



FoodMed
CERTIFIED



KaiVitae

**Certification for:
Metrics
Expires May 31, 2025**



www.foodmedcertified.com/

VALIDATION INSTITUTE, 250 First Avenue, Suite 301, Needham, MA 02494



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Company Profile

Category:	Food as Medicine / Metrics
Website:	https://www.kaivitae.com/
Public or Private:	Private
Year Established:	2023
Primary Contact:	Jim Behrens
Company contact:	hello@kaivitae.com

Description Provided by the Company:

KaiVitae is on a mission to simplify healthy eating. **KaiVitae's** digital health app, FoodKey, provides actionable information on the healthfulness of the foods you eat across your entire diet over time. The underlying FoodKey Score analyzes over 50 health-related dimensions of each food to produce a single, science-based number that evaluates the overall healthfulness of your food. The FoodKey Score is associated with the development and progression of common chronic diseases and lifespan. By removing friction associated with logging food into a food record, tracking diet over time, and sharing (with permission) the individuals' dietary information with providers, FoodKey is a powerful and simple tool for science, providers, and consumers alike. With new insights, **KaiVitae** enables the potential to save billions of dollars in healthcare, corporate wellness, clinical trials, and for payors dealing with the GLP-1 onslaught in weight management. Designed as a scalable, mobile, and inexpensive SaaS tool, FoodKey represents a major inflection point where technology can help mitigate the healthcare crisis in America.





Claim Assertion for Validation

KaiVitae's FoodKey Score accurately represents the validated and published Food Compass Score.

To the extent the two systems are identical, the research that connects the Food Compass Scores to the risk of specific illnesses also applies to FoodKey Scores.





Method / Calculation / Examples

KaiVitae's analysis used the published Food Compass Scores for 8,000 foods and designed coding to replicate it. Several different statistical analyses were done to assess how closely FoodKey Scores matched Food Compass Scores.

The Food Compass Score has been studied and validated as an accurate tool for tracking nutrients in food. Further, the score has been shown to link to several health indicators, listed below.

- Body Mass Index,
- Blood pressure (systolic and diastolic),
- Blood cholesterol (LDL-C and HDL-C),
- Fasting plasma glucose,
- Cardiovascular disease,
- Lung disease,
- Cancer,
- Cardiometabolic disease, and
- Mortality (all causes).

People whose Food Compass Scores were better (at least one standard deviation) had significantly lower likelihood of these health issues than people with worse scores.





Findings & Validation

The statistical analysis of KaiVitae's FoodKey method showed it is virtually identical to Food Compass. A perfect match would be a 1.0 on a statistical correlation test. KaiVitae's system achieved 0.9881 out of 1.0. Other statistical tests produced similarly strong results. These tests confirm that KaiVitae's FoodKey Score has no significant difference from the Food Compass Score.





Limitations

The Food Compass Score was based upon a sample of U.S. adults and their diagnosed illnesses at the time the data was gathered. This analysis did not track people over time and did not assess whether changing their diet (which would change their Food Compass Score) would also change their health. FoodKey has the same limitation. Research tracking people, diets/diet scores, and health status change over time is a future goal.



Works Cited

1. Mozaffarian D, E.-A. N.-M. (2021). Food Compass is a nutrient profiling system using expanded characteristics for assessing healthfulness of foods. Nat Food.
2. O'Hearn M, E.-M. J. (2022). Validation of Food Compass with a healthy diet, cardiometabolic health, and mortality among U.S. adults, 1999-2018. Nat Commun, 34195-8.





Certificate of Achievement

KaiVitae's FoodKey Score

Certified Program

KaiVitae

Company

Certificate Level: Metrics

KaiVitae's FoodKey Score accurately represents the validated and published Food Compass Score.

May 2024

Award Date

Linda Riddell
Chief Data Scientist
Validation Institute

Vidar Jorgensen
Chief Executive Officer
Validation Institute



About FoodMed Certified and Validation Institute

FoodMed Certified, a Validation Institute (VI) program, vets and verifies the effectiveness of nutritional programs and tools that enable individuals and employers to manage their health and healthcare solutions. By leveraging VI's validation process for its Food is Medicine program, FoodMed Certified brings transparency to the market by delivering unbiased insights into effective nutritional programs. Validation Institute is a membership organization comprising healthcare vendors, benefits advisors, and managers that offers unbiased, data-driven insights on healthcare solutions and services to drive transparency and cost-savings.

This approach highlights the significance of utilizing data-driven solutions to bring about positive change and encourage healthy habits.

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

