

Medicaid Coverage of the National Diabetes Prevention Program Improves Utahns' Health

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.

1 in 3

Utah adults have prediabetes

8.0%

Utah adults have type 2 diabetes

\$1.8B

Annual cost of diabetes in Utah

2.3X

Higher medical expenses compared to those without diabetes



Diabetes leads to serious health problems like heart attack, stroke, kidney failure, and more

\$327 Billion

Total cost of care nationally for people with diabetes



People with diabetes have an increased risk of severe complications from COVID-19

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.



THE UTAH SOLUTION House Bill 80



HB 80 provides coverage for the National Diabetes Prevention Program (National DPP) for Medicaid beneficiaries who meet enrollment criteria. **Up to 3% of eligible patients will be covered each year.**

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 \$500/patient. While the request is \$93,500 annually (the General Fund, \$87,500; Medicaid Expansion Fund, \$6,000), it will bring in **over \$230,000 in Federal Matching Funds** each year.

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

HB 80 is supported by many organizations, including the following:



National DPP is covered by many major insurers in Utah:

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