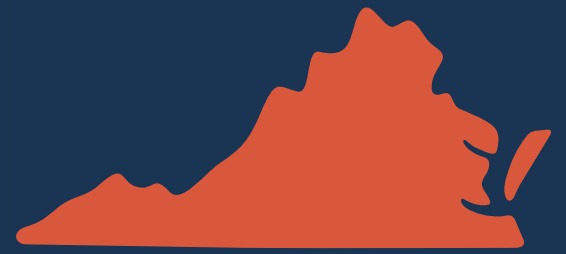


# HB-1098 POTENTIAL SOLUTION



**BURDEN**



2,360,989 adults in Virginia are obese

Obesity-related conditions include type 2 diabetes, heart disease, hypertension and certain types of cancer



701,793 adults in Virginia are diagnosed with diabetes

An additional 189,000 people in Virginia have diabetes but don't know it, greatly increasing their health risk



2,623,321 adults in Virginia have prediabetes - 9 out of 10 don't know it

5% of those with prediabetes will be diagnosed with type 2 diabetes every year if left untreated

## Associated Costs



**\$173 Billion**

Estimated annual medical cost of obesity

### Diagnosed Diabetes

**Direct Cost**



**\$6.1 Billion**

Medical Expenses



**Indirect Cost**



**\$2.3 Billion**

Lost Productivity



**\$4,450/person**

Annual medical cost attributable to diabetes among Medicaid members

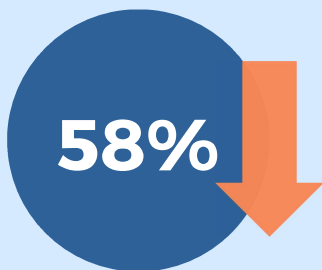


Low-income populations tend to have higher rates of type 2 diabetes, meaning adults with diabetes are disproportionately covered by Medicaid.

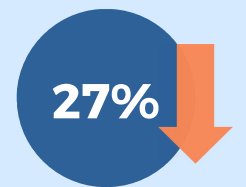
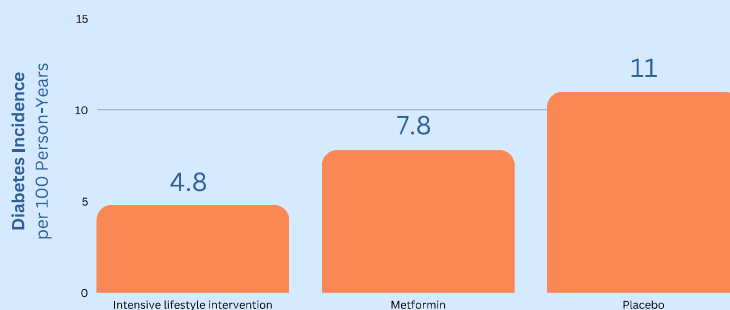
## SOLUTION

### National Diabetes Prevention Lifestyle Change Program

The lifestyle change program is part of the CDC-led National Diabetes Prevention Program (National DPP) and proven to help **prevent or delay type 2 diabetes**. It is based on research that showed:



The Lifestyle Change Program resulted in a **58% lower risk of developing type 2 diabetes** and was **more effective than the medication, Metformin, in reducing diabetes risk**.



Continued risk reduction (27%) was **observed 15 years after the Lifestyle Change Program ended**.

# BENEFITS OF THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM



The **National DPP Lifestyle Change Program** is an evidence-based program that results in an **average 5% weight loss** and shown to **prevent or delay type 2 diabetes by 58%** through improved nutrition and increased physical activity and can be used for obesity and other chronic conditions.



The Lifestyle Change Program is **cost effective** and has the potential for cost savings. DMAS and the University of Virginia have developed a rigorous ROI analysis that demonstrates cost savings by year 4.



The **cost of newer diabetes and obesity agents is over \$1,200/month**, equivalent to \$500/pound of weight lost, and use of this medication must be lifelong. In contrast, the **cost of the National DPP Lifestyle Change Program is ~\$50/pound of weight lost** over the one-year program experience.



An increasing number of states, employers, and public and private payers, including Medicare, **provide the National DPP Lifestyle Change Program as a covered benefit.**



**Over 20 states are exploring Medicaid coverage**, with 10 states currently providing coverage for their beneficiaries. These initiatives structure the program in ways that best meet the needs of their state.



Virginia has piloted a **value-based payment process** for the Lifestyle Change Program among Medicaid members similar to successful programs in other states such as Oregon, Maryland, and Illinois. Oregon Medicaid has expanded their benefit to include people with obesity.



The National DPP Lifestyle Change program is uniquely **positioned to address social determinants of health** by empowering individuals with skills and resources. This is important since racial and ethnic minority groups and groups with lower socioeconomic status have historically higher rates of illness and death from diabetes.