



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INVESTING IN THE PREVENTION OF CHRONIC DISEASE

Chronic diseases – such as heart disease, cancer, and diabetes – are responsible for 7 out of 10 deaths among Americans. Treatment for individuals with chronic conditions accounts for more than 75% of the \$2.5 trillion spent on annual medical care costs in the U.S. The YMCA's Diabetes Prevention Program offers an evidence-based solution for your employees at risk for developing type 2 diabetes, a devastating and costly chronic disease that the Centers for Disease Control and Prevention (CDC) reports will affect 1 in 3 American adults by 2050.

CHRONIC DISEASE AFFECTS YOUR ORGANIZATION

Indirect costs—including absenteeism, disability, and reduced work output—may be several times higher than direct medical costs. According to the CDC, productivity losses related to personal and family health problems cost U.S. employers \$1,685 per employee per year or \$225.8 billion annually.

Diabetes—A Common and Deadly Disease

Diabetes is one of the most significant public health threats we have ever faced - 29 million individuals have diabetes in this country and the U.S. spends an estimated \$245 billion in related annual medical expenditures.¹ According to one of the nation's largest insurance companies, it costs roughly \$3,700 a year to treat a person with prediabetes. In contrast, treating someone with advanced stages of diabetes tops \$20,000 annually. Among adults, diabetes is the leading cause of new cases of blindness, kidney failure, and non-traumatic lower-limb amputations. A person with diabetes has a shorter life expectancy and about twice the risk of dying on any given day as a person of similar age without diabetes.

Prevention *is* Happening

Hundreds of millions of dollars of peer-reviewed scientific research has demonstrated that lifestyle intervention programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and by 71% in individuals over age 60. This lifestyle intervention was significantly more effective than metformin.² As one of the nation's leading nonprofit organizations improving America's health, the Y has become increasingly focused on confronting epidemics of preventable chronic diseases.

The Cost of Doing Nothing

In the United States alone, 29 million people suffer from diabetes and 86 million people have prediabetes. These statistics are alarming, and the impact on the cost of health care and the overall well-being of our communities makes preventing the number of new cases of type 2 diabetes more important than ever before.

¹ Economic Costs of Diabetes in the U.S. in 2012." Diabetes Care. March 6, 2013.

² Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin." NEJM, Vol. 346 No. 6, February 7, 2002.

Individuals with prediabetes, and the organizations they are connected to, may be at risk for higher out-of-pocket health care costs should that person go on to develop type 2 diabetes as outlined below. These costs will be even higher if additional associated conditions like high blood pressure, strokes, and blindness are also included.

Annual out-of-pocket medical cost of someone <u>without</u> diabetes:	Annual out-of-pocket medical cost of someone <u>with</u> diabetes:	Annual out-of-pocket medical cost of someone <u>with</u> diabetes and associated conditions:
\$3,673	\$9,202	\$17,762³

Programs like the YMCA’s Diabetes Prevention Program, designed to improve health outcomes, can help prevent these costs. For a typical population of 100 high-risk adults aged 50 and over, the following results might be expected over three years:

- Prevent 15 new cases of type 2 diabetes.
- Prevent 162 missed work days.
- Avoid the need for blood pressure or cholesterol drugs in 11 people.
- Add the equivalent of 20 years of good health.
- Avoid \$91,400 in health care costs.⁴

YMCA’S DIABETES PREVENTION PROGRAM

The YMCA’s Diabetes Prevention Program is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes.

Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

THE YMCA’S DIABETES PROGRAM IS:

- Led by a trained Lifestyle Coach
- A one-year program: 19 sessions in the first six months and 6 sessions in the second six months
- Open to all community members; YMCA membership is not required
- A Centers for Disease Control and Prevention (CDC)-approved curriculum

PROGRAM QUALIFICATIONS:

- At least 18 years old,
- Overweight (BMI ≥25), and
- At risk for developing type 2 diabetes or
- Diagnosed with prediabetes via a lab value or previous diagnosis of gestational diabetes⁵

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

Meet Nancy R. from New York City, NY - she lost nearly 10% of her starting body weight!

I feel healthier--terrific even--and friends tell me I look great. I’ve changed the way I cook for myself and my daughter, and now [she] is checking the packaging on foods, taking smaller portions for dessert and making wiser food decisions.

I’m now doing something that is positive for both of us, and I want to tell everyone about it.

³ Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

⁴ UnitedHealth Center for Health Reform and Modernization, UnitedHealth Group. “The United States of Diabetes: Challenges and opportunities in the decade ahead.” November 2010. Working Paper 5.

⁵ Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

HOW PAYORS CAN WORK WITH THE Y ON DIABETES PREVENTION

The Y currently has three enrollment options for the YMCA's Diabetes Prevention Program. Payors can play a critical role in each of the enrollment options outlined on the following pages.

Option	Benefits & Opportunity	Cost
<p>Consumer self-pay</p>	<p>Individuals may enroll in the YMCA's Diabetes Prevention Program if they do not currently have an employer or insurer covering the program on their behalf. YMCA membership is not required, and individuals can inquire with their local Y about program availability and financial assistance.</p> <p>Your organization can support this effort by:</p> <ul style="list-style-type: none"> • promoting the program to your specific population, • providing space for classes open to the public, • hosting screening events as part of a larger wellness initiative to help identify those who are at risk for developing diabetes, and • distributing marketing materials to build awareness about diabetes risk, and encouraging enrollment in the program at the individual's expense. <p>Types of organizations that may support this option:</p> <ul style="list-style-type: none"> • employers able to work directly with their local Y; • health care providers; or • community organizations interested in diabetes prevention, etc. 	<p>\$429</p>
Option	Benefits & Opportunity	Cost
<p>Worksite Wellness</p>	<p>Many organizations have a captive audience, the ability to influence the work environment, and often times are looking for opportunities to promote health and prevent chronic diseases such as diabetes.</p> <p>Under the worksite wellness option organizations partner with their local Y to pay a flat program fee on behalf of a specific population. Under this option organizations receive:</p> <ul style="list-style-type: none"> • an agreement to execute with the local Y detailing your arrangement, • invoicing for qualifying individuals upon attendance at the first session, and • aggregate, de-identified reporting for your specific population. <p>Types of organizations that may support worksite wellness are:</p> <ul style="list-style-type: none"> • small to mid-size employers willing to pay for wellness programs; • organizations willing to promote the program and screening for diabetes to raise awareness, and drive enrollment; • a 'slice' of a larger employer or an employer with large numbers of part-time employees who may not have access to the program through existing insurance coverage; • organizations with limited reporting needs; • organizations willing to pay for the program based on both qualification criteria: lab value and/or risk score; and • organizations willing to establish a protocol with the local Y to verify program eligibility. 	<p>\$429</p>

Option	Benefits & Opportunity	Cost
Covered Benefit	<p>Insurers have many opportunities to influence and promote health and wellness among members and are typically looking for solutions for diabetes prevention.</p> <p>Under this option, the Y has partnered with the Diabetes Prevention and Control Alliance (DPCA) which administers the Y's third party payor system and web-based data collection tool. Insurers are working through DPCA to offer the YMCA's Diabetes Prevention Program as a covered health benefit to their members. Through this infrastructure, any payor (private insurer, large self-funded employers, or public payor) is able to reimburse the Y using a single performance-based fee schedule via claims or invoices and offer the program at no cost to members.</p> <p>In partnership, large organizations work with their local Y and DPCA to cover the program on a pay for performance basis on behalf of their members. Under this option, organizations:</p> <ul style="list-style-type: none"> • enter into agreements with DPCA to provide their members with access to the program at no cost, • receive performance monitoring through DPCA's software triggering claims or invoicing only when participants achieve specific milestones; similarly, the Y is only paid by DPCA if those milestones are achieved, • agree to engage their members through their own existing channels or DPCA's robust consumer engagement strategies, and prioritize testing as a key tactic for driving identification and enrollment of eligible membership. <p>Types of organizations that may support the covered benefit option:</p> <ul style="list-style-type: none"> • mid to large-size payors; • organizations with an ability to provide eligibility data to DPCA; • organizations for which pay for performance is a priority; • organizations willing to use their employers/employees as their channel through which members are reached; • multi-location organizations; and • organizations requiring data reporting and feeds for incentive programs. 	\$440 on average

GETTING STARTED

For more information, call or email today to receive an assessment of which option may work best for your organization. Be prepared to answer the following:

- How many members/employees does your organization cover?
- Which payor or third party administrator offers your company's benefit plan?
- In what markets is the greatest concentration of your members/employees?
- Who makes decisions around disease management or wellness programs that get offered?

Visit www.ymca.net/diabetes-prevention/participating-ys.html to see where the YMCA's Diabetes Prevention Program is available across the country.