

Return on Investment of Diabetes Prevention Programs (DPP) and Diabetes Self-Management Programs (DSME/T)

The total medical cost and lost work and wages for people with diabetes in the United States is approximately \$245 billion. The medical costs for a person with diabetes are twice as high as those without the disease. The average cost of an employee in the United States with diabetes is approximately \$13,243 compared to that of an employee without diabetes at approximately \$2,560. Diabetes Prevention Programs and Self-Management Programs can help with some of the cost of this disease. Through educational programs provided, the participant will have a better grasp of ways to better manage their disease. Having better control of blood glucose levels and management of the disease can greatly decrease the number of visits to the emergency department as well as hospital stays thereby lowering the cost of the disease.

Diabetes Prevention Program: Return on Investment

DPP is a CDC-led diabetes program that brings evidence-based Lifestyle Change Programs to local communities. The yearlong program educates the individual about diabetes and the ways to make lifestyle changes to prevent diabetes. The program helps participants make these changes through education on making healthy eating choices, increasing physical activity, coping skills, stress management, and problem solving.

Through Diabetes Prevention Programs the participant is expected to learn how to make lifestyle changes to lower their Hemoglobin A1C levels and prevent Type 2 Diabetes. Lowering the participants A1C levels has been proven to have a cost savings of \$600-\$2,200 annually.(1)

Diabetes Self-Management Program: Return on Investment

Diabetes Self-Management Education/Training (DSME/T) programs are programs that assist the participant in achieving better blood glucose control by self-managing diabetes through knowledge, skill, and their thinking regarding life choices. DSME/T is a crucial part of blood glucose control. Through DSME/T programs, the participants will learn the knowledge and skills they need to keep their diabetes under control.

Through Diabetes Self-Management Programs the participants will learn ways in which to manage their diabetes through healthy behaviors and problem solving. An economic analysis conducted in 2000 reported that for every \$1 spent on DSME/T, there was a net savings of \$0.44 to \$8.76.(2) A 2009 systematic review associating diabetes education (and disease management) with decreased costs, cost savings, cost effectiveness, or positive return on investment.(3) The same study also found that commercially insured members who use diabetes education cost on average 5.7 percent less than members who do not participate in diabetes education.

1. Diabetes America. (n.d.). Retrieved from www.diabetesamerica.com/employershealth-plans/
2. Klonoff DC, Schwartz DM. An economic analysis of interventions for diabetes. Diabetes Care. 2000 Mar;23(3):390-404. (<http://www.ncbi.nlm.nih.gov/pubmed/10868871>)
3. Boren SA, et al. Costs and benefits associated with diabetes education: a review of the literature. Diabetes Educ. 2009 Jan-Feb;35(1):72-96. (<http://www.ncbi.nlm.nih.gov/pubmed/19244564>)

