

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

THE PROBLEM

742,000 Utahns have prediabetes. That is 1 out of 3 adults.

Prediabetes is a serious health condition characterized by elevated blood sugar. Without intervention, prediabetes can develop into type 2 diabetes within 5 years.

Healthy lifestyle changes are crucial. They are more effective than medication alone at preventing type 2 diabetes.

However, lifestyle change is difficult and patients need help.

Medicaid Beneficiaries

Beneficiaries in Utah are more likely to:

- Have **prediabetes** (11.0% vs. 9.5%)
- Have **type 2 diabetes** (14.0% vs. 8.0%)
- Experience **poor outcomes** such as kidney disease (5.7% vs. 2.5%)

THE UTAH SOLUTION: HB 80

The National Diabetes Prevention Program (National DPP)

This initiative provides **coverage for the National DPP for Medicaid beneficiaries** who meet enrollment criteria. Up to 3% of eligible patients would 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 such as eating healthier, increasing physical activity, and reducing stress. Participants take part in a year-long program taught by a trained lifestyle coach.

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

National DPP = 5

Medication = 13

Coverage

Medicare and other private insurances already cover the National DPP. Extending this program to Medicaid is a **solid financial investment!** Average enrollment cost in Utah is 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.**

"[The National DPP is] for those who need to make a long term change in their lifestyle and know that it is not going to be a quick fix, but a permanent fix."

--Angela,
National DPP Participant

\$87,500

General fund request

\$230,000

Federal Matching Funds

Supporting Organizations:

