

THE COSTS

Someone with **diabetes** incurs, on average,

\$12,000 more per year
in medical expenses than someone without diabetes.

DIABETES

Helping someone avoid diabetes not only improves their quality of life but can also save an employer money.

Participants who complete a Diabetes Prevention Program lower their risk of developing Type II diabetes by **58%** by achieving at least a 5% weight loss.

Diabetes Prevention Programs Work

A large Wichita employer piloted an online DPP in 2020:

- ◆ The **average weight loss** for all participants was **5%**.
- ◆ **Employee engagement was high**: 84% lesson completion rate; exceeded benchmarks for food and physical activity tracking, as well as engagements with the lifestyle coach.

We Can Help

Interested in learning more about a DPP program, what options exist, and how you can offer one to your employees?

Contact KBGH at info@kbgh.org or 316-683-9441.



**Kansas Business
Group on Health**