

# 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.

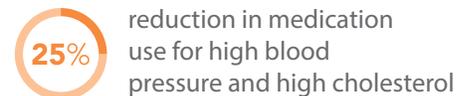
### ONGOING

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](http://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**

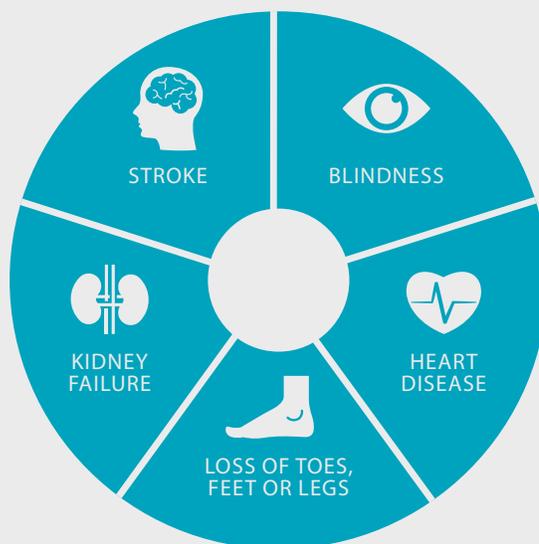


Over 1.1 million adults ages 18-64 in San Diego County are estimated to be overweight or obese, which is a risk factor for diabetes.

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