



**Wespath**

BENEFITS | INVESTMENTS

Center for Health



OCTOBER 2017

# From Prediabetes to Diabetes

HealthFlex Summit

# Disclaimer

The information in this presentation is provided by Wespeth Benefits and Investments' Center for Health as an educational service.

The Center for Health's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice or other professional advice or services on any specific matter.

# Purpose of Today's Presentation



- What are prediabetes and diabetes?
- Why focus on prediabetes and diabetes?
- What is the impact on the HealthFlex population?
- What can be done to help?
- Center for Health plans for improvement
- How you can help

# What Is Prediabetes?

A condition in which blood glucose (blood sugar) is higher than normal, but not yet high enough to be diagnosed as diabetes.



## Diagnosis

<b>Blood Glucose</b>	<b>100 – 124 mg/dl</b>	<b>Prediabetes</b>
	Measures blood glucose at single point in time	
<b>Hemoglobin A1C</b>	<b>5.7 – 6.4 mg/dl</b>	<b>Prediabetes</b>
	Measures average blood glucose level over past 3 months	

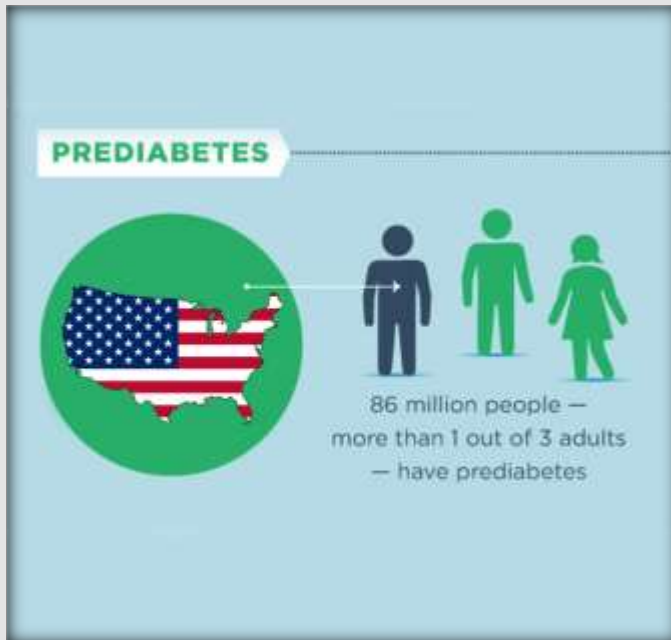
# Why Is Prediabetes Important?



Those with prediabetes are “**on the path**” to developing Type 2 diabetes

- ▶ **Prediabetes Stage**  
Easier to reverse the process
- ▶ **Prediabetes**  
Much less difficult and less costly to manage than diabetes

# Why Is Prediabetes Important?



- In the U.S., one in three adults has prediabetes, but 90% do not know it
- 15-30% with prediabetes progress to diabetes within 5 years
- No symptoms yet

<https://doihaveprediabetes.org/faq.html>

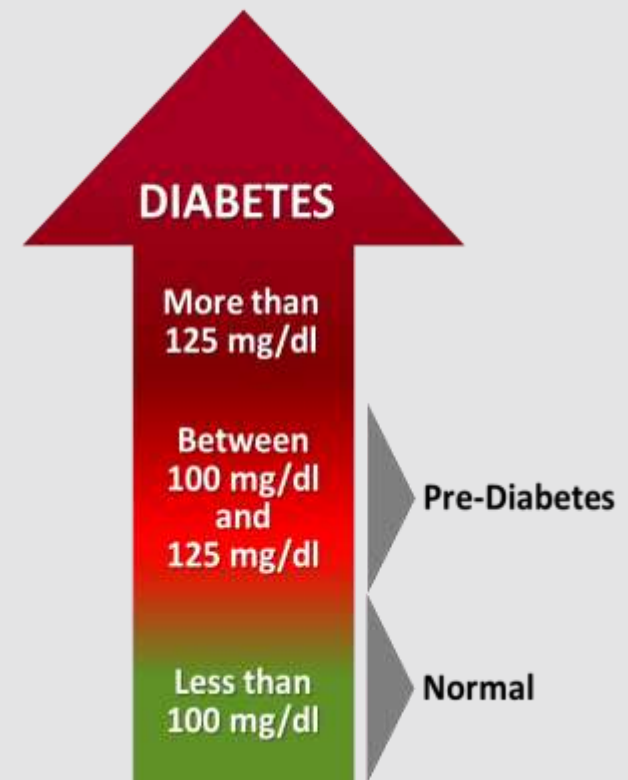
# What Is Diabetes?

A condition in which fasting blood sugar is 125 mg/dl or higher, or hemoglobin A1C is 6.5 mg/dl or higher

## Types of Diabetes

- **Type 1:** Usually diagnosed as a child or young adult, insulin-dependent, don't yet know how to prevent
- **Gestational:** Develops during pregnancy
- **Type 2:** Usually diagnosed in adulthood—**preventable**—develops gradually over time

## Fasting Glucose Level





# Why Focus on Prediabetes/Diabetes?

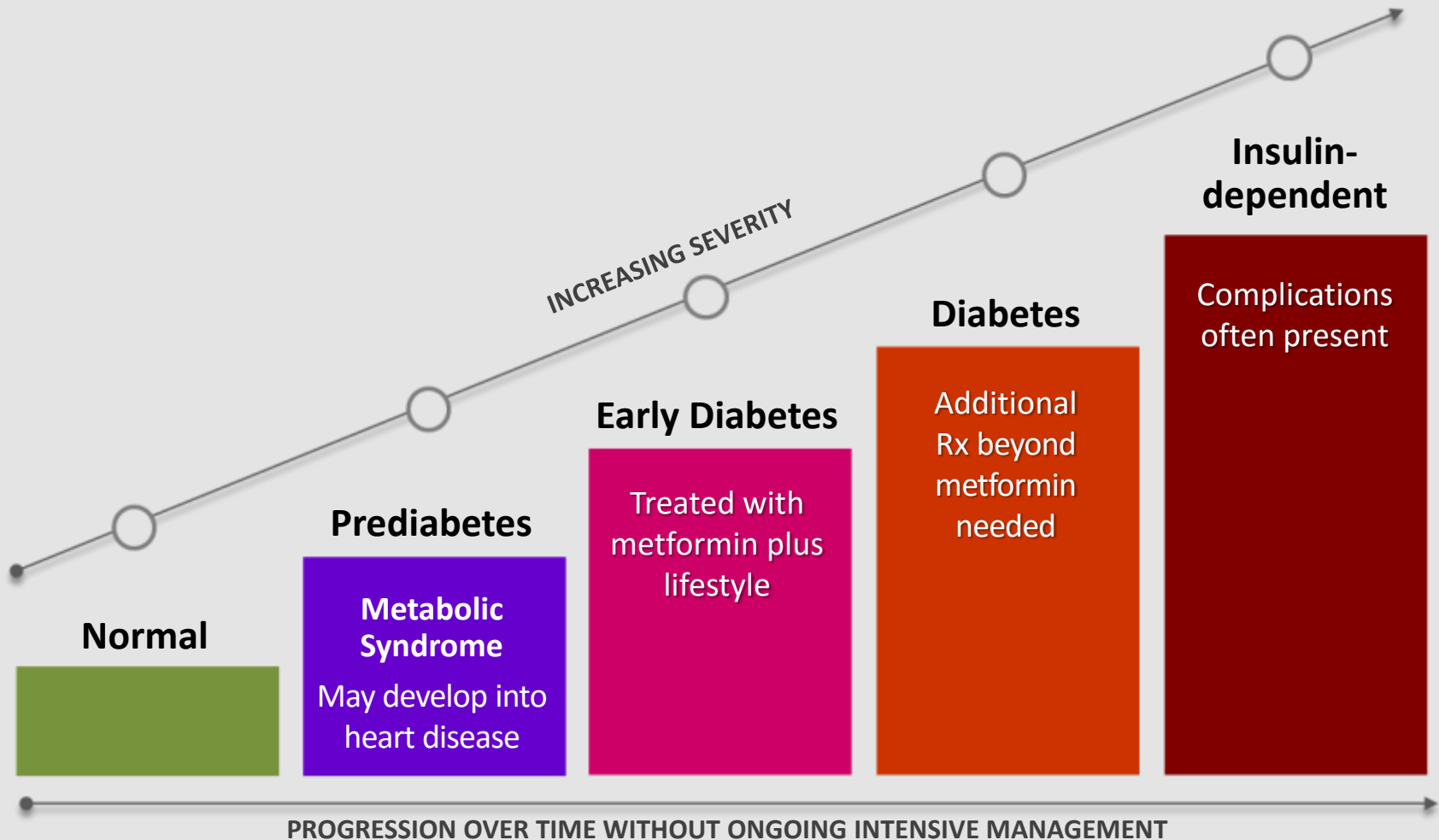
**Prediabetes and Type 2 diabetes are nearly always PREVENTABLE**

- Preventing diabetes **also** helps prevent heart disease and some cancers (shared risk factors)
- The human cost of diabetes is **HIGH**
- The financial costs are **HIGH**, both to the individual and the health plan





# Type 2 Diabetes Is Progressive



<https://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html#>

# SURVEY

[www.menti.com](http://www.menti.com)

Code: **66 291**



# Human Cost of Diabetes

**Impact on lifestyle—no “day off”**

**Stress on family**

**20-25% depression rate for those with diabetes**  
(American Diabetes Association)

**Risk of multiple complications**  
(Kidney failure, blindness, amputations, heart disease, stroke)

**Complicates treatment of other conditions**

**Financial stress**

# Financial Cost of Diabetes



People with diagnosed diabetes, on average, have medical and pharmacy expenditures **2.3 times higher** than in the absence of diabetes

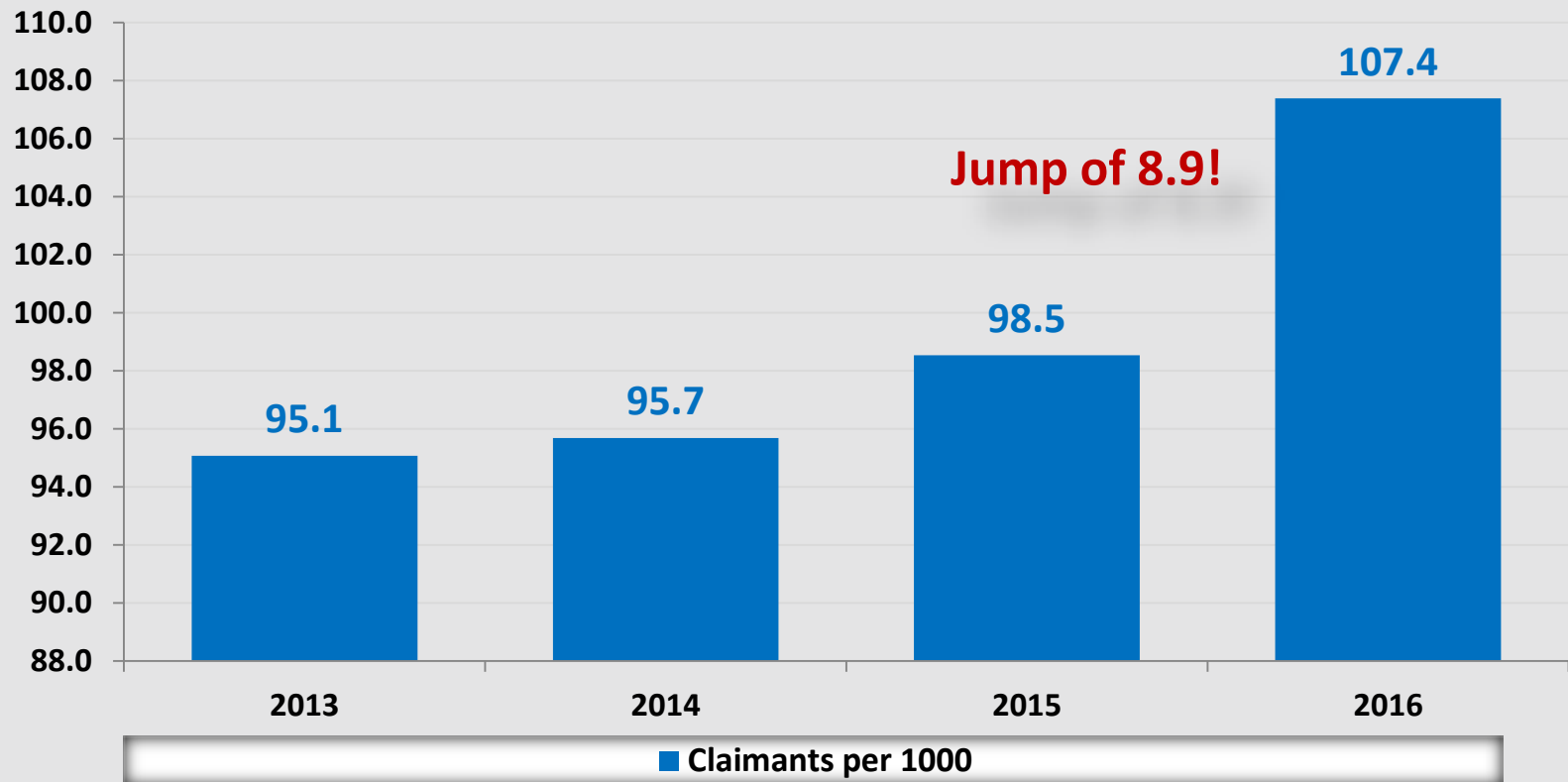


People with diagnosed diabetes incur average medical and pharmacy expenditures of **\$7,900 annually** from diabetes\*

\* <http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html>  
Based on 2012 data

# HealthFlex Impact

## Diabetes Prevalence BCBS + UHC



Source: BCBSIL, UHC Diabetes diagnoses

# HealthFlex Impact

	2015	2016
Total diabetes prescription costs	\$20.70*	\$22.04*
Total plan paid for diabetes meds	\$3,857,862	\$4,139,586

Diabetes meds are key prescription cost drivers year after year and total was more than any other disease category in 2016

\* Per member per month, data from OptumRx



# HealthFlex Impact

If **9/1,000 members** progress to diabetes/year

This is about **144 new members/year** with diabetes (based on 16,000 members)

If average additional medical + pharmacy cost from diabetes/member is **\$7,000\***

Then potential **additional** annual cost due to diabetes is **\$1,008,000/year**

\* A study by UnitedHealthcare of 3.5 million members showed an average \$6,900 additional annual amount due to diabetes

# Potential Effect of Prevention

**A progression rate to diabetes of 4/1,000 per year  
(closer to prior years' rate of increase) could result in avoiding \$560,000/year  
in medical + pharmacy costs\***

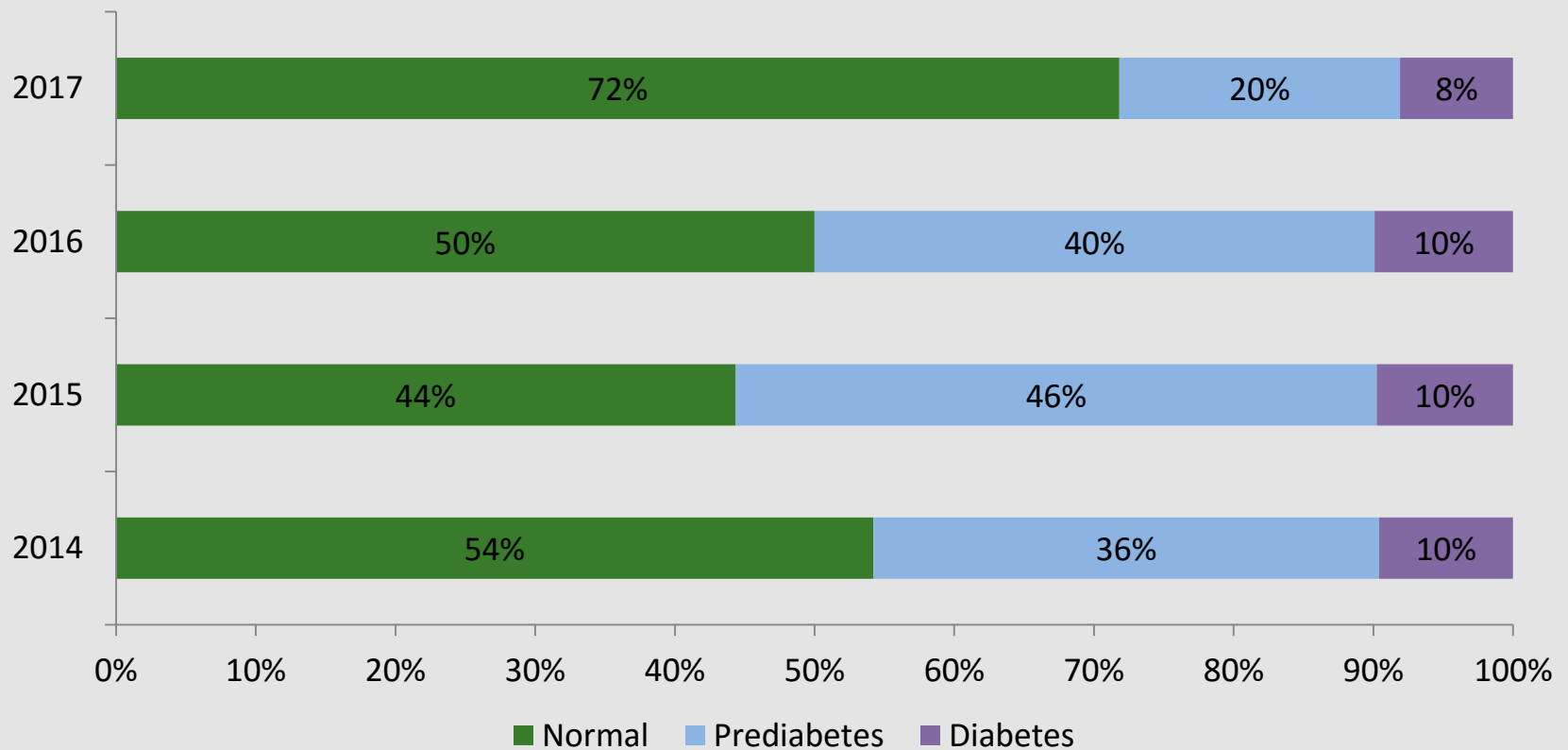
- Higher quality of life
- Greater productivity
- Prevention of other conditions



**\* (based on 16,000 members) vs progression rate of 9/1,000/year**

# Good News!

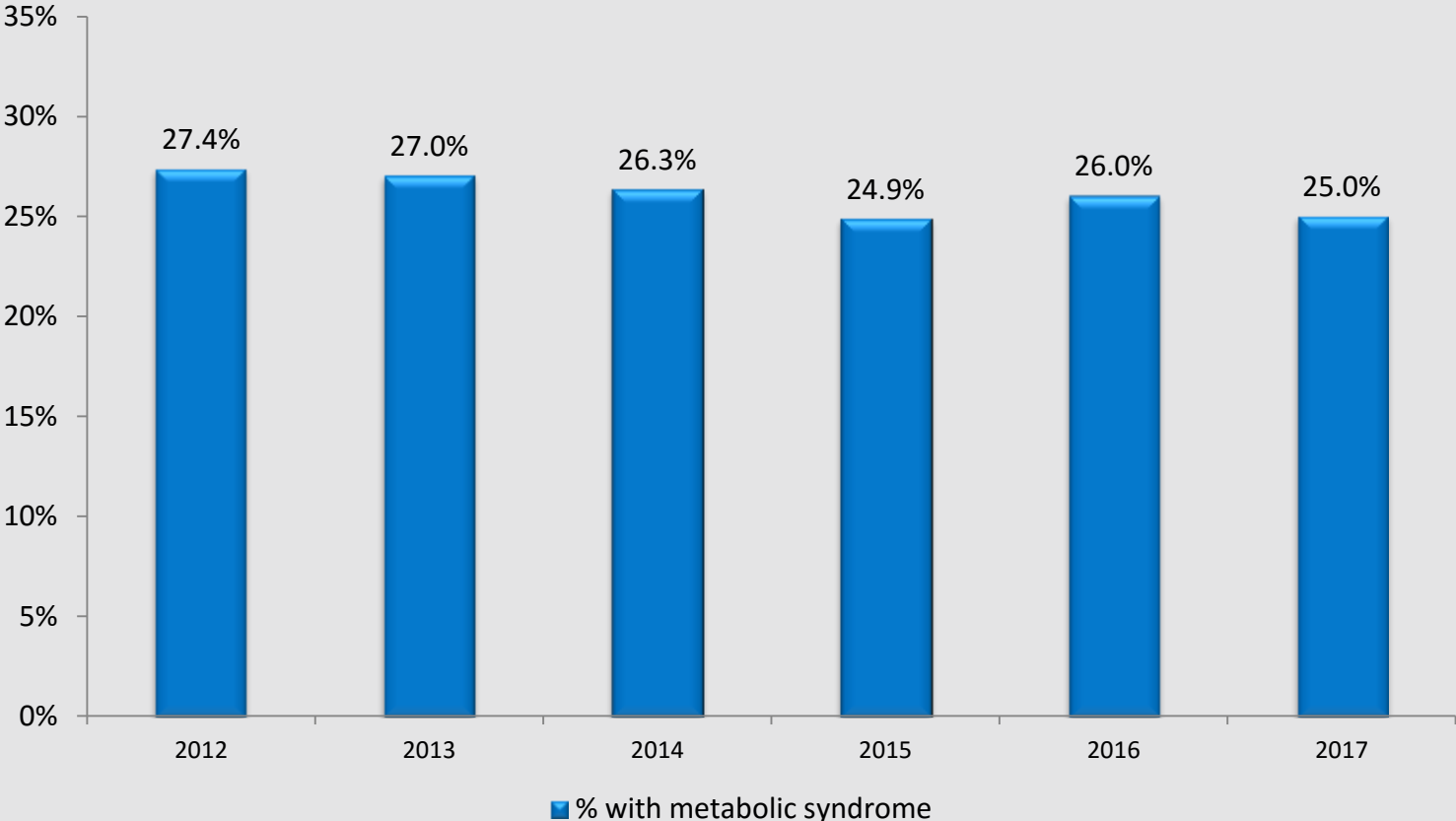
## Improvement in Hemoglobin A1C in those completing Blueprint for Wellness



Approximately 50% of HealthFlex members complete BFW annually

# Good News!

## Metabolic syndrome prevalence slowly trending down among BFW completers



# What Can Be Done to Help?

<b>Prediabetes</b>	<ul style="list-style-type: none"><li>• Awareness</li></ul>
	<ul style="list-style-type: none"><li>• Lifestyle management: diet + exercise</li></ul>
	<ul style="list-style-type: none"><li>• Diabetes Prevention Program (DPP)<ul style="list-style-type: none"><li>– Participants lowered risk of developing diabetes by 58%</li><li>– Even 10 years later, participants ⅓ less likely to develop diabetes</li></ul></li></ul> <p><b>Reference:</b> <a href="http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-pp/Pages/default.aspx">www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-pp/Pages/default.aspx</a></p>
<b>Diabetes</b>	<ul style="list-style-type: none"><li>• Early, intensive treatment delays/prevents progression</li></ul>
	<ul style="list-style-type: none"><li>• Provide support appropriate to stage and severity</li></ul>
	<ul style="list-style-type: none"><li>• Address multiple dimensions including emotional</li></ul>

# Find Out if You Are at Risk

**DoIHavePrediabetes.org**

[Home](#)

[Take the Risk Test](#)

[Reverse Prediabetes](#)

[FAQ](#)

English ▾



# SO...DO I HAVE PREDIABETES?

TAKE THE RISK TEST

(It'll only take a minute!)





# Center for Health Action



## WebMD Coaching

- Weight Management (offered to those with BMI>30)
- Whole Person (active outreach to high and moderate risk)



## Evive

- Reminder for chronic | condition care



## Education and Awareness

- Prediabetes Toolkit
- Prediabetes webinar (May)—repeating November 28
- Diabetes Awareness Month (November)

# Center for Health Plan

- **Adding NutriSavings—2018**
- **Promoting Diabetes Prevention Program (DPP)—**covering cost of community DPP participation at a YMCA or local hospital system (Details to come regarding claims process)



## **Under Consideration**

- ✓ Online DPP vendor
- ✓ Additional/different prediabetes/weight-loss program
- ✓ Specialized coaching for those with non-insulin dependent diabetes
- ✓ Intensive support for those with insulin-dependent diabetes

# How You Can Help



- Offer Blueprint for Wellness on-site screening event
- Encourage Blueprint for Wellness—early intervention
- Encourage HQ completion and health coaching
- Encourage Virgin Pulse participation

# More Ways You Can Help

- Encourage congregations to partner with YMCA to offer the DPP at their church
- Offer healthy food choices at all events
- Promote health and well-being as part of conference mission/ministry strategy
- Engage well-being team for consultation



Visit [wespath.org/cfh](http://wespath.org/cfh)

# Resources and References

**[DolHavePrediabetes.org](http://DolHavePrediabetes.org)**

**[PreventDiabetesSTAT.org](http://PreventDiabetesSTAT.org)**

**[Wespath Center for Health—wespath.org/cfh](http://wespath.org/cfh)  
Prediabetes Toolkit (search “prediabetes”)**

**[American Diabetes Association—diabetes.org](http://diabetes.org)**

**[ymca.net/diabetes-prevention](http://ymca.net/diabetes-prevention)**



**Wespath**

BENEFITS | INVESTMENTS

