



# 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

NOTE: they are trying to get your work to pay for it. Why doesn't your insurance pay for it??

Why is the CDC program a 12 MONTH, group nutrition program, when diabetes can be reversed through individualized Lifestyle Therapy in as little as 8 WEEKS?? Do you think they truly want to help you or are they simply appearing to care while they continue to collect on your suffering..?

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.

#### Sources

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