

Employer Decision Map

Prevent Diabetes

Is your organization committed to supporting the health and well-being of your team members? Follow this brief journey and learn how to launch the **National Diabetes Prevention Program (National DPP)** as a covered benefit at your workplace.

Discover

Understand the impact of type 2 diabetes on your organization.

Your workforce is at-risk for type 2 diabetes.

- **Fact:** 96 million American adults have prediabetes and most don't know
- **Fact:** Prediabetes and type 2 diabetes cost employers billions of dollars each year in direct medical expenses and lost productivity.
- In the workplace, type 2 diabetes affects overall employee health and well-being—and your bottom line.

Diabetes is expensive. Prevention is cost-effective.

- **Fact:** On average, an employee with type 2 diabetes costs your medical plan an average of \$16,750 per year—2.3 times higher than average
- **Fact:** Offering the National DPP lifestyle change program as a covered benefit is cost effective, costing approximately \$500 per employee per year. It can cut a person's risk of getting type 2 diabetes in half and reduce the serious conditions associated with prediabetes.

You can help. Start by raising awareness today.

- Preventing type 2 diabetes is possible! There is a role for the workplace to play in the preventing type 2 diabetes.
- Want to know how many employees are at risk? Have employees take our quick [Risk Assessment Tool](#) (available in English and Spanish).

Decide

Decide on whether to cover the National DPP as a health benefit.

Should you offer the National DPP as a health benefit?

- Contact your Health Links™ advisor to [schedule a diabetes prevention advising session](#) (30-minute virtual appointment).
- Your advisor can help you take advantage of local and national resources, understand the costs and options, and learn how to successfully launch the National DPP at your workplace.
- Review your medical plan benefits to understand coverage of the National DPP

We are ready to offer the National DPP as a covered benefit. What do we do next?

- Consider program delivery options and methods (onsite vs. offsite; in-person vs virtual vs distance)
- Help your team members enroll in the program.

Act

Take the next step to implement the National DPP at your workplace.

Ensure employees participate in the program.

- Once you are ready to offer the National DPP as a covered benefit, access [these helpful tools](#) from the CDC to promote and sustain your program.

Centers for Disease Control and Prevention. (2021, December 21). About Prediabetes and type 2 diabetes. Centers for Disease Control and Prevention. Retrieved November 3, 2022, from <https://www.cdc.gov/diabetes/prevention/about-prediabetes.html#:~:text=Diabetes%20Has%20Serious%20Consequences&text=Without%20intervention%2C%20many%20people%20with%20Blindness>

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Cost & value. National DPP Coverage Toolkit. (2022, October 26). Retrieved November 3, 2022, from <https://coveragetoolkit.org/cost-value-elements/#:~:text=According%20to%20CDC%2C%20%24500%20is,during%20the%20second%20six%20months>

The National Diabetes Prevention Program (National DPP) for Employers

Frequently Asked Questions

What is the National DPP?

The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce risk of type 2 diabetes and improve overall health.

What is the DPP Lifestyle Change Program?

The National DPP lifestyle change program is an evidence-based program for adults who have prediabetes or are at risk for type 2 diabetes.

The program runs for 1 year. During the first 6 months, participants will meet about once a week. During the second 6 months, participants will meet twice a month. Staying in the program for the full year is essential to maintaining new habits.

During each session, a certified lifestyle coach leads and educates participants on how to form and maintain positive lifestyle changes such as eating healthier eating, reducing stress, and increasing physical activity.

Why is this important to my organization?

Type 2 diabetes affects more than 30 million American adults. Your workforce is at risk and without intervention, many people with prediabetes could develop type 2 diabetes within 5 years. Type 2 diabetes is extremely costly and contributes to lower productivity and increased missed days at work. As an employer, you are in a unique position to promote awareness and change.

How can I prevent type 2 diabetes for my employees?

Preventing type 2 diabetes is typically much cheaper than treating the consequences of the disease. Addressing diabetes in the workplace doesn't need to be costly, but it does need to be strategic. You can help your employees prevent type 2 diabetes by offering National DPP lifestyle change programs as a covered benefit. An employer with 250 employees could save up to \$8,759 over three years. Many insurance companies offer diabetes prevention lifestyle change programs as a covered benefit of your medical plan.

Does the program really work?

Yes! In fact, the program can help people with prediabetes cut their risk of developing type 2 diabetes in half among adults with prediabetes and by 71% in those aged 60 years or older.

I'm interested! What are my next steps?

- Start by offering our quick Risk Assessment Tool to employees
- Schedule an advising session with Health Links™ to review your organization's risk profile and discuss how you can implement the National DPP as a covered benefit for your employees.
- Talk to your health insurance provider(s) about coverage of CDC-recognized programs.
- Decide on program delivery options (onsite, offsite; in-person, virtual, combination)
- Market the program in a way that appeals to your workforce and their support networks (extending to friends and family increases participation!).
- Include optional incentives and plan after program support.

What other actions can I take right now?

- Provide awareness education for employees through internal websites, bulletin boards, newsletters, social media, and other available channels.
- Include healthy food and beverage options in vending machines, cafeterias, and at employer sponsored events.

