



Prevent **Type 2** Diabetes

Join other Employers in Preventing Type 2 Diabetes

Prediabetes is a Workforce Issue

Nearly two million adults in Washington State have prediabetes. People with prediabetes have higher blood sugar levels than normal, putting them at risk to develop type 2 diabetes and other chronic diseases. Prediabetes is costly to employees and employers.

Healthcare expenses for someone with diabetes can be more than two times greater than someone without diabetes (American Diabetes Association, 2012).

The Diabetes Prevention Program Works

The Centers for Disease Control and Prevention's National Diabetes Prevention Program (DPP) helps adults (age 18 and older) who are at risk for developing type 2 diabetes make healthy lifestyle changes. By participating in the DPP, participants learn to make lasting lifestyle changes that help them decrease their body weight by 5 to 7%, increase their weekly physical activity to at least 2.5 hours and improve their eating habits.

The DPP provides employers with a return on their investment.

- *Reduced employee risk of developing type 2 diabetes*
- *Reduced employee healthcare costs*
- *Decreased missed days of work*
- *Improved employee health and well-being*



Support diabetes prevention for your employees.

The Diabetes Prevention Program is a small group, classroom based program that includes 16 weekly one-hour sessions, followed by monthly one-hour sessions conducted over the course of a year. A trained lifestyle coach leads all sessions. The average cost per participant is \$500.



Get it covered by insurance.

Talk to your health insurance company about adding DPP coverage for your employees.

Connect employees to a DPP class near you.

There are many DPP classes across the state. Use the following link <http://win211.org/> to learn about current programs, or the Centers for Disease Control and Prevention's (CDC) National DPP Registry to find locations of programs and online options at: http://nccd.cdc.gov/DDT_DPRP/Registry.aspx



Offer DPP at your worksite.

Join other employers across the state who currently offer DPP to their employees at work. Find local DPP providers who can deliver the program on-site or online, at the following link http://nccd.cdc.gov/DDT_DPRP/Registry.aspx or contact one of the companies below.

Diabetes Prevention and Control Alliance
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The Diabetes Prevention and Control Alliance (DPCA), in partnership with UnitedHealth Group and several national organizations, is committed to delivering the CDC's community-based, in-person National Diabetes Prevention Program. DPCA continues to build its nationwide partnership with insurance companies, employers, healthcare providers, and community-based affiliates to increase prediabetes awareness and provide a clinically proven program.

Viridian Health Management
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<http://www.viridianhealth.com/>

Viridian Health Management is a recognized CDC program partner for implementing the CDC's National Diabetes Prevention Program (NDPP) through the My Weigh 2 Prevent Diabetes™ Program. Viridian works with health plans and employers across the country with over two million lives currently covered. Viridian can deliver My Weigh 2 Prevent Diabetes™ as a turnkey solution or support employers with powerful tools to implement the program. The program can be implemented successfully in worksites, physician group practices, community organizations and faith-based groups, among others.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711)

