Improving the Impact of Diabetes

How to reduce the impact on Employers

American Diabetes Association

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OUR VISION

Life free of diabetes and all its burdens

OUR MISSION

To prevent and cure diabetes and to improve the lives of all people affected by diabetes

CDC Priority

THE 6 18 INITIATIVE

Accelerating Evidence into Action



The Centers for Disease Control and Prevention (CDC) is partnering with health care purchasers, payers, and providers to improve health and control health care costs. CDC provides these partners with rigorous evidence about high-burden health conditions and associated interventions to inform their decisions to have the greatest health and cost impact. This initiative aligns evidence-based preventive practices with emerging value-based payment and delivery models.

HIGH-BURDEN HEALTH CONDITIONS AND EVIDENCE-BASED INTERVENTIONS

The following is a list of six high-burden health conditions with 18 effective interventions that CDC is prioritizing to improve health and control health care costs.

Control and Prevent Diabetes

- Expand access to the National Diabetes Prevention Program, a lifestyle change program for preventing type 2 diabetes.
- Promote screening for abnormal blood glucose in those who are overweight or obese as part of a cardiovascular risk assessment.

AMERICA'S #1 CHRONIC HEALTH CRISIS

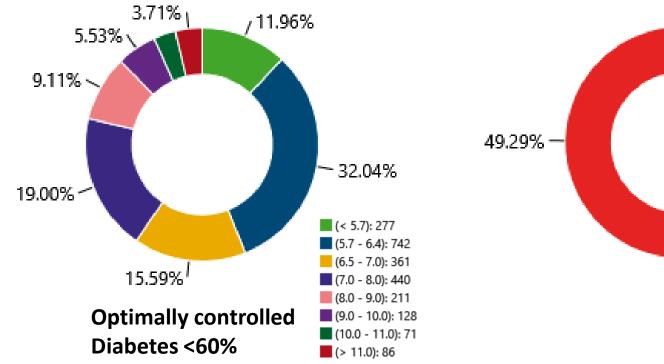
TODAY...

12% of Indiana adults has diabetes. 35.6% of Indiana adults has prediabetes.

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A1c Control



Weight Control

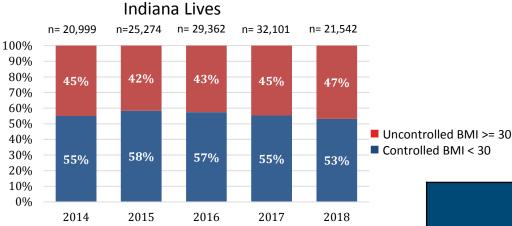
6.00% ا 17.68% 27.03% HEALTHY: 203 OVERWEIGHT: 598 OBESE: 914 MORBIDLY OBESE: 1,667

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Data represents the individuals with diabetes and available biometrics for the current risk period (7/1/2017-6/30/2018) vital incite

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Biometric Risk - Indiana 2018



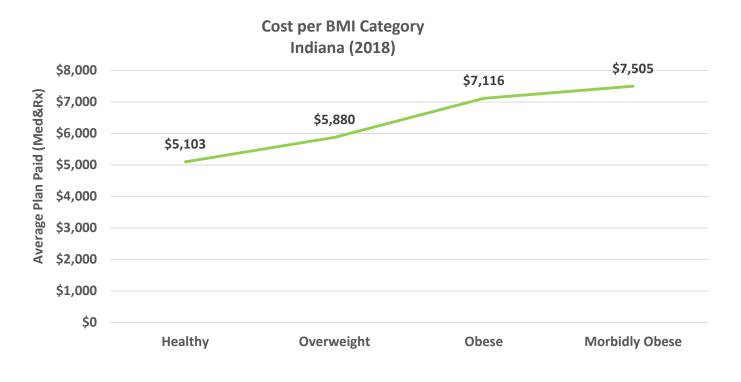
Healthy	< 25		
Overweight	25.0 – 29.9		
Obese	30 - 34.9		
Morbidly Obese	35 +		

12% of those with a BMI >=30 in 2017 have improved their BMI category in 2018.

	Healthy in 2018	Overweight in 2018	Obese in 2018	Morbidly Obese in 2018
Healthy in 2017 (3 <i>,</i> 477)	2,969	461	24	23
Overweight in 2017 (4,150)	369	3,257	493	31
Obese in 2017 (3,195)	32	388	2,378	397
Morbidly Obese in 2017 (3,746)	18	43	338	3,347
2018 Total	3,388	4,149	3,233	3,798



Biometric Risk- Indiana 2018

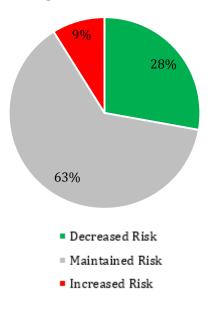




Biometric Migration Pre-Diabetes Control

A1c	< 5.7 in 2018	5.7-6.4 in 2018	6.5-7.0 in 2018	7.0-8.0 in 2018	
<5.7 in 2017 (1,948)	1,740	203	2	3	
5.7-6.4 in 2017 (1,495)	416	946	91	42	
6.5-7.0 in 2017 (246)	11	68	79	88	
>7.0 in 2017 (600)	12	70	80	438	
2018 Total	2,179	1,287	252	571	

Risk Migration of Pre-Diabetics



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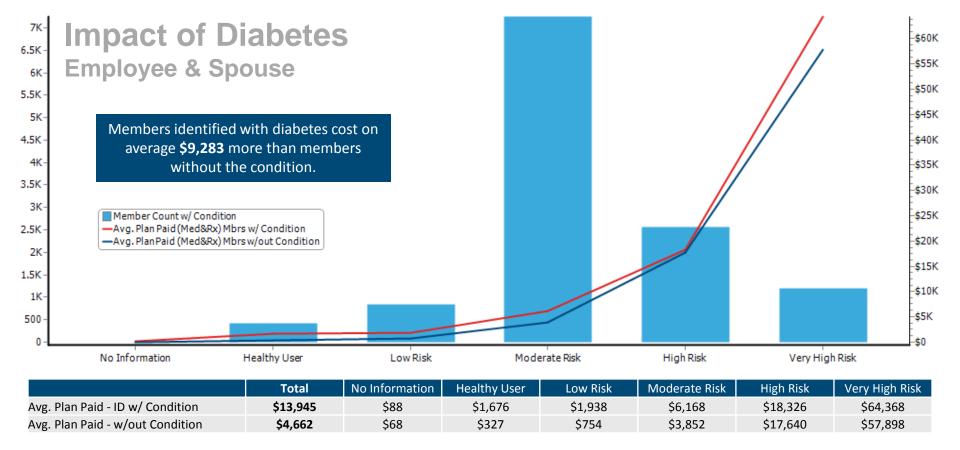
A1c- Not ID with Diabetes

Controlled	< 5.7
Pre-diabetes	5.7 – 6.4
Potentially Diabetic	6.5 – 7.0
Uncontrolled	> 7.0

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28% of the pre-diabetics in 2017have improved their A1c out of the pre-diabetic range in 2018.9% moved to diabetic range.

Data represents the individuals with a biometric in 2017 and the risk period 8/1/2017-7/31/2018



Risk Period: 7/1/2017 - 6/30/2018

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Avg. plan paid in the last 12 months (7/1/2017 - 6/30/2018)

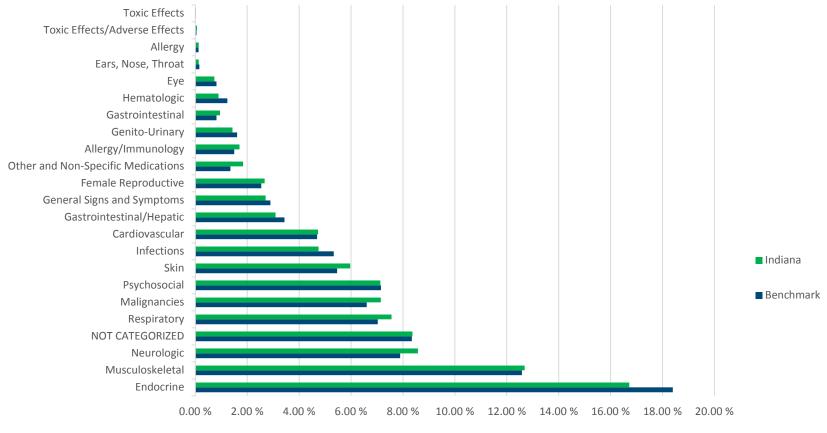


Correlation Employer Spend and A1C





Percentage of All Rx Paid



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Prior Period: 7/1/2016 - 6/30/2017 Current Period: 7/1/2017 - 6/30/2018

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Top Diabetic Drugs- Impact year over year

Top 10 Endocrine Drugs by 2018 Cost								
Туре		Number of Members (2018)	Cost per 30 Day Supply					
	Medication		2014	2015	2016	2017	2018*	
	SymlinPen	5		\$791	\$1,314	\$1,121	\$1,266	
	Humulin R U-500	23	\$1,008	\$1,116	\$1,200	\$1,303	\$1,224	
Insulin	Glucagon	146	\$444	\$522	\$934	\$847	\$785	
msum	Humalog Mix75/25 KwikPen	51	\$458	\$528	\$626	\$683	\$758	
	GlucaGen HypoKit	4	\$239	\$3,934	\$213	\$509	\$717	
	Glumetza	2	\$306	\$1,459	\$2,245	\$2,480	\$3,759	
	Saxenda	120		\$754	\$442	\$645	\$660	
Non-insulin	Byetta	27	\$309	\$367	\$449	\$494	\$573	
	BYDUREON	124	\$348	\$379	\$437	\$504	\$529	
	Victoza	318	\$354	\$368	\$420	\$504	\$486	
		Medicati	Medication Adherence			*2018 imm	ature plan year	
		% Diabetics with >=2 Gaps		22%				

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Top Diabetic Drugs- Impact year over year

Top 10 Endocrine Drugs by 2018 Number of Members								
Туре	Medication	Number of	Cost per 30 Day Supply					
		Members (2018)	2014	2015	2016	2017	2018	
	Lantus Solostar	806	\$303	\$326	\$328	\$312	\$328	
	NOVOLOG	729	\$344	\$390	\$459	\$566	\$257	
Insulin	Humalog KwikPen	695	\$432	\$506	\$524	\$596	\$620	
	Humalog	514	\$367	\$420	\$508	\$566	\$608	
	Levemir	463	\$355	\$410	\$408	\$388	\$308	
	Metformin Hydrochloride	6,587	\$6	\$6	\$16	\$14	\$12	
Non-insulin	Glimepiride	1,191	\$3	\$4	\$7	\$9	\$6	
	Trulicity	713	\$378	\$402	\$446	\$527	\$473	
	JANUVIA	700	\$1 <mark>89</mark>	\$214	\$238	\$729	\$266	
	Jardiance	525	\$157	\$182	\$219	\$277	\$295	

Medication Adherence	2018
% Diabetics with >=2 Gaps	22%











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Managing Your Health

Care Schedule

- If you have **prediabetes**, you should be checked for type 2 diabetes every one to two years.
- You can lower your risk for developing type 2 diabetes by 58% by:
 - Losing 5-7% of your body weight
 - Exercising moderately 30 minutes per day, five days a week (10-15 minute increments ok)



Managing Health

If you are diabetic you should have your A1c checked regularly

- Controlled- 2x per year
- Uncontrolled -4x per year

Indiana

• 28% of diabetics do not have A1c checked 2x per year



Help people set small achievable goals

Take the stairs three times per week?

Increase your water intake?

Lower your sodium intake?

Buy smaller dinner plates for your meals?

Schedule a doctor's appointment? Go for a walk after/ during work?

2018 Standards of Care - Resources

VOLUME AT L SUPPLEMENT

AMERICAN DIABETES ASSOCIATION STANDARDS OF MEDICAL CARE IN DIABETES-2018

iabetes Care

E JOURNAL OF CLINICAL AND APPLIED RESEARCH AND EDUCATION

• Full version available online

- Abridged version for PCPs
- Free app
- Pocket cards with key figures
- Free webcast for continuing education credit

Professional.Diabetes.org/SOC

Since the early 1900s, the size of a normal American dinner plate has become at least 25% larger.

Size of American Dinner Plates:

- 1960s = 8.5 inches in diameter
- 1980s = 10 inches in diameter
- 2000s = 11 inches in diameter
- Now = 12 inches+ in diameter



Eat a variety of healthy foods

Check food labels for calories, carbohydrates, fat, sodium, and fiber

Eat regular meals

Eat correct portion sizes, especially carbohydrate foods









Vegetables and Leafy Salads

- Fill half your plate with vegetables and salads for fullness without calories.
- 2 Prepare a variety of vegetables—fresh, frozen, canned, cooked or raw.

Whole-Grains

Whole-Grains and Whole Food Starches

3 Choose whole-grains and whole food starches for fullness from fiber.

Meats and Protein Rich Foods

- 4 Add meats and other protein rich foods for satiety.
- 5 Make it lean—bake, broil, roast and grill it but don't fry it.



Perfecting Portion Control





Nutrition Labels are your best form of **dietary self-defense**!

Nutri Serving Size	1 cup (22	(8g)	cts	Start here
Amount Per Serv	ving			Check calories
Calories 250	Cal	ories from	Fat 110	
		% Daily	Value*	Quick guide to % DV
Total Fat 12g Saturated Fa Trans Fat 3g	t 3g		18% 15%	5% or less is low 20% or more is high
Cholesterol 30 Sodium 470mg)		10% 20%	Limit these
Potassium 700 Total Carbohyo	drate 31g		20% 10%	Get enough of these
Dietary Fiber Sugars 5g	r Og		0%	
Protein 5g				
Vitamin A			4%	
Vitamin C			2%	
Calcium Iron			20% 4%	Footnote
 Percent Daily Value Your Daily Values r your calorie needs. 	may be highe	on a 2,000 rorlowerde	calorie diet. epending on	
Total Fast	Calories:	2,000	2,500	
Total Fat Sat Fat	Less than	65g 20a	80g 25g	
Cholesterol	Less than	300ma	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g	



HOW CAN YOU PARTNER WITH ADA TO STOP DIABETES?

- CAMP
- DIABETES IS PRIMARY
- TOUR DE CURE
- VENTURE TO STOP DIABETES
- BE AN ADVOCATE



Take a Swing at Diabetes!



Join us for an afternoon of Topgolf at our first annual golf tournament. No golf experience required. Anyone can play and compete, from beginners to pros. Topgolf supplies the clubs or you may bring your own. Take a swing and hit a microchipped golf ball into one of 11 targets ranging from 20 to 240 yards away. Proceeds from this event benefit the American Diabetes Association.

Thursday, September 27th at Topgolf Fishers

**Bay sponsorships for 6 people to participate start at \$1,250





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OCTOBER 20, 2018 INDIANAPOLIS MOTOR SPEEDWAY

www.diabetes.org/indianatour

How to reach us

National Office

Center for Information 1-800-DIABETES (342-2383) Monday – Friday 8:30 AM – 8:30 PM

Indiana Office

317-352-9226 1-888-DIABETES (342-2383) Monday – Friday 8:30 AM – 5:00 PM

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www.diabetes.org

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- MyFoodAdvisor
- Recipes
- Diabetes facts and management tips (all types)
- Advocacy Know Your Rights
- Complications
- Health insurance
- Research
- Plus more!

