
Connected for Life.

Prevent T2: An
Evidence-Based
Lifestyle Change
Program



Driven by the Mission

Increase Access to
Diabetes Prevention

Opportunity to Bend
the Curve



To **PREVENT** and cure diabetes and to improve the lives of all people affected by diabetes



Working to improve **HEALTH EQUITY** for all people at risk for diabetes through the 1705 cooperative agreement with CDC



The ADA has the responsibility and opportunity to support programs, health care providers, employers, and insurers to **BEND THE CURVE** on diabetes

Economic Costs of Diabetes in U.S.

\$1 IN \$5

health care dollars is spent caring for people with diabetes

The annual health care costs for a person with diagnosed diabetes are

2.3x HIGHER

than for a person without

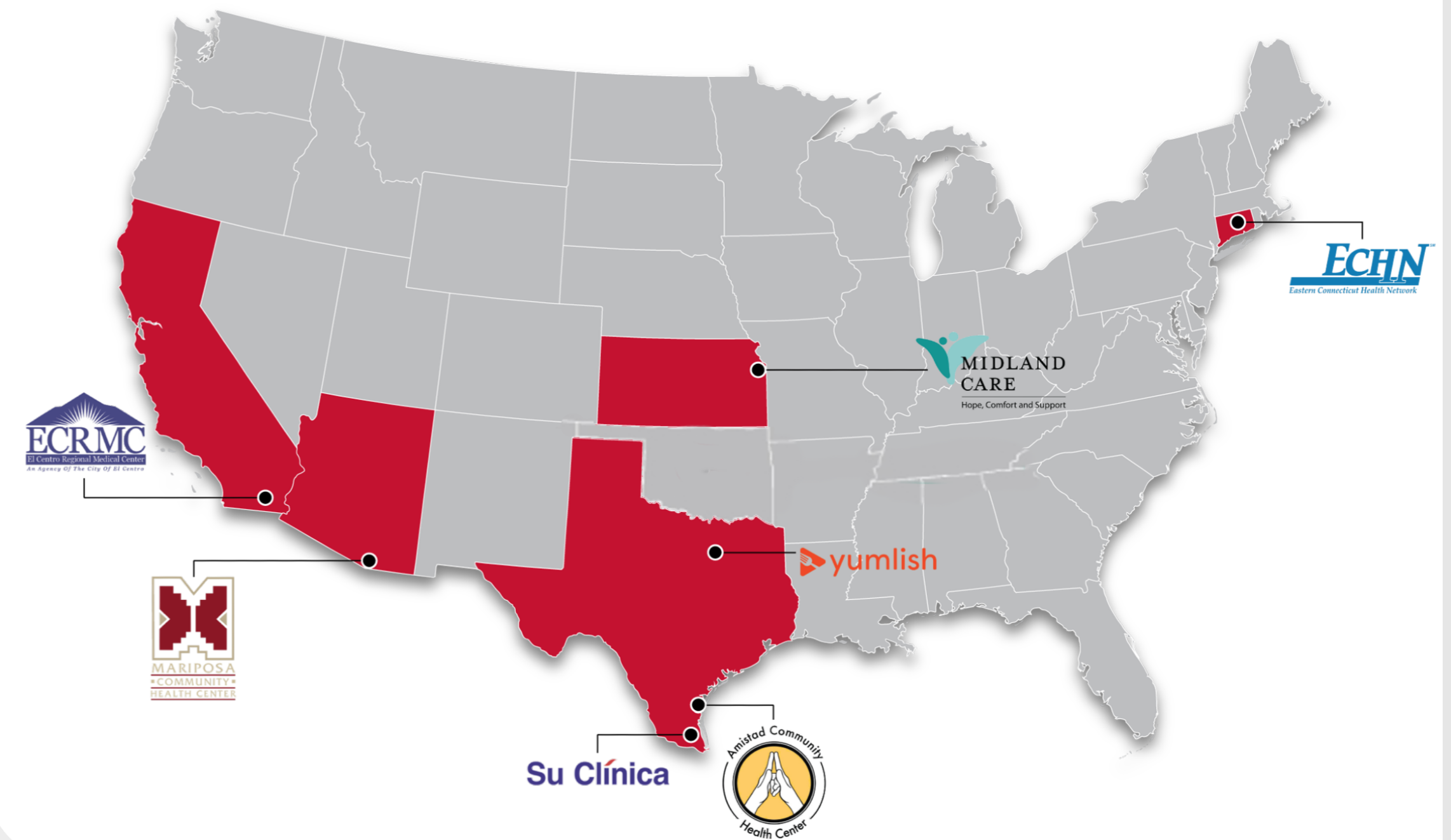
INDIRECT COSTS:

- Increased absenteeism (\$3.3B)
- Reduced productivity @ work (\$26.9B)
- Inability to work as result of disease-related disability (\$37.5B)
- Lost Productivity due to early mortality (\$19.9B)

ADA's Diabetes Prevention Program

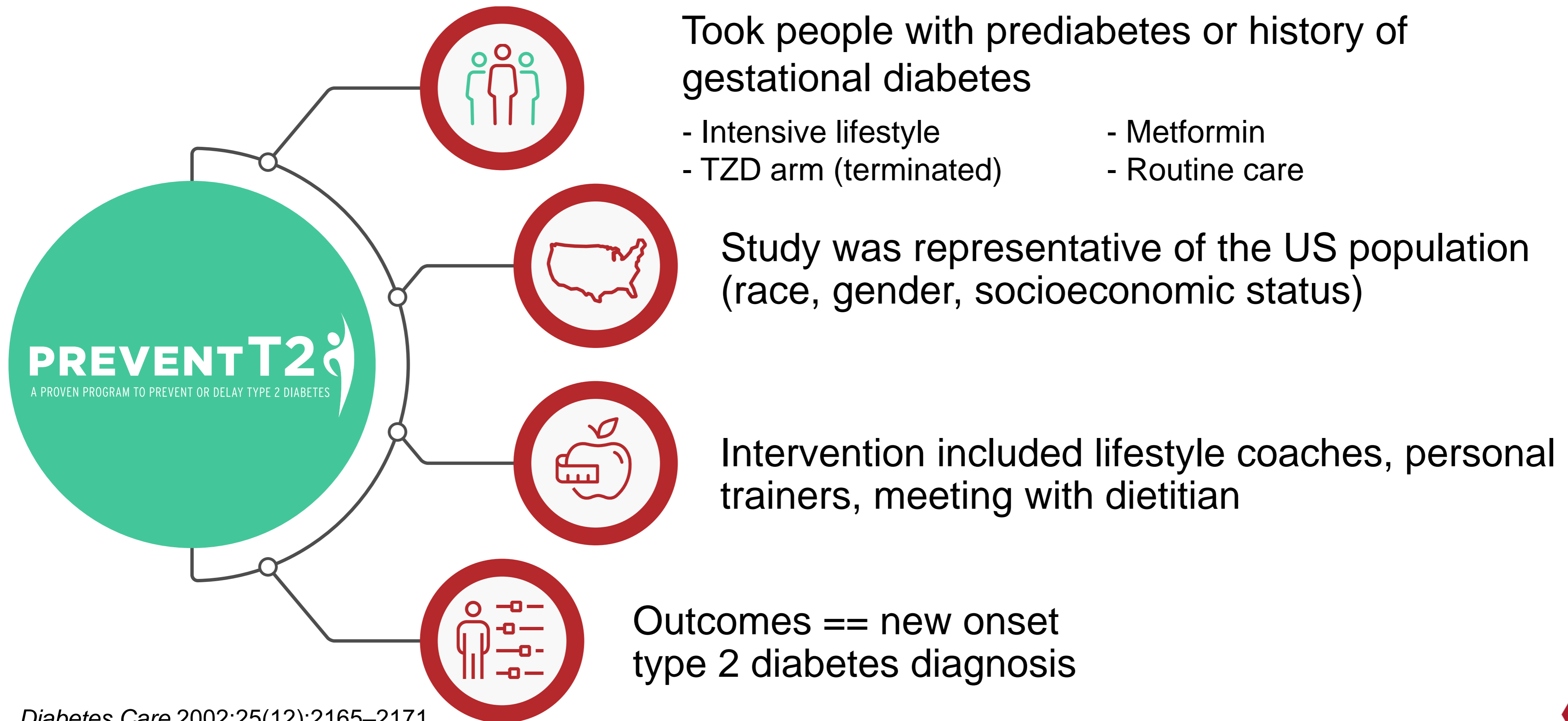
CDC 1705 Cooperative Agreement

- National DPP in underserved areas
- Seven affiliates across five states
- Supporting affiliates to enroll, retain, and sustain programs
- Employers working with ADA affiliate sites receive additional support for implementation and National recognition as a champion



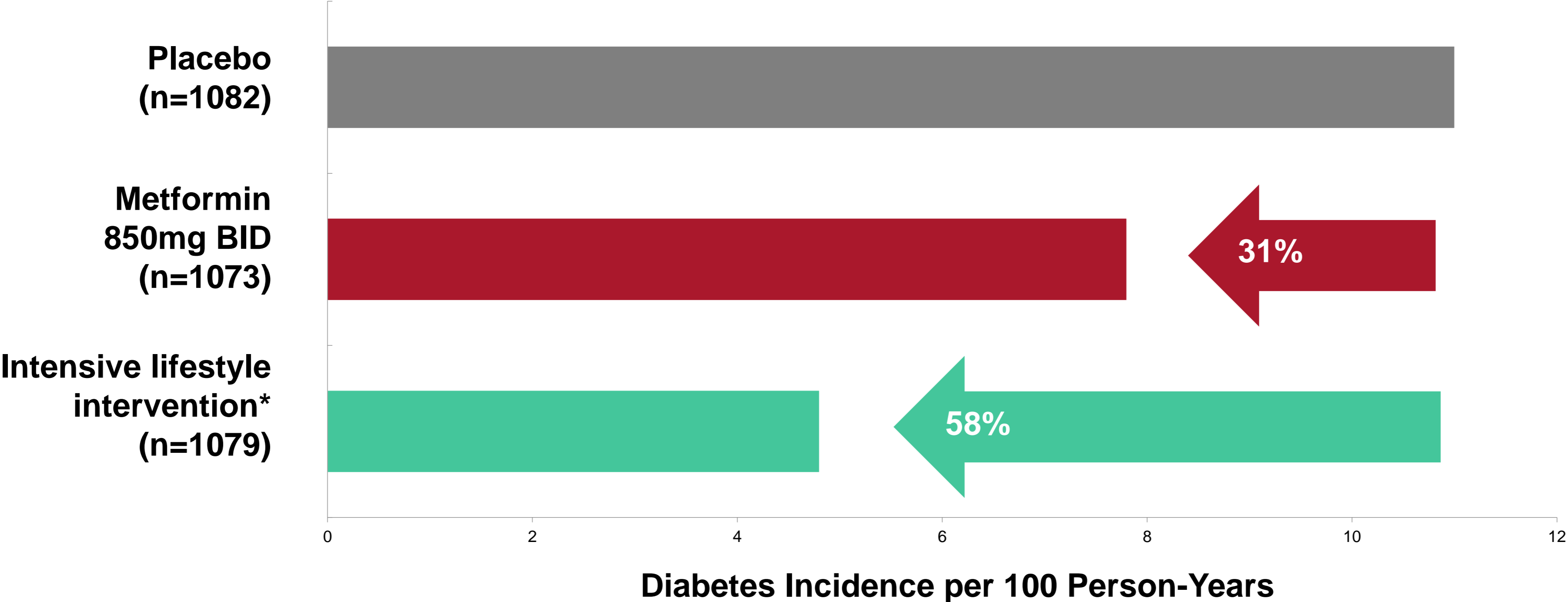
Science Behind Prevention

Diabetes Prevention Program Study



Diabetes Prevention Program (DPP) Results

Diabetes Prevention Program (N=3,234)



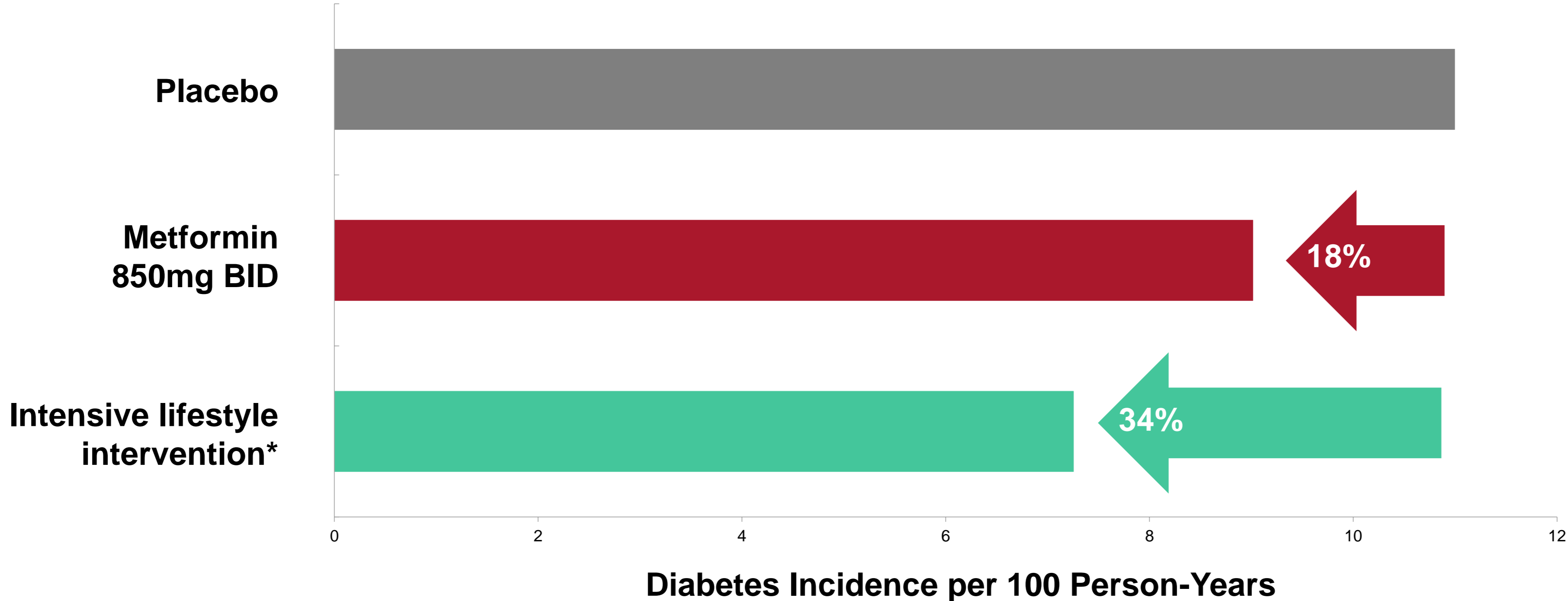
DPP Research Group. *N Engl J Med.* 2002;346:393-403.

*Goal: 7% reduction in baseline body weight through low-calorie, low-fat diet and ≥150 min/week moderate intensity exercise .



DPPPOS Results – 10-Year Findings

Diabetes Prevention Program Outcomes Study



DPP Research Group. *N Engl J Med.* 2002;346:393-403.

*Goal: 7% reduction in baseline body weight through low-calorie, low-fat diet and ≥ 150 min/week moderate intensity exercise .



US Preventive Services Task Force

USPSTF Recommends

B

- Screening for adults 35-70 who have overweight or obesity
- Offer or refer people with prediabetes to effective preventive interventions

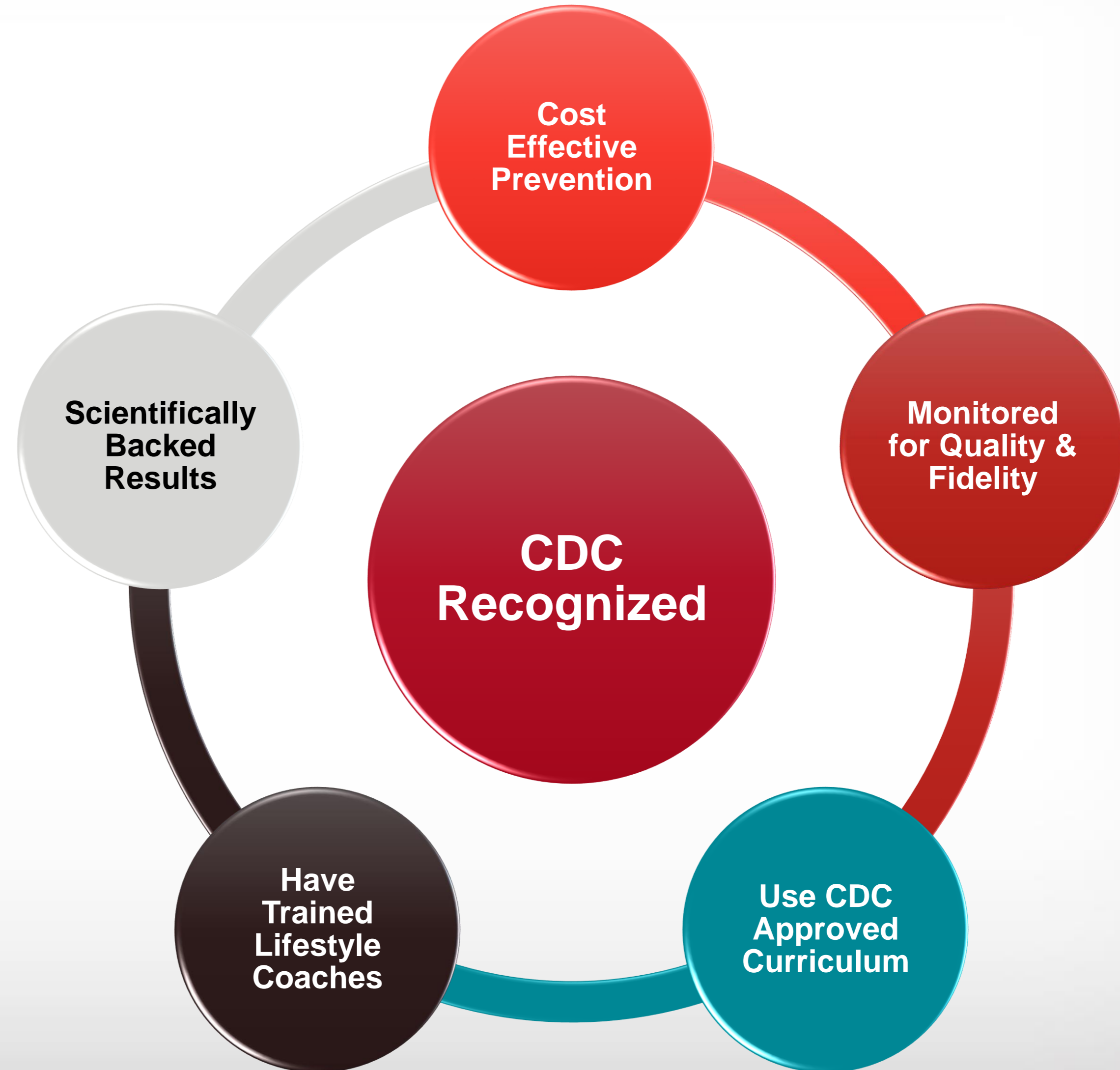
From Science to Real World

What is the National DPP Lifestyle Change Program?

- The DPP Created an Opportunity to Translate the Research
- The National DPP
 - Centers for Disease Control and Prevention (CDC) established this public-private initiative to offer evidence-based, cost-effective interventions to prevent type 2 diabetes across the nation by:
 - Increasing the number of trained organizations that have achieved CDC-recognition
 - Ensuring quality and efficacy to the proven standards
 - Network of program delivery organizations

CDC-Recognized Programs vs. Others

Many programs claim to be diabetes prevention programs but only CDC-recognized Lifestyle Change Programs:



Lifestyle Change Program – How It Works

- Employees will work with CDC-trained lifestyle coaches to make achievable and realistic changes to improve their health.
- Employees will learn how to modify what they eat and get more physical activity in a way that works for them.
- You will pay for the plan based on performance on predetermined outcomes measures.
- Your health insurance provider may be willing to cover the program as a benefit for your employees.

Delivery Modes



IN PERSON

Lifestyle coaches meet with groups of participants in person at a time and location that is convenient to the group.



DISTANCE LEARNING

Lifestyle coaches meet with participants as a group through a digital mode like Zoom or Teleconference.



ONLINE

Participants participate in the program by logging into course sessions via computer, tablet or smart phone. They are not necessarily part of a group.



COMBINATION

Program is delivered via any combination of the other three delivery modes. Participants may progress as a group or individually.

Lifestyle Change Programs at Work

- Lead to positive behavioral health modifications, a focus on population health improvement, increased employee engagement, and increased employee satisfaction.
- Achieve greater weight loss and maintenance weight loss than workplaces in which other interventions were implemented.
- Cut participants' risk of developing type 2 diabetes in half.

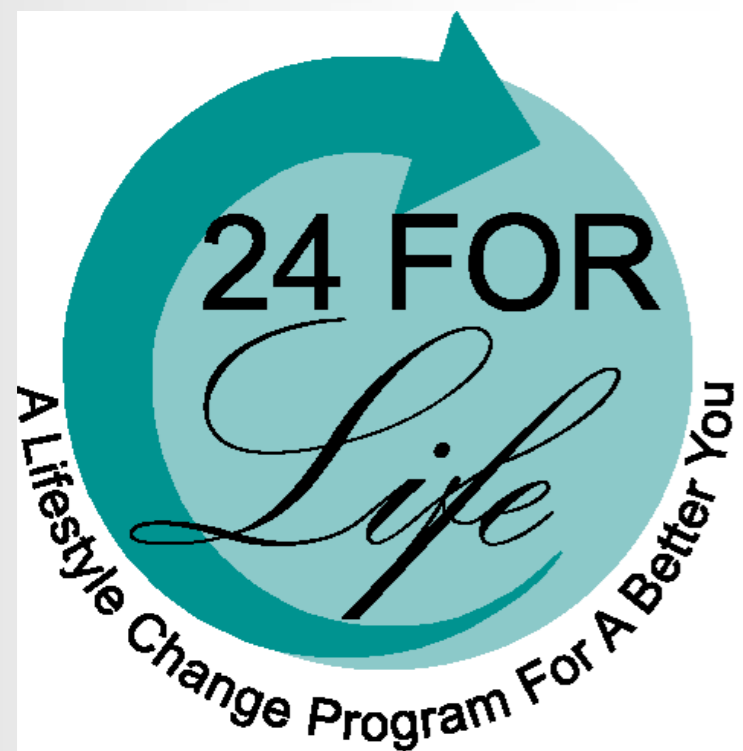
Lifestyle Change Programs at Work

- Decrease health care costs for individuals and the company.
- Empower employees to make and sustain lifestyle changes that can help them prevent or delay the onset of type 2 diabetes.
- Encourage employee retention by providing a proven wellness benefit.

What Can You Do?

- Visit [Diabetes.org/PreventionAtWork](https://www.diabetes.org/preventionatwork) to learn more and find helpful resources.
- Talk to a CDC-Recognized lifestyle change program about how they can help you improve employee health with lifestyle interventions.
- Ask your health insurance carrier(s) about covering CDC-recognized lifestyle change programs as a health benefit for your employees.
- Offer the program as an additional workplace wellness benefit for your employees if your health insurance carrier won't cover the program.
- Visit [CoverageToolkit.org](https://www.coveragetoolkit.org) to learn more about covering the Lifestyle Change Program

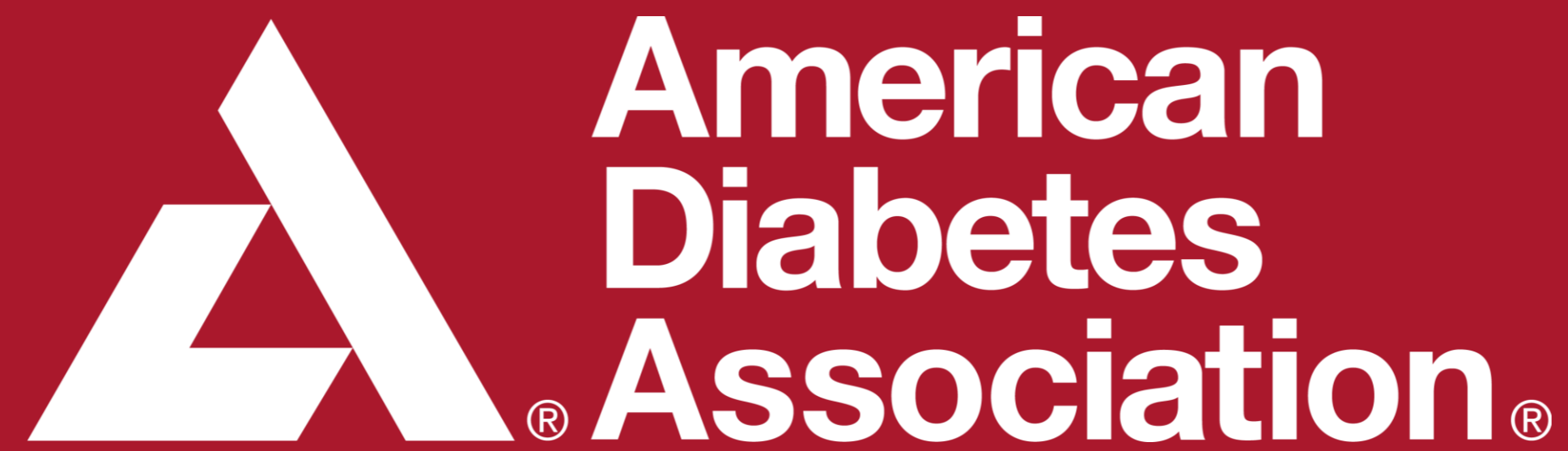
Join ADA's Diabetes Prevention Efforts



ADA affiliate site, Midland Care in Topeka, offers employers in NE Kansas their CDC-recognized **24 For Life** program. Midland Care is 1 of only about 200 programs that have achieved **Full Plus Recognition**.

Become an ADA Employer Champion!

- Implement In-Person or Distance Learning program with 24 For Life
- Receive national recognition, reduce your health care costs, and improve relations with employees
- Contact Donna Doel at 785-250-5210 or 24forlife@midlandcc.org



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