disease has been shown to increase employee absenteeism more than sixfold and presenteeism more than double, while also increasing the likelihood of negative critical work incidents.
- It has been estimated that 75% of the US' \$2.8 trillion in health care costs are due to chronic diseases that are largely preventable through lifestyle changes.
- Heart disease is not only the number one killer of Americans, but it is also the most expensive chronic condition in terms of total health care spending.
- Patients with multiple chronic conditions cost up to seven times as much as those with only one.

Plant Powered Metro New York offers access to the following corporate resources that promote nutritional excellence among employees for overall workplace well-being, greater productivity and fewer sick days, and reduced health care costs:

- **Expert speakers** who can explain the science of whole food, plant-based nutrition, share case studies, and provide accessible "how to" instruction on dietary change, meal planning, and more
- **Food and cafeteria audits** to help you offer the most health-promoting fare for your employees
- **Employee "jumpstart" programs**, in which employees together adopt a WFPB diet for 14-21 days; receive support, meal preparation ideas, and sometimes even meals; and track biometric changes that occur (Examples of these jumpstarts are featured in the 2015 documentary [Plant Pure Nation](#).)
- **Quantitative tools** for employees to assess their health based on food choices, charting how diet changes can improve their score
- **Community-based support** for employees who choose to adopt a WFPB diet, including regular public gatherings throughout the metropolitan area for continued learning and peer mentorship

"The foods you consume can heal you faster and more profoundly than the most expensive prescription drugs, and more dramatically than the most extreme surgical interventions, with only positive side effects."

- T. Colin Campbell, PhD, Cornell University professor emeritus

Learn more at www.ppmny.org
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