

Diabetes: A disease of epidemic proportions

- More than 26 million Americans have diabetes and another 79 million have prediabetes.
 - Over 90% of people with prediabetes and about 25% of those with diabetes are undiagnosed.
- Diabetes costs the nation more than \$218 billion each year.
- By 2025, without urgent action:
(http://www.altfutures.org/pubs/diabetes2025/US_Diabetes2025_Overall_BriefingPaper_2011.pdf)
 - More than 53 million Americans with diabetes
 - Over 91 million with prediabetes
 - Cost of \$514 billion annually

Diabetes is a gateway disease!

- It is the leading cause of kidney failure, lower limb amputation, new cases of blindness; and a leading cause of heart disease and stroke.
 - In 2010, because of diabetes:
 - Nearly 61,000 people were visually impaired
 - Over 700 people suffered kidney failure
 - Almost 1,000 people had leg amputations
 - More than 4,000 people died prematurely

But there's hope...

- The Diabetes Prevention Program (DPP), a NIH-funded randomized clinical trial, showed that risk of type 2 diabetes can be reduced by up to 58% and by more than 70% in older adults.
 - Targeted to overweight adults with prediabetes-goal to achieve 5-7% weight loss
 - In community settings like the Y, program costs \$300 or less/person vs. \$1,100 of original DPP.
 - Year-long classroom-based program focuses on weight loss, increased activity, and healthier eating
 - Lay lifestyle coaches work with group of 8 or more participants

Investing in prevention

- Chronic disease and obesity are health care cost drivers
 - Adults with diabetes spend 2 times as much on health care as those without the disease. (<http://diabetes.niddk.nih.gov/dm/pubs/financialhelp/>)
 - Obese adults spend 40% more on health care than normal weight adults. (<http://content.healthaffairs.org/content/30/9/1673.full>)
- Community-based DPP for adults age 60-64 could save Medicare more than \$2 billion—Good ROI!
 - Enrolling 2.6 million @ \$590 million cost
 - Net savings of \$2.3 billion over 10 years
 - Reduces health care costs within 2 years of start of program.

A sound investment

- UnitedHealth Group: Enrolling adults with prediabetes in a DPP could see \$105 billion net savings by 2020 and prevent 3 million new cases of diabetes.
(http://www.unitedhealthgroup.com/hrm/unh_workingpaper5.pdf)
- For 100 high-risk adults age 50+ over 3 years:
 - Prevent 15 new cases of type 2 diabetes.
 - Prevent 162 missed work days.
 - Avoid blood pressure or cholesterol drugs in 11 people.
 - Add 20 years of good health.
 - Avoid \$91,400 in health care costs.
- Urban Institute: Savings of \$191 billion over 10 years if community-based DPPs rolled out nationally

Taking the DPP to the community: The National Diabetes Prevention Program

- Healthcare reform included the National Diabetes Prevention Program (National DPP) to roll out programs nationwide.
- CDC managing the National DPP and partnering with Y-USA and United Healthcare.
- YMCA's Diabetes Prevention Program now offered by 59 Ys in 29 states.
- More funding needed to scale up the program nationally and Novo Nordisk continues to advocate for this
- Y-USA received \$12 million CMMI Innovation grant to provide the program to 10,000 seniors in 17 sites