Agenda

• Introduction
  Kristin Erickson, MS, APHN-BC, RN
  PartnerSHIP 4 Health
  Healthcare Initiative Coordinator
• The growing threat of diabetes nationwide
• Improving employee health with diabetes prevention
• I CAN Prevent Diabetes
• Five Steps to implementation
• We CAN...together
The Growing Threat of Diabetes and Prediabetes Nationwide
Improving Employee Health and Reducing Costs by Preventing Diabetes

By 2050…

86 million = Illinois
Diabetes makes for bad business

- 15 million missed work days
- 150 million days of poorer work performance
- 107 million days lost to unemployment

No chronic diseases: $1,560
Diabetes without diagnosed comorbidities: $5,207
Diabetes with diagnosed comorbidities: $16.7 million

$11,507 average difference per person, per year
Treatment costs skyrocketing

2010
3.3
$ Billions

2015
4.4

2025 (est.)
6.4

Cost of Meds Also Climbing Steadily

% increase 2010 to 2015

Januvia 93%
Levemir 189%
SymlinPen 60 252%
Humulin 325%
A progressive problem

Normal → Prediabetes → Diabetes

- Increases in average blood glucose, fasting plasma glucose, oral glucose tolerance, vulnerability to microvascular diseases
- Decreases in insulin sensitivity and insulin secretion

Evidence

Risk Factors
- Obesity, gender, race, family history, inactivity, blood pressure, diet, aging, medications

Screening Questions
- Male or female? (Men often avoid doctors)
- Mother, father, sister or brother with diabetes?
- Ever diagnosed with high blood pressure?
- How old are you?
- What race are you?
- Are you physically active?
- What is your body mass index (BMI)?

Objective
- Strive for prevention and/or early detection
- Prevent progression to Type 2 diabetes
- Minimize complications, severity of therapy

Actions
- Provide access to—and coverage for—I CAN Prevent Diabetes (ICANPD), an evidence-based approach proven to cut diabetes risk in half

37%!
The Growing Threat of Diabetes in Worksites
How a company with 2,200 is affected by prediabetes (Based on general population data)

1 in 3 = 726

1/2, or 363 = $1.2 million
Preventing Diabetes
Enter… I CAN Prevent Diabetes

Three paths to access:

MOBILE
Offered electronically by several vendors and insurance companies

CLINICAL
Trained coaches employed by health care systems in your area may offer the program at local clinics.

ON-SITE AND COMMUNITY
YMCA, care systems, extension services, health departments, faith-based communities, community centers
What We’re Hearing…

“I love having a lifestyle coach; she has given us great information, helped me stay on track, and stay positive! I feel better than I have in years!”

Roger

“I’m so excited because I went to the doctor last week and all of my numbers were down—I officially no longer have prediabetes!”

Vivien

“I was hesitant about trying the program because other things haven’t worked for me; the team and coach support made all the difference!”

Carrie
What’s the payoff?
Keys to success
Keys to success

1. Keep tabs on VOI (value on investment) as well as ROI
2. Understand the risks in your workforce
3. Link to health and safety initiatives
4. Get the word out!
5. Reward participation
6. Pay service providers based on performance
Keep learning…

www.cdc.gov/diabetes/

2 out of 5

2 out of every 5 Americans are expected to develop type 2 diabetes in their lifetime.
Keep learning…

FIND PROGRAMS IN MINNESOTA

FIND LINKS ON CDC WEBSITE

DATA ABOUT DIABETES & PREDIABETES

POSTERS TO PROMOTE DIABETES PREVENTION

You could be at risk!

Take the test—Know your score!

TCANPD is a marketing term for promoting the National Diabetes Prevention Program (NDPP) in Minnesota. It is based on the Centers for Disease Control and Prevention’s curriculum and National Diabetes Prevention Recognition standards.
Vendors that can administer the program
Implementing a Diabetes Prevention Program
Five steps to implementation

1. Schedule a strategy and planning session with us
2. Build the ICANPD business case with our help
3. Identify how you can offer the ICANPD as a covered benefit, using mobile, clinical, on-site or community resources
4. Develop an implementation plan with our help
5. Get the word out! Complimentary employee communications are available through us, The Centers for Disease Control and Prevention, and vendors, if any
We’re here to help! Next steps…

• Develop strategy and implementation plan
• Determine options and associated costs
• Find an I CAN Prevent Diabetes group or trained Lifestyle Coach
• Register your staff to attend the March 22-23 Training in Moorhead to become a trained I CAN Prevent Diabetes Lifestyle Coach

https://www.surveymonkey.com/r/F3DNM3W
Together...
We Can Prevent Diabetes