The National DPP lifestyle change program, led by the CDC, is evidence-based, or scientifically proven to prevent or delay type 2 diabetes for high-risk individuals through building and maintaining healthy habits.\(^1\)

Several studies demonstrate the program’s cost effectiveness and potential for cost savings (for example, one study found savings amounted to about $2,600 per participant).\(^2\)

Program participants generally lose an average of 5% of their body weight through improved nutrition and increased physical activity. Completion of the program can result in a 58% reduction in the risk of developing type 2 diabetes.\(^3\)

More than 1 in 3 adults are estimated to have prediabetes (a condition where people are more likely to develop type 2 diabetes in the next 5 years), making prediabetes a critical workplace issue.\(^4\) <<Could include state-specific stats regarding adult diabetes / prediabetes prevalence. Could also include regional numbers if the plan/business operates in certain regions of the state.>>

The cost to treat diabetes is high for employers. Insulin and some other medications used to treat diabetes can cost $1,000 dollars or more per month.\(^5\)

Small, medium, as well as large and multi-state employers are deciding to include the National DPP lifestyle change program as a covered service in their employee benefits packages to:

1) Decrease the cost of providing health care to employees over time by keeping premiums low;
2) Improve the health of at-risk employees by preventing or delaying the onset of type 2 diabetes;
3) Engage employees in preventive care practices, resulting in higher productivity; and
4) Provide a wellness benefit for employee retention.\(^6,7\)

Employers have also cited additional benefits from offering the National DPP lifestyle change program, including positive behavioral health modifications, improved employee health, a focus on population health improvement, increasing employee engagement, and increasing employee satisfaction.\(^8\)

A growing number of employees are demonstrating interest in chronic disease prevention programs. For example:

- A recent survey found that 45% of high-deductible health plan (HDHP) enrollees said that having access to pre-deductible chronic disease prevention coverage influenced their health plan decision.
- Additionally, a quarter of traditional plan enrollees said they were extremely or very likely to switch to an HDHP plan if the plan offered this type of coverage.\(^9\)
For more information:

1 Evidence - National DPP Coverage Toolkit
2 Evidence - National DPP Coverage Toolkit
3 Evidence - National DPP Coverage Toolkit
4 National Diabetes Prevention Program Overview - National DPP Coverage Toolkit
5 The Cost of Diabetes | ADA
6 Participating Payers and Employers - National DPP Coverage Toolkit
7 Coverage in Practice - National DPP Coverage Toolkit
8 Coverage in Practice - National DPP Coverage Toolkit
9 2022 Key Enrollment Trends For High Deductible Health Plans (healthpayerintelligence.com)

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