

ASSESSING PREDIABETES RISK FOR EMPLOYERS

Prediabetes is a problem for employers because if left untreated, prediabetes can progress to type 2 diabetes. About one in three employees may have prediabetes, and most do not know it.¹ Understanding the prediabetes risk of your company is the first step in addressing prediabetes.

Employees have a higher risk of prediabetes if they:

- Are 45 years or older
- Are overweight
- Do not get enough physical activity
- Have high blood pressure
- Have a family history of type 2 diabetes
- or-
- Have had gestational diabetes



Assessing your company's prediabetes risk

TAKE THE FIRST STEP AND UNDERSTAND HOW MANY EMPLOYEES MAY BE AT RISK

An initial risk assessment will help to show just how many employees could potentially benefit from a diabetes prevention program.

There are several ways to get a better sense of your company's prediabetes risk, simply choose the option(s) that work best for you:

- Include prediabetes in health risk assessments and biometric screenings
- Analyze your claims or lab data to estimate the number of those with prediabetes
- Encourage your employees to visit [DoIhavePrediabetes.org](https://doihaveprediabetes.org) to learn their risk for prediabetes



For a more detailed estimate of risk and potential savings, try using the AMA's Diabetes Prevention Cost Savings Calculator at <https://ama-roi-calculator.appspot.com> or the CDC's Diabetes Prevention Impact Toolkit at <https://nccd.cdc.gov/Toolkit/DiabetesImpact>.

To offer the National Diabetes Prevention Program as a covered benefit, contact your insurer or identify [in-person or online](#) options in your area.

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: *Estimates of Diabetes and Its Burden in the United States, 2014*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

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