

## The Continuum of Diabetes Prevention and Management

**Risk Factors** 

#### **Prediabetes**

(A1C = 5.7-6.4)

**Prevent Type 2** 

#### **Diabetes**

 $(A1C \ge 6.5)$ 

Manage

#### **Complications**

### Address Risk Factors

# Diabetes

## Diabetes

# Avoid High-Cost Complications

#### **Knowledge Is Power**

- Modifiable Risk Factors: smoking, weight, physical activity, and nutrition
- Non-Modifiable Risk Factors: genetics, race and ethnicity, gestational diabetes, and family history of diabetes

#### **Prevention Matters**

- Adopt a healthy lifestyle
- · Lose weight
- · Increase physical activity
- · Eat healthy
- · Stay motivated and empowered

#### **Self-Management Matters**

- Improve control of A1C, blood pressure, and cholesterol
- Prevent or delay serious diabetesrelated complications
- · Reduce health care costs
- Manage stress
- · Improve self-efficacy and quality of life

#### Diabetes related Complications and Costs

Such as:

- · Heart disease
- Stroke
- · Loss of toe, foot, or leg
- Kidney disease
- Vision loss

## **Employers Can**

#### Promote Healthy Lifestyles Through Policies and Programs

- Educate employees on diabetes risk factors
- Provide opportunities to take a type 2 diabetes risk test
- Incentivize annual physicals, including blood glucose tests
- Provide employee wellness options that include the National DPP lifestyle change program

#### Offer the National DPP Lifestyle Change Program as a Covered Benefit\*

- Identify and help employees at highest risk of type 2 diabetes
- Cut the risk of developing type 2 diabetes in half using an evidencebased, cost-saving program
- Improve employee productivity and long-term health outcomes
- Expand support groups to promote sustained healthy lifestyle changes

#### Maintain Diabetes Management Efforts

- Offer diabetes self-management education and support (DSMES) as a covered benefit
- Lower health care co-pays
- Reduce costs for medications and supplies
- Provide access to behavioral health counseling

# Promote Early Detection and Treatment

- Incentivize annual physicals, dental exams, eye health, recommended bloodwork, and other preventive services described in the Standards of Medical Care in Diabetes
- Encourage physical activity through employee programs and walking groups
- Provide education on eye health, diabetes complications, and cardiovascular disease







<sup>\*</sup>Adoption of this program can prevent progression from risk factors to type 2 diabetes.