

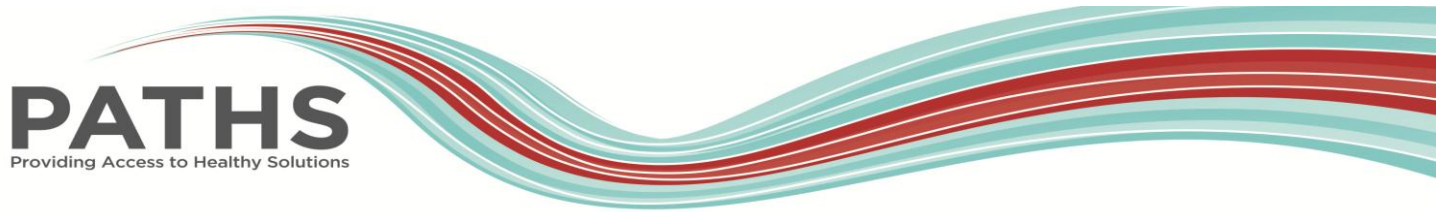
DIABETES PREVENTION IN NORTH CAROLINA

Investments in saving lives and saving money

- ❖ Effective diabetes prevention is vital to halting the growth of the disease within North Carolina.
- ❖ Approximately 376,000 North Carolinians were estimated to have prediabetes as of 2010. About 25% of those with prediabetes are expected to develop diabetes within 3-5 years of diagnosis.
- ❖ **Diabetes prevention is cost-effective.** The direct medical costs of treating one patient for diabetes are estimated at \$7,900 per year versus as little as \$400 per year for diabetes prevention.
- ❖ **A major challenge is that North Carolina Medicaid does not reimburse for diabetes prevention programs.**

THE DIABETES PREVENTION PROGRAM (DPP) operates at several YMCAs across North Carolina. The DPP is a year-long program made up of 16 weekly classes and monthly check-ins with a trained lifestyle coach. DPP has been shown to cut the risk of developing diabetes by 58%. This program has been immensely successful in North Carolina. For example, in western NC, DPP participants on average decreased their total body weight loss by 10.92%, compared to the CDC's goal of a 5-7% reduction. As of December 2013, the Western NC DPP had served over 181 adults, and based on its results thus far, is expected to prevent 105 of these adults from developing type 2 diabetes. Based on the average costs of treating type 2 diabetes and the program's reimbursement rate of \$429 per person, estimates indicate the program saves approximately \$1,214,955 in healthcare expenditures and indirect costs each year that these individuals do not develop diabetes.

THE YWCA DIABETES WELLNESS AND PREVENTION PROGRAM has been cited as a model program for successfully preventing diabetes. The year-long program located in Asheville seeks to provide a supportive foundation in which individuals of low socio-economic and traditionally marginalized cultural backgrounds can come together in a wellness-focused group. The curriculum focuses not just on modifying lifestyle choices that predispose an individual to diabetes, but also on addressing individual barriers that impede positive changes. Through gym and pool access, personal trainer support, weekly education and motivation groups, and culturally relevant activities, individuals have a chance to make small changes over time, which allows for those changes to become habitual. Further, the year-long program provides participants with opportunities to review medications with resident pharmacists, attend diabetes specific dinner lectures and cooking classes, and make lasting social connections that offer accountability and long-term partnership in wellness.



WHAT CAN NORTH CAROLINA DO?

- 1. Reimburse Medicaid providers** for evidence-based lifestyle interventions for people with prediabetes.
- 2. Increase state funds for targeted, evidence-based prevention efforts.** Highlighted suggestions include an increase in the state's tobacco tax to finance diabetes prevention programs and use of state prevention funds to develop the state's diabetes and chronic illness action plans.
- 3. Promote alternative care delivery and payment models** (e.g. bundled payment and shared savings models) that offer incentives for providers to invest in cost-saving measures such as diabetes prevention programs.