

Discuss the Benefits of *Rethinking Diabetes*
with other Businesses

talking points



1 IN 10 MAINERS HAS DIABETES

DIABETES is a disease that causes high levels of sugar (glucose) in the blood. This happens because the insulin in the body is not working. The body uses insulin to turn glucose from food into energy.

PRE-DIABETES is when the blood sugar levels are higher than normal, but not high enough to be called diabetes. People with pre-diabetes are at risk of getting Type 2 diabetes.

TYPE 1 DIABETES happens when the body does **not make** insulin. It happens mostly in children and young adults.

TYPE 2 DIABETES happens when the body does **not use** insulin well. Most people (90%) with diabetes have Type 2.

Diabetes has serious health and cost consequences to workers, employers, families and communities.

■ In 2012, the **TOTAL COST OF DIAGNOSED DIABETES WAS \$245 BILLION**, an increase of 41% from data collected just 5 years earlier. This includes \$176 billion in direct medical expenses and \$69 billion from reduced productivity, including:

- \$5 billion in lost wages due to missing work.
- \$20.8 billion being less productive while at work.
- \$21.6 billion not being able to work due to diabetes-related disability.
- \$18.5 billion lost years of work due to early death.

■ In Maine, **119,469 (11.4%)** adults have **DIABETES**, and about **7%** have **PRE-DIABETES**.

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

NDPP is an evidence-based program led by the **NATIONAL CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)**. This proven program can help people at risk for Type 2 diabetes make lifestyle changes and **CUT THEIR RISK OF DEVELOPING TYPE 2 DIABETES**. It is a year-long program with 24 sessions, 16 weekly sessions and 6 monthly follow-up sessions with trained lifestyle coaches who empower participants to take charge of their health.

The cost of preventing diabetes is typically much smaller than the cost of managing the complications of Type 2 diabetes. Learn more about the National Diabetes Prevention Program in Maine by visiting

www.ReThinkDiabetes.org

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NDPP WORKS AND IS COST EFFECTIVE

This program gets results, and is a cost effective use of resources.

- Research of a lifestyle change program like NDPP showed that **WEIGHT LOSS OF 5-7%** of body weight reduced risk of developing Type 2 diabetes by **58%** in people at high risk for the disease.
- Even **AFTER 10 YEARS**, those who had participated in the lifestyle change program had a **34% LOWER RATE OF TYPE 2 DIABETES**.
- The **COST PER PERSON** of offering the lifestyle change program is about **\$500**, depending on factors such as promotion, recruitment, staff, and logistics costs.
- CDC has determined that lifestyle interventions to prevent Type 2 diabetes among people with pre-diabetes is **“VERY COST-EFFECTIVE”** and, in many cases, cost-saving.

WHAT CAN BUSINESSES DO?

- Include the National Diabetes Prevention Program (NDPP) as a **COVERED HEALTH BENEFIT**. NDPP is about preventing Type 2 diabetes. While many health insurance plans offer chronic disease management programs, not all are evidence-based and many are focused on managing existing disease.
- Ask your **HEALTH INSURANCE PROVIDER** to include NDPP as a covered benefit.
- If you self-insure, a third-party administrator can help you determine potential **RETURN-ON-INVESTMENT (ROI)** specific to your organization. They can also help implement the program, process claims, recruit participants, and collect data.
- Value-based purchasing includes a range of strategies to achieve greater value for dollars spent on health care. Share your experiences using **VALUE-BASED PURCHASING** to increase participation and effectiveness of NDPP.
- Talk to your employees about preventing diabetes. **ENCOURAGE EMPLOYEES** to participate in NDPP.
- Find Maine specific NDPP resources on the website **www.ReThinkDiabetes.org**



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner