



Healm Metrics Definitions

Metric Definitions

Category	Metric	Definition
Administrative and Business Data	Employee Count	The total number of people in the employee population.
	Total Employer Benefit Eligible Population	The total number of people who are eligible to receive employer benefits, regardless of National DPP eligibility.
	("Total Population")	The employer may decide to offer the program to employees' spouses, adult dependents, or retirees in addition to current employees. In this scenario, the total population is the number of people to whom employer benefits are potentially made available.
	Total Number of Participants	The number of employees participating across all cohorts of the National Diabetes Prevention Program (National DPP) lifestyle change program.
Annual Cost and Prevalence	Annual Cost of Type 2 Diabetes	The total cost of medical care related to type 2 diabetes in a given fiscal year. Calculated by aggregating the annual cost of all medical care related to type 2 diabetes from the employee population diagnosed with type 2 diabetes. Employers can look at aggregate health claims data to ensure adherence to all health information rules and regulations.





Category	Metric	Definition
	Prevalence of Prediabetes	The proportion of a population that has prediabetes at a specific point in time. ^a
		Calculated by dividing the number of employees who are diagnosed with prediabetes or at high risk for type 2 diabetes by the employee count. The result may be expressed as a proportion (e.g., 50 out of 100 employees), as cases per a set population number (e.g., 5 cases per 10 employees), or as a percentage after multiplying by 100.
		Employers should gather and aggregate prevalence data from their health plan providers or CDC-recognized program providers.
	Prevalence of Type 2 Diabetes	The proportion of a population that has type 2 diabetes at a specific point in time.
		Calculated by dividing the number of employees with type 2 diabetes by the employee count. The result may be expressed as a proportion (e.g., 50 out of 100 employees), as cases per a set population number (e.g., 5 cases per 10 employees), or as a percentage after multiplying by 100.
Cost Analysis Concepts and Terminology Cost-Benefit Analysis	Cost Avoidance	Refers to actions taken to avoid potential future expenses.
	Compares the costs of running a program with the overall benefits accrued from the program's outcomes.	

^a For the purposes of Healm, point prevalence rather than period or lifetime prevalence is used.



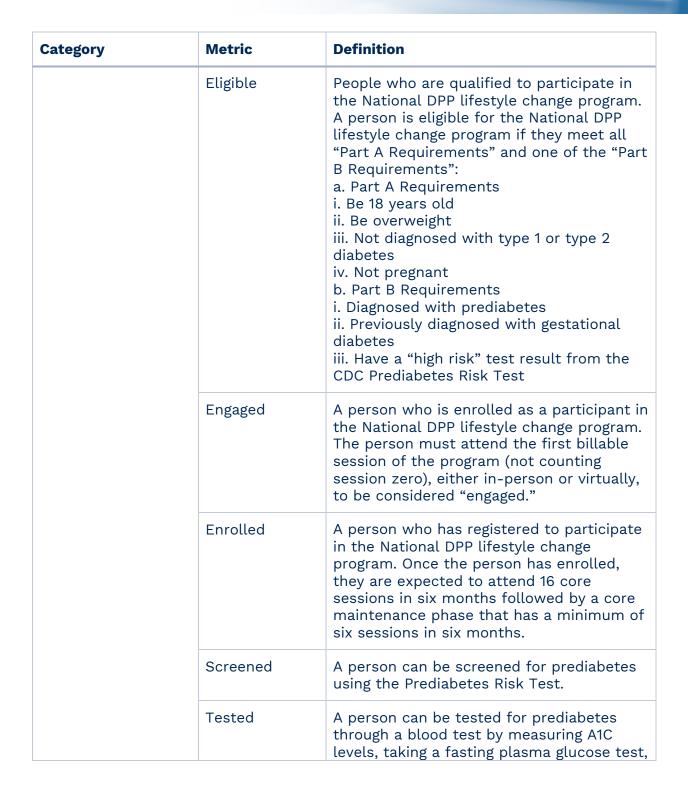






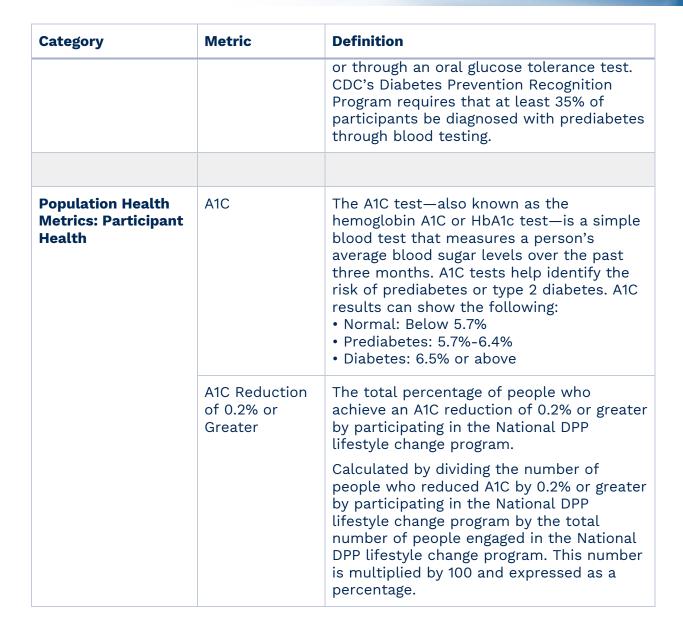






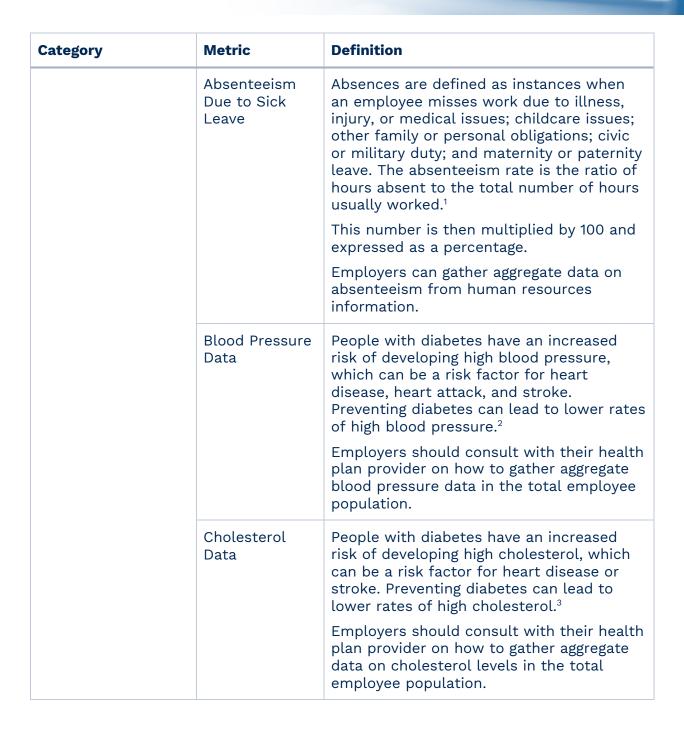
















Category	Metric	Definition
	Five Percent (5%) or Greater Weight Loss	The total percentage of people who lost 5% or more of their initial body weight by participating in the National DPP lifestyle change program.
		Calculated by dividing the number of people who lost 5%* or more of their initial body weight by participating in the National DPP lifestyle change program by the total number of people engaged in the National DPP lifestyle change program. This number is multiplied by 100 and expressed as a percentage.
		*A person's percent weight loss is calculated by dividing the number of pounds lost by the person's initial body weight in pounds. This number is multiplied by 100 and expressed as a percentage.
	Presenteeism or Productivity Levels	Presenteeism is loss of productivity that occurs when employees are not able to fully function in the workplace due to illness, injury, or other conditions. Employers can gather these data from employee surveys or human resources information.
	Triglyceride Data	High triglyceride levels can be indicative of prediabetes or type 2 diabetes and a risk factor for heart disease or stroke. Employers should consult with their health plan provider on how to gather aggregate data on triglyceride levels in the total employee population. ⁴





Category	Metric	Definition
Program Participation Metrics: Enrollment and Engagement	Aggregate Physical Activity Data	 Includes: Total minutes - The sum of minutes that all program participants have dedicated to physical activity. Calculated by adding up all minutes of physical activity across all program participants. Average minutes - The per-person average number of minutes across all program participants dedicated to physical activity. Calculated by diving the sum of all minutes of physical activity across all program participants by the total number of program participants. Employers can look at data for a single cohort or aggregate data across all cohorts.

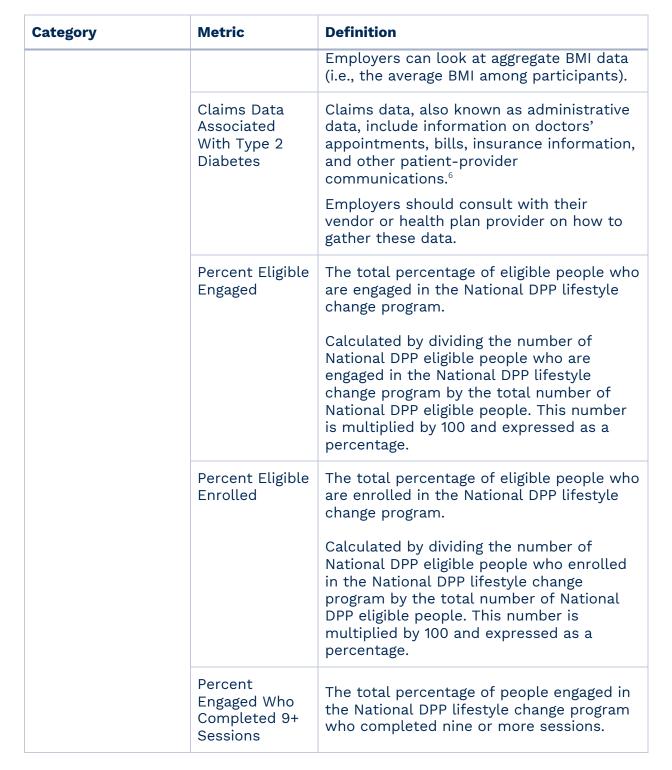




Category	Metric	Definition
	Aggregate Weight Loss Data	1. Total Weight Loss (lbs.) - The sum of all program participants' weight loss in pounds. Calculated by adding up all pounds lost across all program participants. These data should be rounded up or down to the nearest pound (0.5 to 0.9 rounds up to the nearest pound and 0.1 to .04 rounds down to the nearest pound). ⁵ 2. Total % Weight Loss - The percentage of weight loss across all National DPP lifestyle change program participants. Calculated by dividing the sum of pounds lost across all program participants' weight in pounds at the start of the program. 3. Average Weight Loss (lbs.) - The average of all program participants' weight loss in pounds. Calculated by dividing the sum of all pounds lost across all program participants by the number of participants. 4. Average % Weight Loss - The average percentage of weight loss per-person across all program participants. Calculated by dividing the sum of all % weight loss across all program participants. Calculated by dividing the sum of all % weight loss across all program participants. Calculated by dividing the sum of all % weight loss across all program participants by the number of participants.
	BMI Data	Body mass index (BMI) is calculated by taking a person's weight (in kilograms [kg]) and dividing it by their height (in meters [m]) squared, or BMI = kg/m ² .









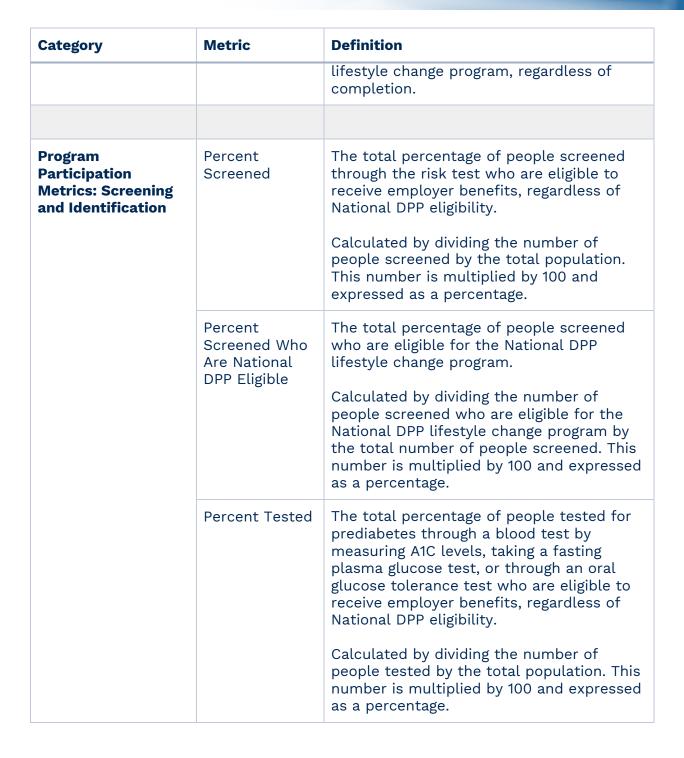




Category	Metric	Definition
		Calculated by dividing the number of engaged people who completed nine or more sessions by the total number of all engaged people across all cohorts that have offered nine or more sessions. This number is multiplied by 100 and expressed as a percentage. These data can be viewed in the aggregate across all cohorts or for each cohort separately.
	Percent Engaged Who Completed 16+ Sessions	The total percentage of people engaged in the National DPP lifestyle change program who completed 16 or more sessions. Calculated by dividing the number of people who completed 16 or more sessions by the total number of all engaged people across all cohorts that have offered 16 or more sessions. This number is multiplied by 100 and expressed as a percentage. These data can be viewed in the aggregate across all cohorts or for each cohort separately.
	Pharmacy Data Associated with Type 2 Diabetes	Pharmaceutical data associated with type 2 diabetes include data on prescription and specialty drugs and pharmacy benefit costs. ⁷ Employers can look at aggregate health claims data for information on pharmacy spending.
	Total Number Engaged	The total number of employees that have ever been engaged in the National DPP lifestyle change program, regardless of completion.
	Total Number Enrolled	The total number of employees that have ever been enrolled in the National DPP

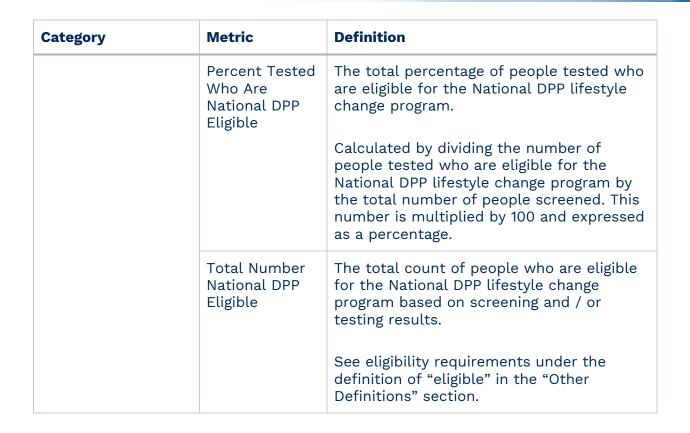




















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