

Invest in Diabetes Prevention:

Estimate the benefits of offering the National DPP

Individuals with prediabetes who progress to type 2 diabetes cost an additional \$2,700 on average per person for each of the subsequent 3 years after a new type 2 diabetes diagnosis¹.

POPULATION HEALTH MANAGEMENT
Volume 90, Number 06, 2017
May/June 2017
DOI: 10.1093/pch/90.06.0134

Original Article

Medical Care Expenditures for Individuals with Prediabetes: The Potential Cost Savings in Reducing the Risk of Developing Diabetes

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Abstract

The United States has 86 million adults with prediabetes. Individuals with prediabetes can prevent or delay the development of type 2 diabetes through lifestyle modifications such as participation in the National Diabetes Prevention Program (DPP), thereby mitigating the medical and economic burdens associated with diabetes. A cohort analysis of a commercially insured population was conducted using individual-level claims data from Truven Health MarketScan® Lab Database to identify adults with prediabetes, track whether they develop diabetes, and compare medical expenditures for those who are newly diagnosed with diabetes to those who are not. This study then illustrates how reducing the risk of developing diabetes by participation in an evidence-based lifestyle change program could yield both positive net savings on medical care expenditures and return on investment (ROI). Annual expenditures are found to be nearly one-third higher for those who develop diabetes in subsequent years relative to those who do not transition from prediabetes to diabetes, with an average difference of \$2,671 per year. At that cost differential, the 3-year ROI for a National DPP is estimated to be as high as 42%. The results show the importance and economic benefits of participation in lifestyle intervention programs to prevent or delay the onset of type 2 diabetes.

AMA DPP COST SAVING CALCULATOR

Your organization type
Health Care System

Your insured population size (age 18-64)
10000

Your cost of program per participant
\$ 450

Prevalence of prediabetes
37%

Your anticipated enrollment
Low range: 10%
High range: 50%

Your anticipated completion
Low range: 40%
High range: 70%

RESET VALUES CALCULATE

Your potential 3 yr ROI

42%
-19%

100%
50%
0%
-50%
-100%

Year 1 Year 2 Year 3 Year 4 Year 5

Upper range: 42%
Lower range: -19%

Your potential 3 yr net savings

\$350,370
\$-31,315

For your population:

Potential individuals with prediabetes in your population
3,700

Potential enrollment in DPP
Lower 370 1,850 Upper

Potential completion of DPP
Lower 148 1,295 Upper

Potential number of diabetes cases prevented by DPP over 3 years
Lower 21 188 Upper

SEE HOW TO IMPROVE YOUR ROI DOWNLOAD YOUR RESULTS

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Calculate your potential medical costs savings from providing the National Diabetes Prevention Program (National DPP) as a covered benefit.

Try the DPP Cost Saving Calculator today: <https://ama-roi-calculator.appspot.com/>

- By enabling individuals within your population who are at risk for diabetes to participate in a local or virtual National DPP, you can help them prevent type 2 diabetes and reduce your organization's health care spending.
- Enter information unique to your population into this calculator to see potential cumulative and net savings over a 3-year period.

For more information, visit PreventDiabetesSTAT.org or contact us at iho-info@ama-assn.org

Prevent Diabetes **STAT**

¹ American Medical Association. 2009-2012 individual level data from the Truven Health MarketScan® Lab Database - a 4.4 million subsample of the Truven Health MarketScan® Treatment Pathways. MarketScan is a registered trademark of Truven Health Analytics Inc.