

REVERSE YOUR RISK: PREVENT DIABETES NEARLY HALF OF SAN DIEGO ADULTS ARE ON THE PATH TO TYPE 2 DIABETES.

As a covered benefit, the Diabetes Prevention Program (DPP) lifestyle change program can help employers manage their healthcare costs and help insurers control premium increases.



For a company of 13 employees, of which 1 is estimated to have diabetes, they will spend approximately \$1,685 annually on healthcare related to diabetes.



Preventing the progression to type 2 diabetes could save an employer \$8,000 per participant over three years. The DPP program costs about \$500 per person.

LOCAL SAN DIEGO INITIATIVE

PROVEN

The Diabetes Prevention Program (DPP) lifestyle change program is a Centers for Disease Control and Prevention evidence-based program led by community and clinical providers.

STRUCTURED

The comprehensive program focuses on weight loss through exercise, healthy eating, and behavior modification with direction from trained lifestyle coaches.

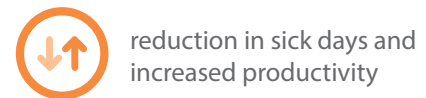
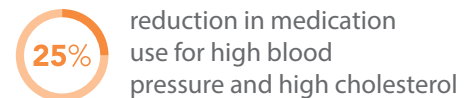
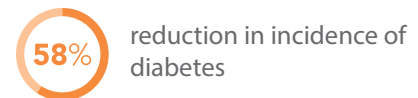
ONGOING

DPP programs include weekly meetings for 6 months and then monthly maintenance sessions for 6 months.

CONVENIENT

DPP programs are offered in San Diego County both in-person and online to provide group support over the course of one year.

RESEARCH OUTCOMES



ACTION STEPS FOR BUSINESSES

- 1 Ask if the Diabetes Prevention Program (DPP) lifestyle change program is a covered health benefit.** If not, start a discussion with your health insurance company about how to add it as a benefit for employees.
- 2 Discuss the DPP program with executives and stakeholders.** To persuade them to offer a DPP Program, see the resources outlined in the Diabetes Prevention Program Employer Toolkit.
- 3 Promote diabetes prevention to your employees.** See the San Diego Diabetes Prevention Employer Toolkit for resources or contact us to help by visiting www.PreventDiabetesSD.org.

UNDERSTANDING THE FACTS



1 in 3 U.S. adults have **prediabetes**; out of those, 9 out of 10 don't know they have it.

PREDIABETES is when blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes.



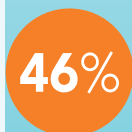
Without healthy lifestyle changes, 15-30% will progress to type 2 diabetes within 5 years.

Prevent diabetes before it progresses

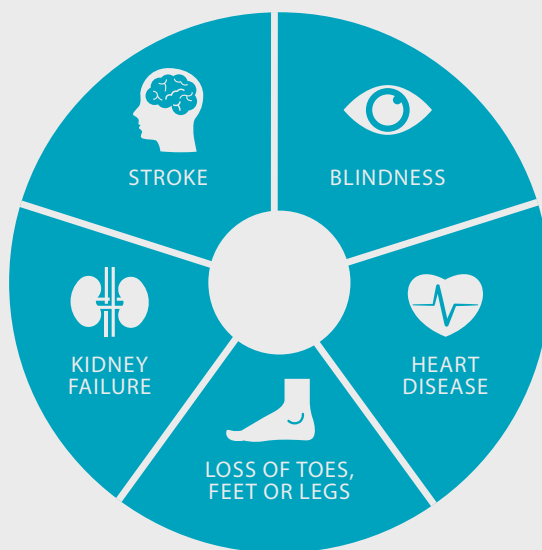


Over 1.1 million adults ages 18-64 in San Diego County are estimated to be overweight or obese, which is a risk factor for diabetes.

Without healthy lifestyle changes, employees with prediabetes are on the path to develop type 2 diabetes and are at risk for serious health problems such as:



As many as **46%** of San Diego adults are on the path to type 2 diabetes.



It's estimated that almost 150,000 adults between the ages of 18-64 in San Diego County have already been diagnosed with diabetes.

My initial reason for taking this class was to learn about preventing diabetes, not because I have any family history of it, but because of my weight, age, and my current high stress level and the fact that I am not taking care of myself. I have gained a wealth of knowledge that I know will help me throughout the rest of my life.

– Julie Odum, County of SD Employee, Program Participant

The materials and guest speakers keep you motivated and focused. I managed to get my A1C to a normal range from this program.

– Herman Jonse, Southeastern SD Resident, Program Participant