

National Diabetes Prevention Program

How Type 2 Diabetes Affects Your Workforce

Diabetes Is Serious and Common

One in three U.S. adults has prediabetes—84 million people! Nine in 10 don't even know they have it. Prediabetes puts a person at increased risk for type 2 diabetes, heart attack, and stroke.

Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years. Type 2 diabetes puts individuals at risk of serious health problems, including:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs

Read the [National Diabetes Statistics Report](#) to learn more about the toll that diabetes is taking on the United States.

Diabetes Is Costly

Type 2 diabetes affects millions of individuals and their families, workplaces, and the U.S. health care system. In 2017, the total cost of care for people with diagnosed diabetes was \$327 billion, up 33% over a 5-year period. About 1 in 4 health care dollars is spent on people with diagnosed diabetes. The majority of expenses are related to hospitalizations and medications used to treat complications of diabetes.

People diagnosed with diabetes incur on average \$16,750 annually in medical expenses. That's about 2.3 times the medical expenses of a person without diabetes. The need to prevent type 2 diabetes has never been greater.

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It's no exaggeration; diabetes is a serious workforce issue. But you can help prevent type 2 diabetes; and it's typically much cheaper to prevent diabetes than to treat the consequences of the disease. Learn how CDC-recognized lifestyle change programs can be an effective resource to help your employees prevent type 2 diabetes.

NOTE: they are trying to get your work to pay for the program. Why doesn't your insurance pay for it?? The CDC program is a \$400 - \$600, 12 month group nutrition based program that barely makes any difference at all, when diabetes can be reversed in just 12 WEEKS. Do they really want to help you? Or are they conceding to give practitioners \$400-\$600 of the \$16,750 so they can keep the rest while appearing to care?