



## **WEBINAR SUMMARY**

### ***Partnering to Prevent Type 2 Diabetes: Collaborating Across Sectors***

September 28, 2011

This webinar featured the National Diabetes Prevention Program (NDPP), an ongoing collaboration between UnitedHealth Group, YMCA and the Centers for Disease Control and Prevention to reduce diabetes in adults. The program delivers evidence-based and cost-effective lifestyle interventions to adults at high risk for type 2 diabetes, and emphasizes improving dietary choices, coping skills, increasing physical activity and providing group support and moderate weight loss. The goal of the webinar was to increase visibility of a successful cross sector collaboration involving government, private and community partners on the critical and chronic health issue of diabetes.

#### Speakers:

- Ann Albright, Ph.D., Centers for Disease Control and Prevention
- Lisa Chapman-Smith, UnitedHealthcare
- Heather Hodge, YMCA

The webinar slides and recording are available to the public at:

<http://www.businessgrouphealth.org/events/webinars.cfm>

#### **Diabetes Incidence and Prevalence**

- 26 million U.S. adults with diabetes<sup>1</sup>
- 79 million U.S. adults with prediabetes.<sup>2</sup> "Prediabetes" is defined as blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.<sup>2</sup>
- 1 in 10 U.S. adults have diabetes currently
- If trends continue, 1 in 3 U.S. Adults Will Have Diabetes in 2050.

#### **Cost of Diabetes**

- Treatment cost for a person with prediabetes or diabetes is significantly more expensive than the cost to treat a person without diabetes. Diabetes treatment regimen compliance is key; a non-compliant person with diabetes with complications may cost almost nine times more than a person without diabetes:<sup>3</sup>
  - \$2,784 Person without diabetes
  - \$3,673 Person with diabetes
  - \$4,592 Person with diabetes and no complications
  - \$5,595 Compliant person with diabetes with hypertension
  - \$6,195 Non-compliant person with diabetes with hypertension
  - \$13,093 Compliant person with diabetes with cardiovascular disease
  - \$17,762 Non-compliant person with diabetes with cardiovascular disease

#### **YMCA'S Diabetes Prevention Program**

##### **Participants**

- Overweight adults (BMI  $\geq 25$ ) with prediabetes
- Blood glucose confirmed with blood test
- 2 or more risk factors for prediabetes

## Program

- 12 month program: includes a 16 session core program followed by monthly maintenance sessions
- 1 hour per week
- 8-15 people in group-based, classroom setting
- Weigh-in at every session
- Weight recorded in online tracking system
- Facilitated by trained Y staff (skilled in group facilitation)

## Results

- People with prediabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity: 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.<sup>1</sup>

## Cost of Group-Based Format

- \$275 -\$325 per participant when using trained Y staff.<sup>4</sup>
- \$550 per participant when using Certified Diabetes Educators (CDEs).<sup>5</sup>
- About \$500 per person when implementing to scale since it includes engaging participants, enrollment, managing eligibility, etc.

## Summary of Benefits of DPP Lifestyle Program

Treating 100 high risk adults (age 50) for 3 years:

- Prevents 15 new cases of type 2 diabetes<sup>6</sup>
- Prevents 162 missed work days<sup>7</sup>
- Avoids the need for blood pressure/cholesterol medications in 11 people<sup>8</sup>
- Avoids \$91,400 in healthcare costs<sup>4</sup>

## Citations

1. Centers for Disease Control and Prevention. *Diabetes: Successes and opportunities for population-based prevention and control: At a glance 2011*. Available at: <http://www.cdc.gov/chronicdisease/resources/publications/AAG/ddt.htm>. Accessed November 7, 2011.
2. American Diabetes Association. *Diabetes Basics: Prediabetes*. Available at: <http://www.diabetes.org/diabetes-basics/prevention/pre-diabetes/>. Accessed November 7, 2011.
3. UnitedHealthcare. 2008 analysis for Diabetes Health Plan for several large employers; Medical only (no Rx).
4. Ackermann RT, Finch EA, Brizendine E, et al. Translating the Diabetes Prevention Program into the Community: The DEPLOY Pilot Study. *Am J Prev Med*. 2008;35(4):357-363.
5. Amundson HA, Butcher MK, Gohdes D, et al. Translating the Diabetes Prevention Program Into Practice in the General Community: Findings From the Montana Cardiovascular Disease and Diabetes Prevention Program. *The Diabetes Educator*. 2009;35(2):209-223.
6. Knowler WC, Barrett-Connor E, Fowler SE, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393-403.
7. DPP Research Group. Within-trial cost-effectiveness of lifestyle intervention or metformin for the primary prevention of type 2 diabetes. *Diabetes Care*. 2003;26(9):2693-4.
8. Ratner R, Goldberg R, Haffner S, et al. Impact of intensive lifestyle and metformin therapy on cardiovascular disease risk factors in the diabetes prevention program. *Diabetes Care*. 2005;28:888-94.