

DISCUSSION GUIDE: BECOMING A PROVIDER OF THE NATIONAL DIABETES PREVENTION PROGRAM

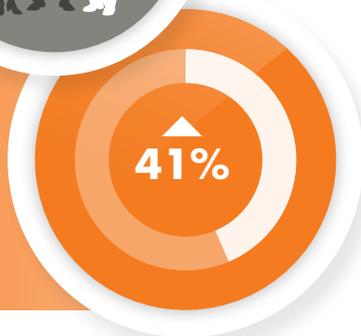
THE PREDIABETES EPIDEMIC:

HOW AADE CAN HELP YOU IMPLEMENT THE CDC-LED NATIONAL DIABETES PREVENTION PROGRAM

84.1 million American adults (or 1 in 3 adults) are estimated to have prediabetes.



In 2012, the total cost of diagnosed diabetes was \$245 billion, an **increase of 41%** from data collected just 5 years earlier. This includes \$176 billion in direct medical expenses.²



COST EFFECTIVENESS OF DPP

Average cost savings, per person with diabetes annually

(two longitudinal studies)³

	COMMERCIAL	MEDICARE	CENTER FOR MEDICARE AND MEDICAID INNOVATION (CMMI) COST SAVINGS
2005-2007	\$1,455	\$422	
2005-2008	\$481	\$976	\$2650

- The National Diabetes Prevention Program (DPP) can reduce the risk of developing type 2 diabetes by 58%. For people over 60 years of age, the program can reduce the risk by 71%.⁴
- The lifestyle change program is based on research led by the National Institute on Health (NIH). Results indicated that millions of high-risk people can prevent or delay developing type 2 diabetes by losing 5% to 7% of their body weight. Research has found that even after 10 years, people who completed the program were one third less likely to develop type 2 diabetes.
- AADE has been offering the National Diabetes Prevention Program since 2012, helping programs across the country implement, build, and sustain prevention services. Our programs have shown great success, with outcomes that meet or exceed CDC standards.
- Building upon that success, we have created the AADE Prevention Network which includes resources needed to be impactful and cost effective: training, workshops, tools, and a HIPAA-compliant database system.

¹ National Diabetes Prevention Program. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 26 May 2017.

² Association, American Diabetes. "Economic Costs of Diabetes in the U.S. in 2012." Diabetes Care. American Diabetes Association, Apr. 2013.

³ Duncan I, Ahmed T, Li QE, et al. Assessing the value of the diabetes educator. Diab Educ 2011;37:638-657

⁴ Diabetes Prevention Program (DPP). National Institute of Diabetes and Digestive and Kidney Diseases. U.S. Department of Health and Human Services, n.d.

WHY BECOME A NATIONAL DPP PROGRAM PROVIDER?

- The National DPP is supported by The Centers for Disease Control and Prevention, American Medical Association, Centers for Medicare & Medicaid Services and other large Stakeholders
- The National DPP can generate revenue for your program
- Becoming a National DPP provider allows you to be a leader in your community when it comes to preventative health and connect your services with other local offerings
- Increase the relationship you have with local referral sources including physicians and increase the funnel of participants to the services you already offer
- Medicare has certified the National DPP and is reimbursing for this benefit as of 2018, but only to qualifying programs



Up to 30% of your employees with prediabetes will develop type 2 diabetes within 5 years without enrollment into a program.

COVERING DPP FOR YOUR OWN EMPLOYEES:

PROVIDING THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM TO YOUR OWN EMPLOYEES IS A GREAT WAY TO START THE PROGRAM, AND CAN LEAD TO A RETURN ON INVESTMENT (ROI) FOR YOU AS AN EMPLOYER AND A DPP PROGRAM PROVIDER!

For example, if you have 1,000 employees, according to the national statistics about a third or 300 of these employees are likely to have prediabetes.

Health costs of people with diabetes are typically 2.3 times higher than someone without diabetes. Medicare estimates a costs savings of about \$2650 per person.



2.3X▲

Therefore, if you cover the National DPP for your employees and the 100 employees enroll in the DPP lifestyle change program at approximately a cost of \$500 per person this is a total cost of \$50,000 vs. \$265,000 for you as the employer. The Rate of Return on investment to you is \$215,000 per 100 people you cover to partake in the program.

- Enrolling in the DPP lifestyle change program can also reduce absenteeism, reduce medications of other chronic diseases such as blood pressure medication or lipid lowering medications.

WHAT ARE YOUR NEXT STEPS?

Team up with AADE to offer guidance, training and online support to your National DPP program to ensure you are setting your program up for success, cost effectiveness and maximum reimbursement. AADE is your partner every step of the way.

Visit diabeteseducators.org/prevention or preventionsimplified.org for more information