

THE POTENTIAL COST OF NOT ADDRESSING PREDIABETES

The cost of not addressing prediabetes can be staggering to employers. To get a handle on the potential risk to your organization, use this worksheet for a quick, high-level estimate* of your potential costs.



Enter number of employees and covered spouses insured with your organization	Multiply by risk of prediabetes	Number at risk for diabetes	Multiply by 20% to convert to diabetes within 5 years	Number of lives at risk for diabetes	Multiply by excess health care costs of diabetes without complications/diseases	Total yearly potential cost if prediabetes not addressed
<input type="text"/>	X 0.33 =	<input type="text"/>	X 0.20 =	<input type="text"/>	X \$3,647 =	<input type="text"/>

Employees' average health care costs:

\$1,560 without chronic disease | \$5,207 with complications/associated diseases | \$5,207-\$1,560 = **\$3,647**

MDH All Payers Claims Report: Chronic Conditions 2012

FAST facts about prediabetes

1 in 3
U.S. adults
have
prediabetes

15-30%
will develop
type 2
diabetes

- Not all will have complications.
- As complications increase, so will costs.
- Does not account for productivity and quality of life issues, such as absences, depression, time at the doctor, complications like eye issues and loss of limbs.

\$450

Average cost of a Diabetes Prevention Program in a community

The DPP is evidence-based and proven to reduce an individual's risk of diabetes by 50% with a 5%-10% reduction in weight. Ask your health plan or health insurer for details about your actual risk. Or, look at these DPP Cost Calculators:

Centers for Disease Control:
<https://nccd.cdc.gov/Toolkit/DiabetesImpact/>

American Medical Association:
<https://ama-roi-calculator.appspot.com/>

You can address diabetes proactively by targeting prediabetes

What type of program is best for my employees?



- Who:** Include spouses, too?
- Location:** Onsite, online, in a clinic or community?
- Method:** Face-to-face, online?
- Payment:** Ask your health plan if they offer the DPP

Steps to offer DPP to your employees:

- Assess DPP options – your local public health contact can help, or go to CDC.gov or ask your health plan
- Work with DPP providers to plan logistics, class promotion and enrollment, and week-to-week classroom details
- Plan and evaluate program success



* This calculation is meant to give you a sense of your risk and makes a number of simplifying assumptions. Ask your health plan or health insurer for details about your actual risk or look into the calculations included in the DPP cost calculators.