Prevent diabetes: The National Diabetes Prevention Program

One in three of your employees likely has prediabetes. 15% to 30% of those with prediabetes will develop diabetes in three to five years if not intervened.

HALT THE TREND
BY COVERING THE NATIONAL DPP FOR YOUR EMPLOYEES.

The American Medical Association and the Centers for Disease Control and Prevention (CDC) are working together to increase enrollment in the National Diabetes Prevention Program (National DPP). Offering the National DPP to 100 adults with prediabetes could potentially achieve benefits over three years (after program completion).

- 58% reduction in incidence of diabetes
- 25% reduction in medication use for hypertension
- 1-2% reduction in absenteeism (missed work days) and productivity loss

Lay and health professional lifestyle coaches teach in-person or virtual group classes.

Comprehensive program focuses on weight loss through

- Exercise
- Healthy eating and behavior modification

Identify high-risk individuals with prediabetes, outreach to eligible participant, enroll participant, sustain engagement.

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<th>Weekly sessions</th>
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<td>Core curriculum (six months)</td>
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<td>CDC-approved evidence-based curriculum</td>
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<td>Maintenance (six months)</td>
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<td>Monthly maintenance sessions</td>
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Provide the National Diabetes Prevention Program as a covered benefit.

Cover the National DPP for your employees.

1. Review your health care claims data—estimate the size of your population with prediabetes to understand the potential impact of prevention.

2. Use the AMA's calculator to estimate the potential medical claims cost savings of offering the National DPP.

3. Find a National DPP provider—talk to them about options to bring the program to your employees https://nccd.cdc.gov/DDT_DPRP/Registry.aspx.

4. Talk to your insurance carrier/claims administrator about covering the program.

Join us to Prevent Diabetes STAT by visiting PreventDiabetesSTAT.org


5. 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.