



### **What is the SWOSU College of Pharmacy Rural Health Center Diabetes Prevention Program?**

We are part of the National Diabetes Prevention Program (NDPP), led by the Centers for Disease Control and Prevention (CDC). This proven program with over fifteen years of research can help people at risk for type 2 diabetes make achievable and realistic lifestyle changes and reduce their risk of developing type 2 diabetes. It is a 12 month program with 16 initial weekly sessions and six monthly follow-up sessions led by trained lifestyle coaches who empower participants to take charge of their health.

### **Why become a certified Lifestyle Coach?**

Prediabetes is a growing issue with serious health and cost consequences.

- An estimated 98 million Americans and over **one million Oklahomans** have prediabetes (1 out of 3 American adults), making them at greater risk for developing type 2 diabetes, heart disease, and stroke<sup>1, 6</sup>
- In 2022, medical costs and productivity loss due to diabetes were estimated to be \$412.9 billion, an increase of 7 percent from data collected in 2022 and an increase of 35 percent from data collected in 2012<sup>2</sup>.

The program works and is cost-effective.

- Research examining the results of a structured lifestyle change program found that individuals with prediabetes reduced their risk of developing type 2 diabetes by 58 percent through proper diet, exercise, weight loss and behavior modification. Metformin proved to be less effective by only reducing the risk by 31 percent<sup>3</sup>.
- After 10 years, those who had participated in the lifestyle change program had a 34 percent lower rate of type 2 diabetes compared to 18 percent with Metformin intervention<sup>4</sup>.
- In 2022, health care spending per person with diabetes was found to be \$19,736 annually, which is approximately 2.6 times above the annual cost of health care in persons without diabetes<sup>2</sup>.
- Effective April 1, 2018, Medicare adopted the Diabetes Prevention Program and made the Medicare Diabetes Prevention Program (MDPP) available to all eligible Medicare beneficiaries. MDPP suppliers receive performance-based payments through the CMS claims system.

Medicare payments to suppliers will vary, and can be up to \$670 per beneficiary over 2 years, depending on beneficiaries' attendance and weight loss.

- Effective January 1, 2020, HealthChoice will reimburse at 138% of Medicare and is contracting with fully recognized Diabetes Prevention Programs in Oklahoma.

### **What You Can Do**

Contact the SWOSU Rural Health Center about upcoming Lifestyle Coach Training opportunities for your employee(s) to enable delivery of the National Diabetes Prevention Program at your site.

To learn more, visit [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) or contact:

#### **SWOSU College of Pharmacy Rural Health Center**

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#### References:

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