

Medicaid Coverage of the National Diabetes Prevention Program Saves Utah Money

THE PROBLEM

Prediabetes is a serious health condition characterized by elevated blood sugar that indicates an increased risk for type 2 diabetes, heart disease, and stroke. **84 million Americans have prediabetes.**

Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years.

1 in 3

Utah adults have prediabetes

8.0%

Utah adults have type 2 diabetes

\$1.8B

Annual cost of diabetes in Utah

2.3X

Higher medical expenses compared to those without diabetes



Diabetes leads to serious health problems like heart attack, stroke, kidney failure, and more

\$327 Billion

Total cost of care nationally for people with diabetes



People with diabetes have an increased risk of severe complications from COVID-19

THE UTAH SOLUTION



House Bill 194

HB194 provides coverage for the National Diabetes Prevention Program (National DPP) for Medicaid beneficiaries who meet enrollment criteria. **Up to 4% of eligible patients will be covered each year of the 3-year pilot program.**

The National DPP is an evidence-based lifestyle change program focused on helping those at risk for developing type 2 diabetes make sustained, positive lifestyle changes including eating healthier, increasing physical activity, and reducing stress. Participants take part in a year long program taught by a trained lifestyle coach.

This program is a solid financial investment! Enrollment costs approximately \$560/patient. And while the appropriation request is \$250,000 annually, it will bring in **\$650,000 in Federal matching funds** each year.

Extending this program to Medicaid improves **health equity** and shows that Utah is committed to supporting access to effective health programs for all residents.

National DPP lowers healthcare costs

\$560

Cost of National DPP

\$16,752

Average medical cost per year for person with diabetes

Cost Benefit
\$8,015

3 Year Net Savings per Patient Not Developing Diabetes

National DPP is more effective at preventing diabetes than medication alone

58%

National DPP

31%

Medication

HB 194 is supported by many organizations, including the following:



National DPP is covered by many major insurers in Utah:

- ✓ SelectHealth
- ✓ Medicare
- ✓ EMI Health
- ✓ Medicare Advantage