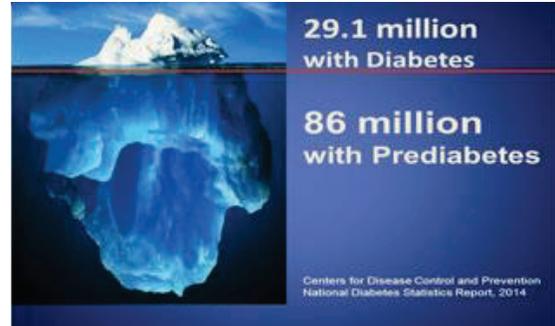


A Proven Solution to Prevent/Delay Diabetes

The Problem

Tennessee employers face an increasingly unhealthy labor pool!

- According to the CDC, 70% of adult Tennesseans are overweight or obese.
- Overweight or obese workers have increased risks of serious diseases, including diabetes.
- The cost of care for people with diabetes is **2.3 times more** than for people without diabetes.
- **3 times** the number of people diagnosed with diabetes have pre-diabetes



The Answer

To effectively manage your employee health benefits, addressing obesity, as an underlying cause of diabetes and other chronic conditions, is an essential strategy. Memphis Business Group on Health (MBGH) and HealthCare 21 Business Coalition (HC21) recommend a comprehensive, evidence-based benefit design to reach as many of your employees as possible with approaches that will be successful for them.

Treatment	BMI CATEGORY				
	25-26.9	27-29.9	30-34.9	35-39.9	40+
Lifestyle management, behavioral therapy	Yes (with comorbidities)	Yes	Yes	Yes	Yes
Pharmacotherapy		Yes (with comorbidities)	Yes	Yes	Yes
Surgery				Yes (with comorbidities)	Yes

A Proven, Lifestyle Management Solution: The National Diabetes Prevention Program

Without lifestyle changes, most people with pre-diabetes will develop type 2 diabetes in 5-6 years. Therefore, it is essential that employers deploy programs that have a proven track-record of preventing or delaying conversion to type 2 diabetes such as The Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program (National DPP).

The NDPP:

- Can prevent or delay type 2 diabetes by 58%.
- Offers a full year of support to achieve and maintain lifestyle changes.
- Is built on a CDC- required curriculum grounded in proven lifestyle change approaches.
- Requires recognized providers to adhere to CDC's scientific standards and outcomes monitoring.
- Can be offered through different modalities (e.g., in-person, online, etc.)
- Has a three year ROI of approximately \$8,000 compared to a program cost of approximately \$500.



How to Participate

Over the next eight months, MBGH and HC21 are working in partnership with the Tennessee Department of Health, the National Association of Chronic Disease Directors, and the CDC to increase adoption of the National DPP in Tennessee. We will also work with Tennessee employers that already offer the program to improve program effectiveness and employee participation.

Employers can participate now by:

- Attending a second webinar in February 2022 on evaluating the National DPP for your employees and best practices in program implementation.
- Completing an Employer Market Assessment survey in January to identify employers interested in one-on-one technical assistance for program evaluation and implementation.
- Reaching out if you would like to be considered for employer interviews on issues and barriers.
- Joining the Employer Network national collaborative at <https://mailchi.mp/chronicdisease/nacddemployernetwork> to improve program effectiveness or to learn more as you consider implementing National DPP.

Later in 2022, employers will be invited to roundtable discussions to learn from each other and share best practices. In addition, a limited number of employers will be eligible for one-on-one technical assistance. Throughout the project, employers will receive tools and resources to assist with evaluation and implementation.

For more information on the National DPP and for background and sources for this article,

- [Click here](#) to view the November 18th National DPP webinar

- [Click here](#) to get the slide deck from the November 18th webinar

Memphis and West Tennessee employers interested in learning more about the National DPP please contact ctravis@memphisbusinessgroup.org

Middle and East Tennessee employers interested in learning more contact pbelcher@hc21.org

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