



A Proven Solution To Prevent/Delay Type 2 Diabetes

February 15, 2023

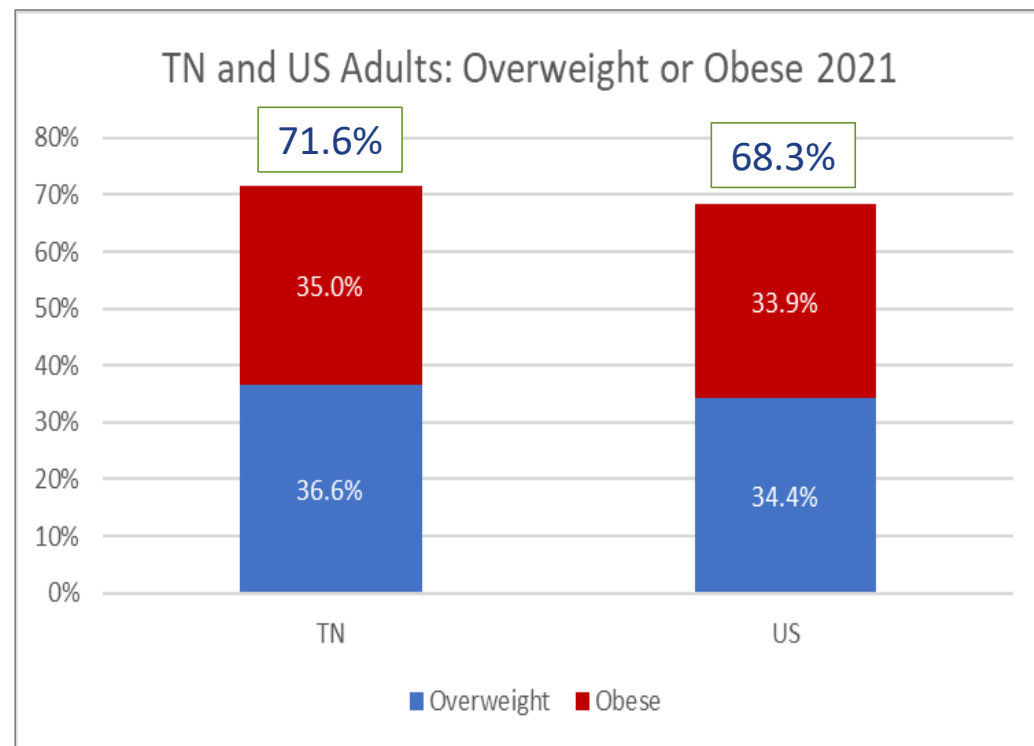
Agenda

- Welcome and Introduction – Phil Belcher
- Why National DPP – Cristie Travis
 - What is the Problem?
 - What is the Answer?
 - What is the Solution?
- Employer Highlight: Metro Nashville Public Schools – David Hines
- National DPP Pilots – Cristie Travis & Susan Steppe
- Wrap Up – Phil Belcher

What is the Problem?

Tennessee Employers Face an Increasingly Unhealthy Labor Pool!

- According to the CDC, **70%** of adult Tennesseans are overweight or obese.
- Overweight or obese workers have increased risks of serious diseases, including diabetes.
- The cost of care for people with diabetes is **2.3 times more** than for people without diabetes.
- **3 times** the number of people diagnosed with diabetes have pre-diabetes



Data Source: Tennessee Department of Health
 Adult Prevalence: 2021 Behavioral Risk Factor Surveillance System (BRFSS)

The Problem: Is in the Workforce

Demographics: Adult TN Obesity	%
TOTAL	35.0%
Male	32.8%
Female	37.1%
White/Non-Hispanic	33.0%
Black or African American	47.3%*
Hispanic	33.8%
Age 18-24	25.8%
Age 25-34	33.4%
Age 35-44	41.0%
Age 45-54	43.3%*
Age 55-64	38.0%
Age 65+	28.9%
High School or GED	36.0%
College Graduate	33.2%

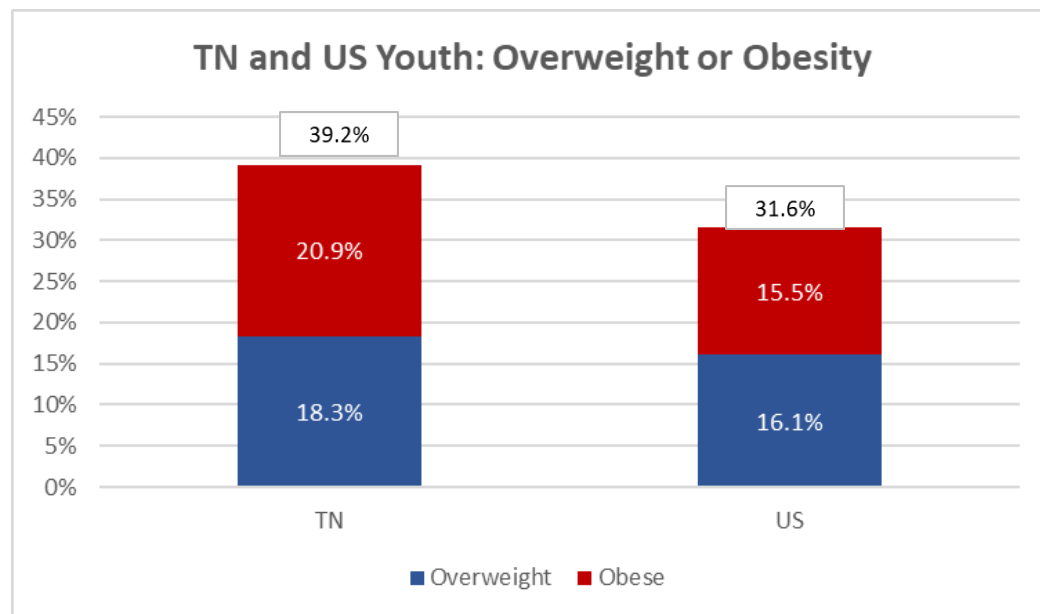
* = Statistically higher than the total (35.0%).

Data Sources: Tennessee Department of Health; Behavioral Risk Factor Surveillance System (BRFSS) 2021

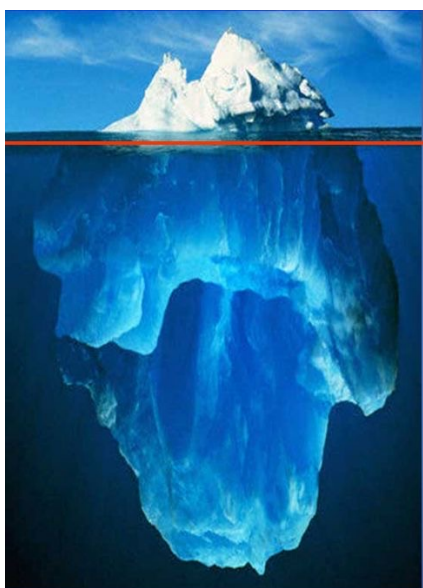
The Problem Continues....



**Data Sources: Tennessee Department of Health
Youth Risk Behavior Survey (YRBS) 2019.**



What is the Problem?




**29.1 million
with Diabetes**

**86 million
with Prediabetes**

Centers for Disease Control and Prevention
National Diabetes Statistics Report, 2014


PREDIABETES

- A blood sugar level that is higher than normal but not high enough to be diagnosed as diabetes
- Without lifestyle changes, most people with prediabetes will develop type 2 diabetes within five to six years
- For all people, testing should begin at age 35 years for those with obesity/overweight
(U.S. Preventative Services Task Force recommendation)




1 OUT OF 3
Adults has prediabetes

A1C Target Levels



NORMAL Less than or equal to 5.6
PREDIABETES 5.7 – 6.4
DIABETES 6.5+

healthline



9 OUT OF 10
Don't know they have it

What is the Answer?

To effectively manage your employee health benefits, **addressing obesity, as an underlying cause of diabetes and other chronic conditions**, is an essential strategy.

HealthCareTN recommends a comprehensive, evidence-based benefit design to reach as many of your employees as possible with approaches that will be successful for them.

Treatment	BMI CATEGORY				
	25-26.9	27-29.9	30-34.9	35-39.9	40+
Lifestyle management, behavioral therapy	Yes (with comorbidities)	Yes	Yes	Yes	Yes
Pharmacotherapy		Yes (with comorbidities)	Yes	Yes	Yes
Surgery				Yes (with comorbidities)	Yes

What is the Solution?

The National Diabetes Prevention Program Works!



THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM WORKS!

Can prevent or delay type 2 diabetes by

58%

In individuals over 60 years old, it reduced risk by 71%

What is National DPP?

- CDC-recognized lifestyle change program specifically designed for those with pre-diabetes
- Strong evidence that it prevents/delays type 2 diabetes
 - People with pre-diabetes that participate can cut risk of developing diabetes by 58%
 - Continued collection/analysis of outcome data provides on-going evaluation
- Evidence-based, CDC-developed curriculum
 - Consistently delivered across providers
 - Revised/updated to incorporate new evidence
- CDC-recognized coaches that must submit engagement and outcome data to maintain recognition

First Half: The Basics

- **Eat healthy** without giving up all the foods you love
- **Add physical activity** to your life, even if you don't think you have time
- **Deal with stress**
- **Cope with challenges** that can derail your hard work—like how to choose healthy food when eating out
- **Get back on track** if you stray from your plan—because everyone slips now and then

Second Half: Maintain

- **Enhance skills** such as:
 - Food & activity tracking
 - Staying motivated
 - Setting goals
 - Overcoming barriers

Lifestyle coaches adapt the sessions to meet needs, interests, and background of participants

What Delivery Modes are Available?

Session Format/Structure

Online

A-synchronous sessions with individual, self-paced completion of sessions and group chat/message boards for peer and coach interaction

Distance learning

Synchronous group session with peers and coaches through a virtual platform (e.g.: Zoom, Teams)

In-person

Requires increased time commitment
Good for operations employees that work long schedules and can't leave site (if offered during work time)
Provides strong peer support

Program Contracting

Identify recognized providers in your area or nationally at:

<https://www.cdc.gov/diabetes/prevention/find-a-program.html>

Contract through health plan/vendor

Cigna offers Omada

BlueCross BlueShield of TN offers Livongo

United offers Real Appeal

Contract directly with vendor or local recognized providers

What is the Return on Investment?

**TWO WAYS
TO ASSESS VALUE**

ROI
(RETURN ON INVESTMENT)
NET SAVINGS
(FROM CHANGES IN UTILIZATION)

PROGRAM COSTS

VOI
(VALUE ON INVESTMENT)
↑ Employee productivity
Job satisfaction
Employee engagement
Employee retention
↓ Absenteeism
Presenteeism

The National DPP lifestyle change program allows payers to **avoid the high cost of type 2 diabetes** through delaying or preventing the onset of type 2 diabetes among covered individuals. The program provides **direct financial benefits** in the form of lower health care costs by preventing diabetes, and **indirect financial benefits** such as increased productivity and satisfaction among employees. One study of commercially insured adults found:

\$8,015

Increase in Medical Expenditures

over a 3-year period for individuals with prediabetes who developed diabetes compared to individuals with prediabetes who did not

(Year 1: **\$2,469**; Year 2: **\$3,193**;
Year 3: **\$2,353¹**)

vs.

\$500

Cost of the National DPP

lifestyle change program per participant, per year²

Note: Even without any lifestyle changes, not all individuals with prediabetes will progress to type 2 diabetes

SOURCES: 1. Kahn, T., Tsipis, S., Wozniak, G., [Medical Care Expenditures for Individuals with Prediabetes](#), Population Health Management, 2017. | 2. CDC, [How Type 2 Diabetes Affects Your Workforce](#), 2018.

Wrap Up

- **Without intentional intervention, obesity and its downstream impacts on the health of your employees and the costs of your health benefit plans will continue unabated.**
- **The National Diabetes Prevention Program is a proven lifestyle change solution and a critical component of a comprehensive benefit design to address obesity.**
- **HCTN and the Tennessee Department of Health are here to support you as you evaluate, adopt, and implement National DPP**
 - We have turn-key resources and tools to help you with key decisions and implementation
 - We provide you with 1:1 technical assistance to address your specific needs and issues
 - Contact Cristie at ctravis@HCTNonevoice.org to learn more
- **There are no-cost pilots available in West TN and we hope, soon, across the state, for you to see how this program benefits your workforce.**
 - Contact Cristie at ctravis@HCTNonevoice.org if you are interested! First Come, First Serve!
- **HCTN will follow-up with these slides and key resources**

Let Us Know How We Can Help!

