



Telligen®

Health & Well-Being

# DIABETES AND ITS PREVENTION

## Telligen Case Study

### The Diabetes Epidemic is Real, and Growing

The U.S. Centers for Disease Control and Prevention (CDC) estimates that **34.2 million Americans — just over 1 in 10 — have diabetes.** Today, another 88 million are living with prediabetes, a health condition that increases a person's risk of developing type 2 diabetes and other health problems. Among this group, **90 percent of them are unaware that they are prediabetic.** When you add those numbers up, more than one-third of the people in the United States are either dealing with the ill effects of diabetes or at high risk of developing diabetes. If today's trend continues, one in three Americans will be diabetic by 2050.

### What are Diabetes & Prediabetes?

Type 1 diabetes is the most severe form of the disease. It occurs when an individual's pancreas produces little or no insulin, a hormone needed to allow glucose (sugar) to enter cells and produce energy. When not treated, the resulting elevated blood sugars can damage the eyes, kidneys, nerves and heart. In extreme cases, individuals may go into a coma or die. There is no cure for type 1 diabetes, but it can be managed for a healthier life.

Type 2 diabetes is more common and happens when the body becomes resistant to insulin. Although research cannot pinpoint what causes some people to develop type 2 diabetes while others do not, scientists have identified risk factors that contribute to the development of type 2 diabetes—and prediabetes markedly increases the risk of developing type 2 diabetes.

People with prediabetes have abnormal blood sugar regulation. Their blood sugar levels are higher than normal, but not high enough to be characterized as diabetes. Without intervention, one-third of people with prediabetes will develop Type 2 diabetes within five years.

## PREDIABETES BY THE NUMBERS

**88  
MILLION**

88 Million people have prediabetes

**90%  
OF PPL**

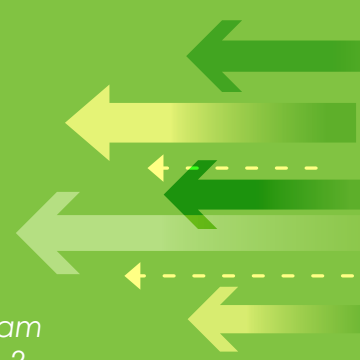
90% of people with prediabetes don't know they have it

**\$332  
BILLION**

Diabetes & prediabetes costs the US \$332 billion per year

**58%  
REDUCED  
RISK**

A Diabetes Prevention Program can risk for type 2 diabetes by 58%



## Who is at Risk of Prediabetes?

The risk factors for prediabetes and type 2 diabetes are similar and include:

- ▶ Being overweight
- ▶ Being 45 years or older
- ▶ Having a family history of type 2 diabetes
- ▶ Being physically active less than three times a week
- ▶ Having had gestational diabetes/giving birth to a baby that weighed more than nine pounds

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## How Does Diabetes Affect the Workforce?

**The total annual economic cost of diabetes and prediabetes in the United States is \$322 billion,** according to the American Diabetes Association®. One in five healthcare dollars is spent caring for people with diabetes.

According to diabetes.org, employers pay many indirect costs due to diabetes, including:

- ▶ Increased absenteeism (\$5 billion)
- ▶ Reduced productivity at work (\$20.8 billion)
- ▶ Reduced productivity outside of labor force (\$2.7 billion)
- ▶ Inability to work because of disease-related disability (\$21.6 billion)
- ▶ Lost production capacity due to early mortality (\$18.5 billion)

**This equates to nearly \$69 billion in lost productivity for employers!**

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## How to Avoid Future Diabetes Costs and Improve the Health and Well-Being of the Workforce

It's no exaggeration; diabetes is a serious workforce issue. But you can help prevent type 2 diabetes, and it's typically much cheaper to prevent diabetes than to treat the consequences of the disease.

Workplace Diabetes Prevention Programs are a highly effective way to improve the health of individual employees with prediabetes and help employers manage their healthcare costs. The CDC and the ADA estimate that the average annual medical cost for a person with diabetes is \$13,700, of which \$7,900 is directly spent on treating the diabetes. A Diabetes Prevention Programs cuts the risk of diabetes in half for prediabetics, and only requires a small investment of approximately \$300–\$500.

Through the implementation of a Diabetes Prevention Program in the workplace, employees are in the program with their peers, creating a larger sense of community. The influence of a fellow co-worker can encourage team building and making healthier choices throughout the day, leading to continued behavior change once they leave the office. An added benefit to the employer beyond a healthier and happier workforce often comes with cost savings through reductions in healthcare spending.

## Diabetes Prevention Programs

In 2002, a study funded by the CDC and National Institutes of Health (NIH) examined the effects of weight loss through both diet change and increased physical activity in the prevention and/or delay of the onset of type 2 diabetes. This ground-breaking study showed that millions of high-risk people could indeed delay or avoid developing type 2 diabetes through this lifestyle intervention programming known as a Diabetes Prevention Program (DPP). In fact, participants in the program reduced their risk for developing diabetes by 58 percent!

### What Is Included in a Diabetes Prevention Program?

A Diabetes Prevention Program is a one-year program led by a trained lifestyle coach. It focuses on long-term lifestyle changes including healthy eating, stress reduction and increased physical activity. Participants in a Diabetes Prevention Program learn skills necessary to lead a healthy lifestyle, including:



**Eating Healthy  
Without  
Cutting Foods  
They Love**



**Increasing  
Physical  
Activity**



**Managing  
Stress**



**Overcoming  
Challenges That  
Come From Changing  
Habits**

### Diabetes Prevention Program Results

Through the methods listed above and personalized coaching, Diabetes Prevention Program participants will achieve a 5 to 7 percent reduction in body weight. They will experience health improvements, feel more energized and gain a stronger sense of well-being. They will feel they are part of a bigger movement to overcome the national epidemic of diabetes. They will be motivated to stay on track and stay positive.

A Diabetes prevention Program not only helps protect employee health, it also improves the overall happiness and satisfaction of the workforce, which may help retain employees and attract new talent. And when an employer provides coverage for a Diabetes Prevention Program, the results are even better. The program is more accessible and affordable for employees. One study even showed that lifestyle change program participants who received coverage for the program through their health insurance plan achieved slightly better outcomes in attendance and average weight loss than participants who paid for the program on their own or through a grant.

## Contact a Telligen DPP Expert Today!

The threat of diabetes to our nation and our workforce is real. But it doesn't have to be. For more information about implementing a Diabetes Prevention Program and to help pave the way to health and well-being, call 888-323-8431.