



# DIABETES PREVENTION AND MANAGEMENT:

## Good Business Sense

The United States has a serious problem with diabetes. In Kansas alone, **12.6%** of the adult population has diabetes,<sup>1</sup> costing Kansas **\$2.6** billion every year in managing complications. In addition to medical costs, the state loses **\$637** million in lost productivity directly linked to diabetes.<sup>2</sup>

The Centers for Disease Control and Prevention estimates one in three adults has prediabetes. Prediabetes is a condition where blood glucose (“blood sugar”) levels are elevated, but not high enough for a diagnosis of diabetes.<sup>3</sup> Without intervention, up to **10%** of prediabetic patients will become diabetic per year.<sup>4</sup>

## The Cost to Your Business

- The annual cost of an employee with diabetes is \$16,750, 2.3 times higher than an employee without diabetes.<sup>2</sup>
- The annual cost increase of an employee with diabetes who participates in diabetes education is 4.3% lower than who doesn't participate.<sup>6</sup>
- Productivity losses related to personal and family health problems cost US employers \$1,685 per employee per year, or \$225.8 billion annually.<sup>2</sup>

The Return on Investment for each employee that avoids developing diabetes by participating in the DPP is approximately \$55,000 over 10 years<sup>5</sup>

For employees living with diabetes, participating in diabetes education provides a Return on Investment of \$4.34 for every \$1 spent.<sup>7</sup>

Diabetes is on the rise. By 2025, 1 in 5 adults will be diagnosed.



## What you can do

### Diabetes Prevention Program Cost:

**\$500**

Per Employee (Non-recurring) <sup>3</sup>

### Diabetes Cost to Employer:

**\$16,750**

Per Employee. (Annually) <sup>2</sup>

### Annual rate increase for employees with diabetes: <sup>6</sup>

Without diabetes education:

**10.8%**

With diabetes education:

**6.5%**

- 1** If you are self-insured, consider offering the DPP as a covered benefit. Kansas Statute: KSST 40-2, 163 requires that employers cover diabetes education.
- 2** Work with your health plan or TPA to identify eligible employees for the Diabetes Prevention Program (DPP) or diabetes education.
- 3** Use benefit design to reward employees for healthy lifestyle choices including on-site Risk Assessments, fitness centers, healthy snack options and educational programming.
- 4** Improve access to DPP and diabetes education. Consider hosting the DPP at your worksite, and allowing employees to attend DPP or diabetes education "on the clock".
- 5** Find available DPPs in Wichita at [www.preventdiabeteswichita.com](http://www.preventdiabeteswichita.com), or pick from a variety of online programs. For a list of available diabetes education and in-person diabetes prevention programs across the state, visit <https://www.ksbgh.org/resources/services/>.



For more information visit

**PREVENTDIABETESWICHITA.COM**

#### Sources:

**1** 2014 State Diagnosed Diabetes Prevalence. (2018, March 14). Retrieved from <https://www.cdc.gov/diabetes/data/index.html>

**2** Source: <https://care.diabetesjournals.org/content/diacare/early/2018/03/20/dci18-0007.full.pdf>

**3** Centers for Disease Control and Prevention: Diabetes. (2018, June 20). Retrieved from <https://www.cdc.gov/diabetes/home/index.html>

**4** Tabák, A. G., Herder, C., Rathmann, W., Brunner, E. J., & Kivimäki, M., (2012). Prediabetes: A high-risk state for diabetes development. *The Lancet*, 379(9833), 2279-2290. doi:10.2016/s0140-6736(12)60283-9

**5** Florida Healthcare Coalition (2015). Diabetes Prevention Lifestyle Change Program: The business case for inclusion as a covered health benefit.

**6** Source: <https://journals.sagepub.com/doi/10.1177/0145721711416256>

**7** [https://www.diabeteseducator.org/docs/default-source/legacy-docs/\\_resources/pdf/Costs\\_and\\_Benefits.pdf](https://www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/Costs_and_Benefits.pdf); DOI: 10.1177/014572170832677).