

PartnerSHIP 4 Health Worksite Wellness Collaborative February 22, 2018



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



86

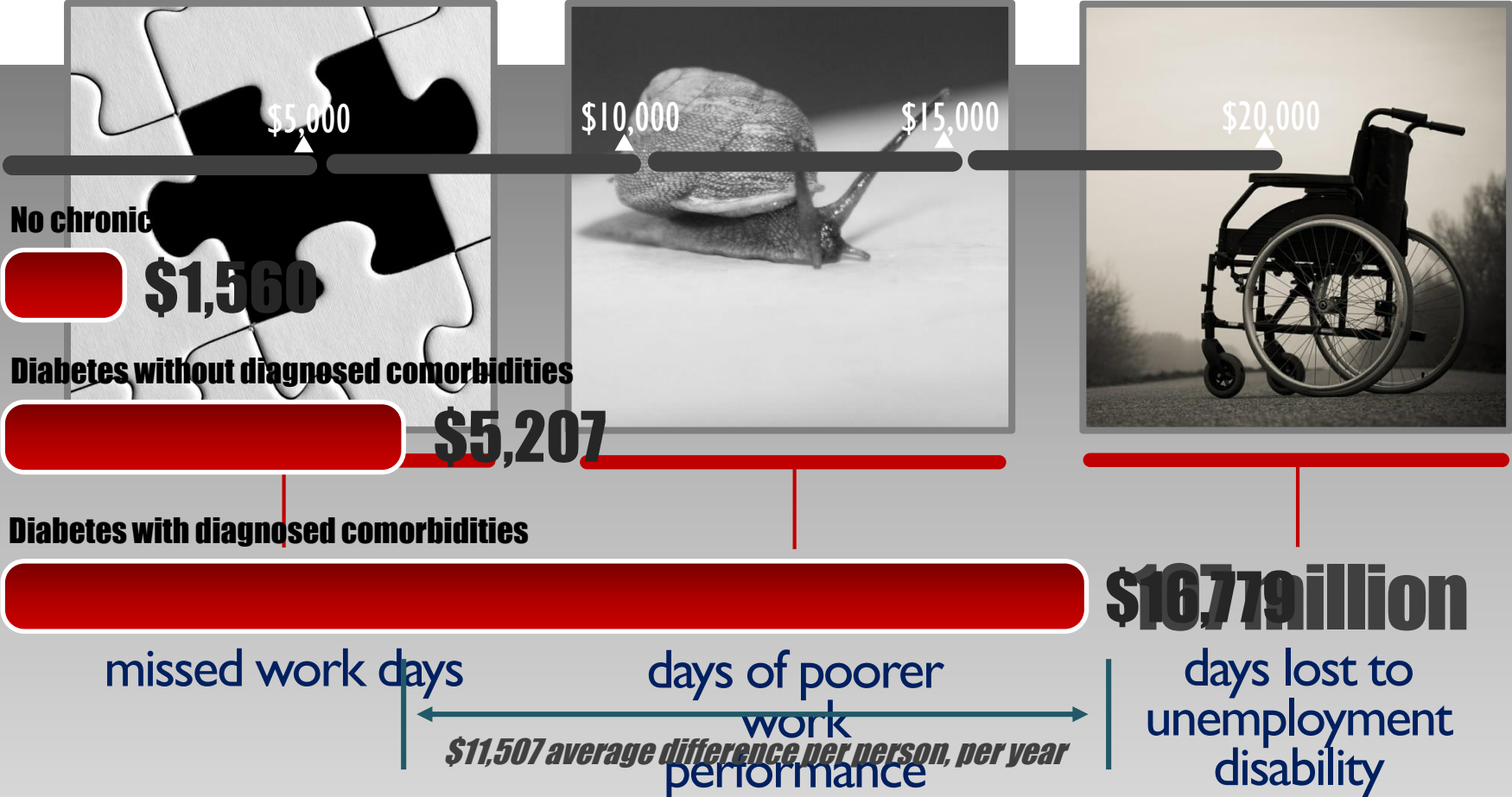
million =

+

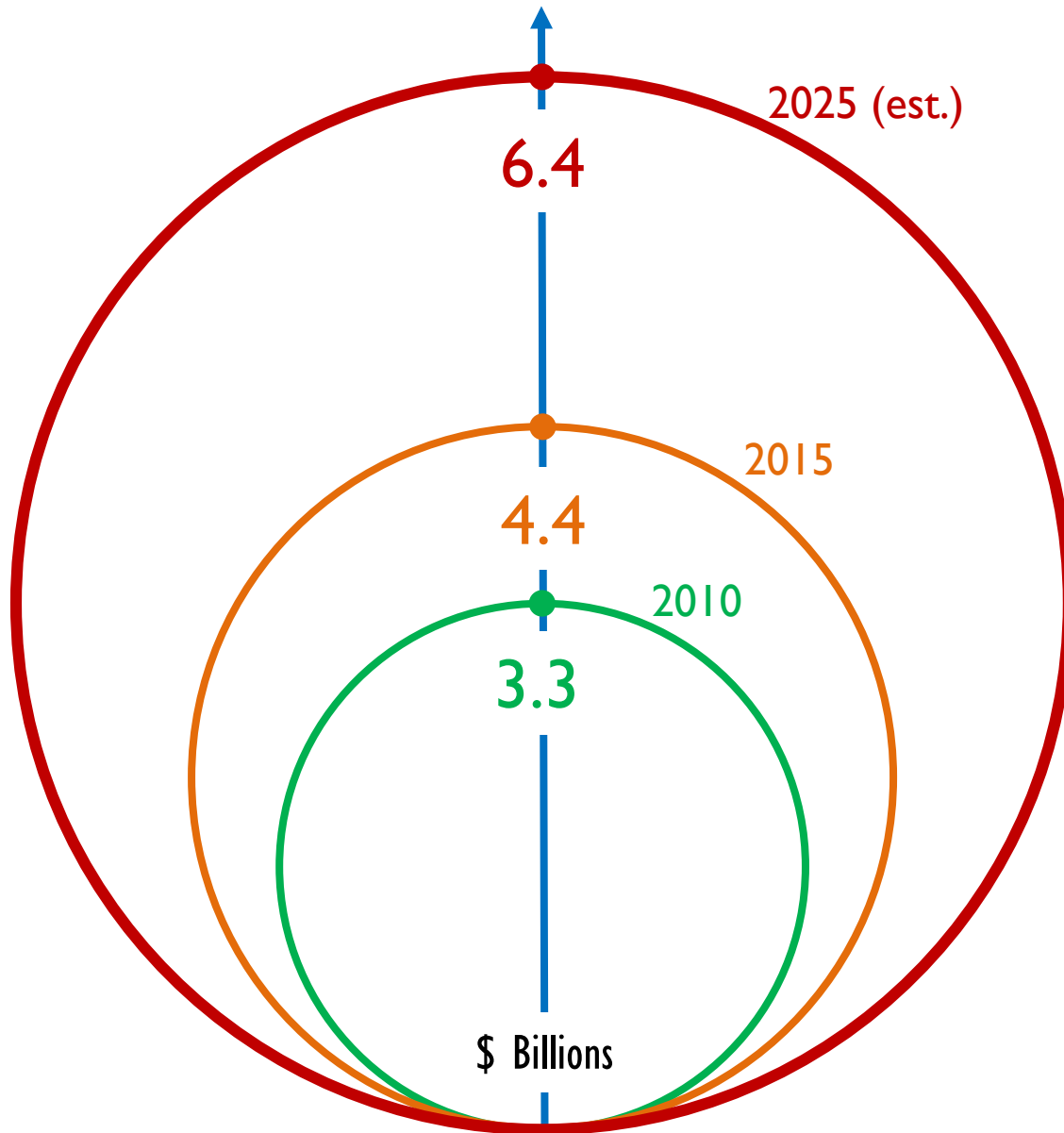


Illinois

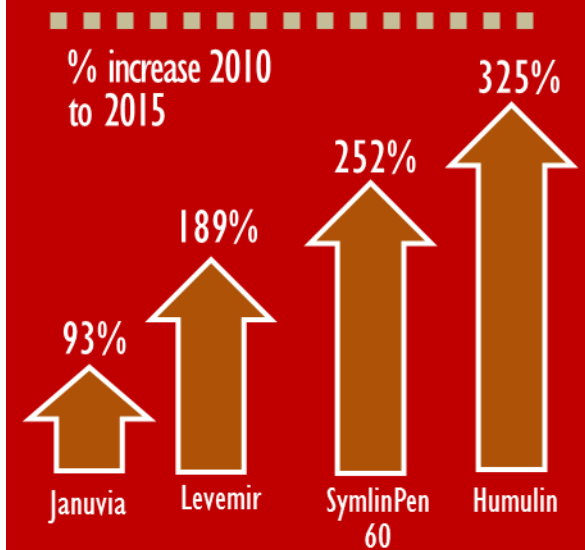
Diabetes makes for bad business



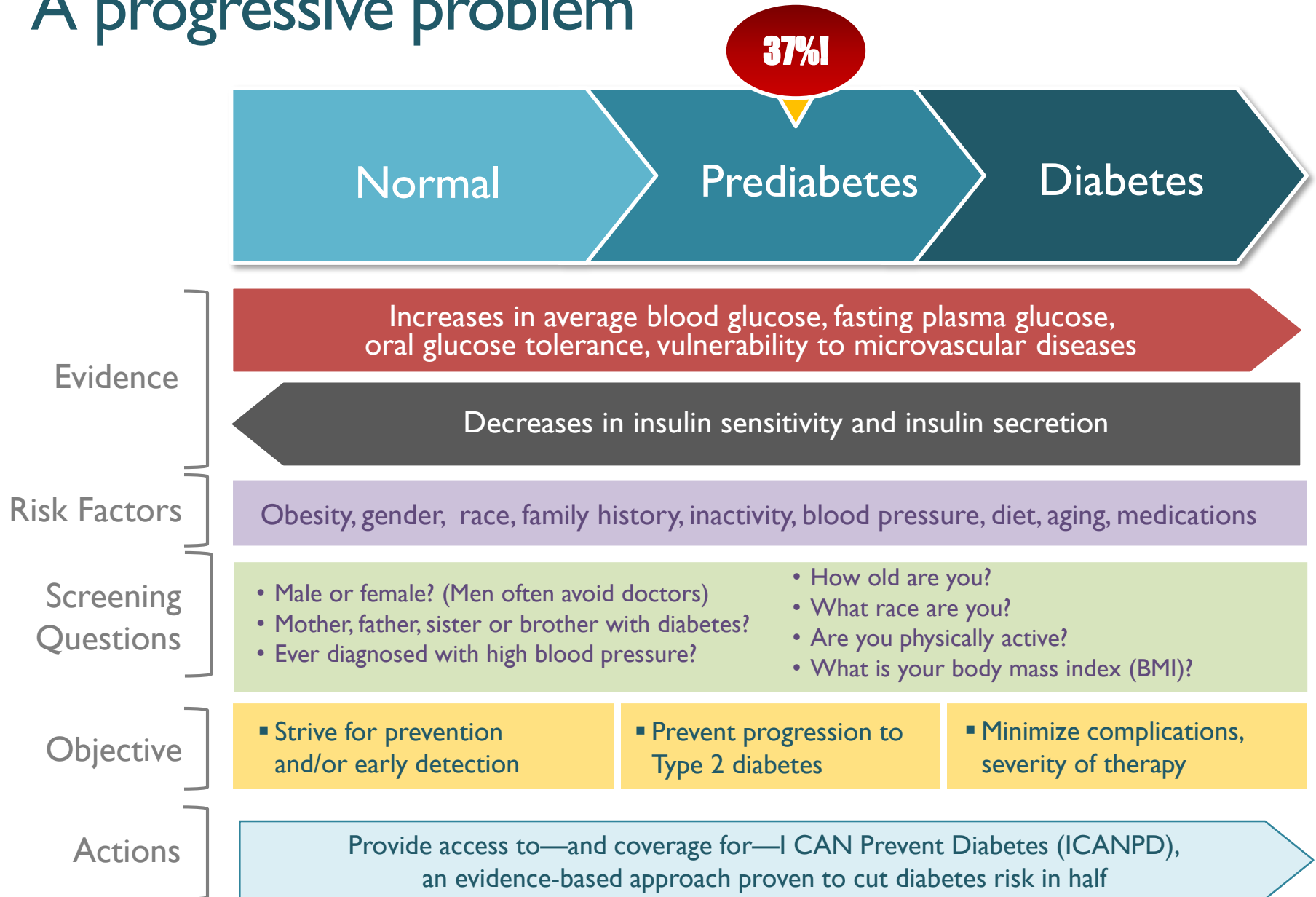
Treatment costs skyrocketing



Cost of Meds Also Climbing Steadily



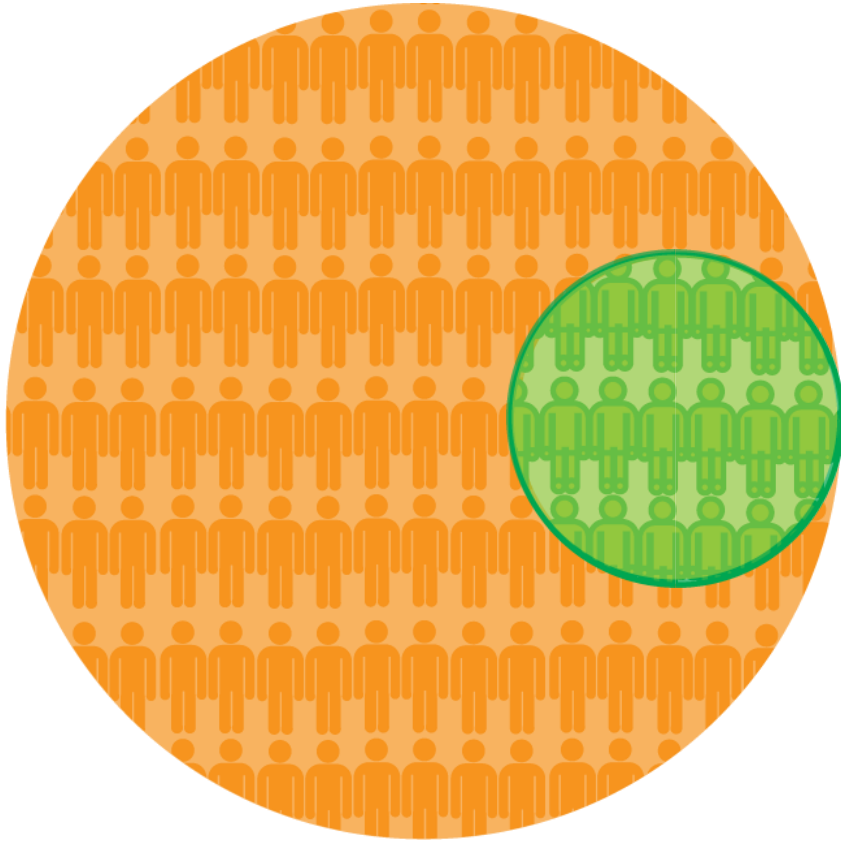
A progressive problem



The Growing Threat of Diabetes in Worksites



How a company with 2,200 is affected by prediabetes (Based on general population data)



2,200 employees

1 in 3 =
726

$\frac{1}{2}$, or 363 =
\$1.2 million

Preventing Diabetes

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'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 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 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?

**BENEFIT
VALUED BY
EMPLOYEES**



Keys to success



Keys to success



Keep tabs on VOI
(value on investment)
as well as ROI



Understand
the risks in
your workforce



Link to health
and safety
initiatives



Get the
word out!



Reward
participation



Pay service providers
based on
performance

Keep learning...

www.cdc.gov/diabetes/

Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

Diabetes > National Diabetes Prevention Program

f t +

PREVENT TYPE 2 DIABETES

CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NATIONAL PARTNERSHIP

COMMUNITY-BASED

COULD YOU HAVE PREDIABETES?
Take the Quiz

GENERAL INFORMATION...

1. About Prediabetes & Type 2 Diabetes

Prediabetes is a serious condition affecting **1 out of 3 American adults**—that's 86 million people!

More >

2. Research-Based Prevention Program

A CDC-recognized **lifestyle change program** is a proven way to prevent or delay type 2 diabetes.

More >

3. Lifestyle Change Program Details

Learn **what to expect** when joining a CDC-recognized lifestyle change program to prevent type 2 diabetes.

More >

4. Testimonials from Participants

Hear from **real people** who benefited from a CDC-recognized lifestyle change program.

5. Find a Program

Find a CDC-recognized lifestyle change program **near you**, or join one of the **online** programs!

6. What Is the National DPP?

Learn about this **national partnership** to prevent or delay type 2 diabetes in the United States.

DIABETES

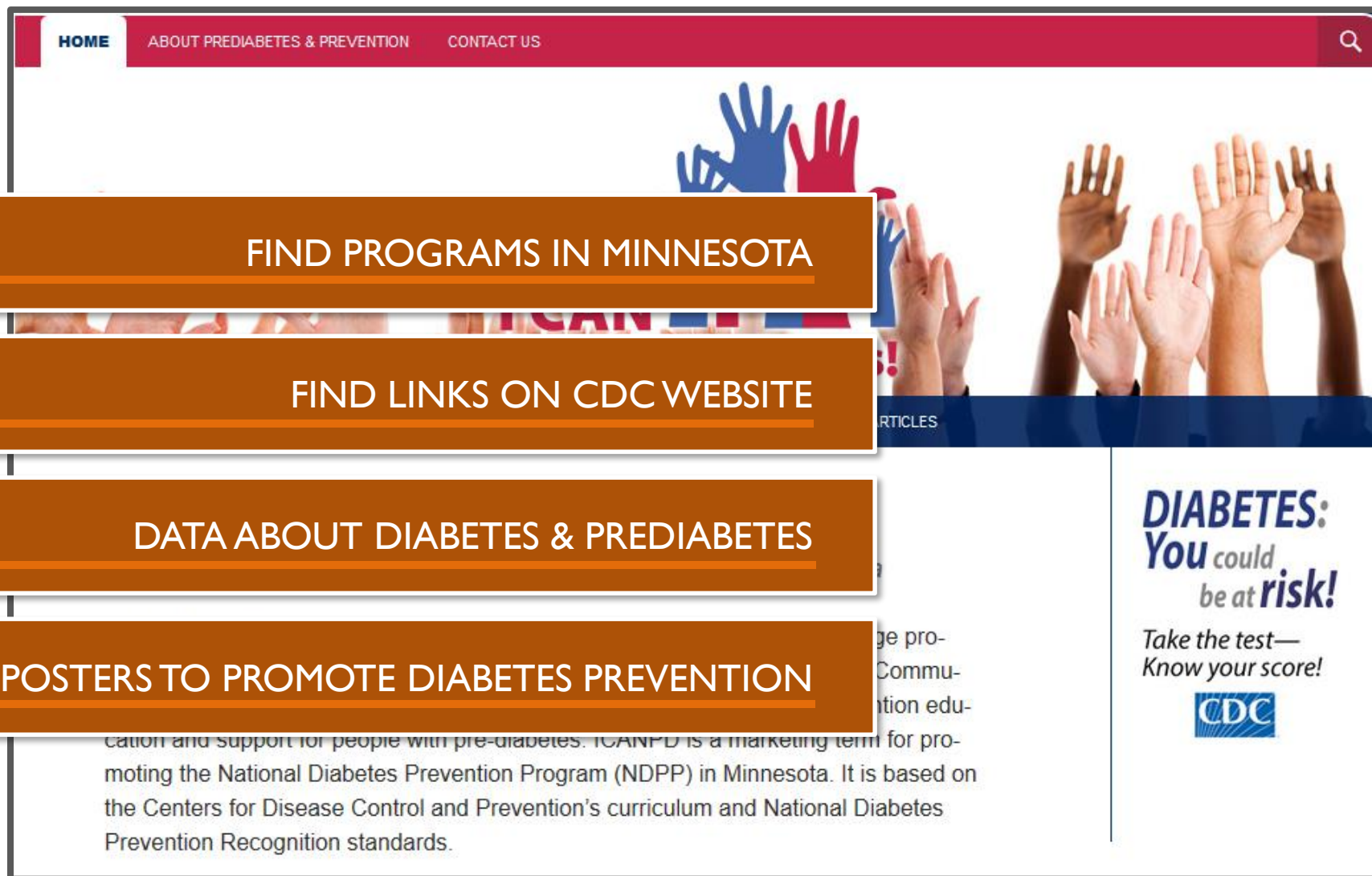
Diabetes 2014 Report Card

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

2 out of 5

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

Keep learning...



The image is a screenshot of a website for the Minnesota Diabetes Prevention Program. The website has a red header bar with navigation links: "HOME", "ABOUT PREDIABETES & PREVENTION", and "CONTACT US". A search icon is in the top right corner. The main content area features a large image of several hands raised in the air, with some hands colored blue and red. Overlaid on the left side of the website are four orange rectangular buttons with white text, each with a thin white underline. The buttons contain the following text: "FIND PROGRAMS IN MINNESOTA", "FIND LINKS ON CDC WEBSITE", "DATA ABOUT DIABETES & PREDIABETES", and "POSTERS TO PROMOTE DIABETES PREVENTION". Below the buttons, a portion of the website's text is visible, mentioning "education and support for people with pre-diabetes" and "National Diabetes Prevention Program (NDPP)". On the right side of the website, there is a section titled "ARTICLES" and a promotional graphic for the CDC that says "DIABETES: You could be at risk! Take the test— Know your score!" with the CDC logo below it.

HOME ABOUT PREDIABETES & PREVENTION CONTACT US

FIND PROGRAMS IN MINNESOTA

FIND LINKS ON CDC WEBSITE

DATA ABOUT DIABETES & PREDIABETES

POSTERS TO PROMOTE DIABETES PREVENTION

ARTICLES

DIABETES:
You could
be at **risk!**

Take the test—
Know your score!

CDC

education and support for people with pre-diabetes. ICANPD 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



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

