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 in 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.

Cost Benefit
- National DPP lowers healthcare costs
- $16,752 Average medical cost per year for person with diabetes
- $560 Cost of National DPP
- $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

National DPP is covered by many major insurers in Utah:
- SelectHealth
- Medicare
- EMI Health
- Medicare Advantage

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

- American Diabetes Association
- GET HEALTHY UTAH
- Utah Diabetes Coalition
- Utah Public Health Association
- AUCH
- Association for Utah Community Health