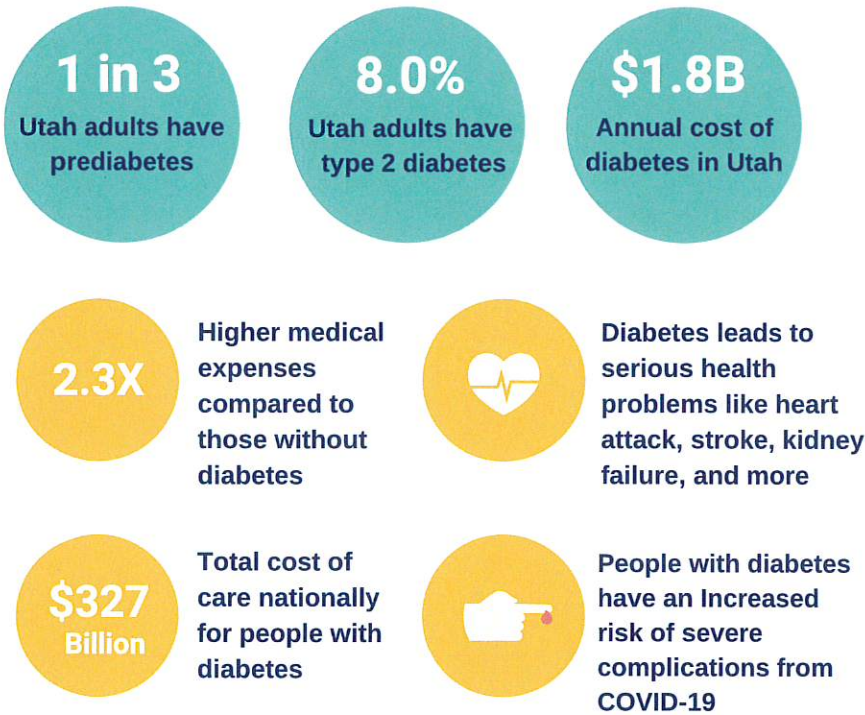


# Medicaid Coverage of the National Diabetes Prevention Program Saves Utah Money

## THE PROBLEM

Prediabetes is a serious health condition characterized by elevated blood sugar that indicates an increased risk for type 2 diabetes, heart disease, and stroke. **84 million Americans have prediabetes.** Without intervention, many people with prediabetes could develop type 2 diabetes within 5 years.



## THE UTAH SOLUTION

### House Bill 194



HB194 provides coverage for the National Diabetes Prevention Program (National DPP) for Medicaid beneficiaries who meet enrollment criteria. **Up to 4% of eligible patients will be covered each year of the 3-year pilot program.**

The National DPP is an evidence-based lifestyle change program focused on helping those at risk for developing type 2 diabetes make sustained, positive lifestyle changes including eating healthier, increasing physical activity, and reducing stress. Participants take part in a year long program taught by a trained lifestyle coach.

This program is a solid financial investment! Enrollment costs approximately \$560/patient. The appropriation request is for one-time funding of **\$500,000** that will be used over the 3-year pilot. The program will bring in over **\$1.3M** in Federal matching funds.

Extending this program to Medicaid improves health equity and shows that Utah is committed to supporting access to effective health programs for all residents.

Number of people that would need to be treated to prevent **1** case of diabetes over a lifetime

National DPP → 5

Medication → 13

National DPP reduces blood pressure and cholesterol. Even **10** years after the class, participants were less likely to need blood pressure and cholesterol medications.



HB 194 is supported by many organizations, including the following:



National DPP is covered by many major insurers in Utah:

- ✓ SelectHealth
- ✓ Medicare
- ✓ EMI Health
- ✓ Medicare Advantage