



# The Cost of Diabetes

## Why Awareness, Prevention and Intervention are Necessary

### What is Diabetes?

There are different types of diabetes including Type 1 and Type 2.

Type 1 diabetics are insulin dependent-the pancreas produces little to no insulin.

Type 2 diabetics the pancreas does not produce enough insulin.

### How Does This Effect A Company?

- Higher medical spend
- Presenteeism (a loss in productivity at work)
- Absenteeism (missed days due to health reasons)
- Companies without Diabetes programs have no way of tracking the impact the disease has on their populations. Implementing Diabetes Prevention Programs will reduce days lost and increase productivity in your workplace and improve the overall health of your company.

### Total Economic Cost of Diabetes in the US:

2012- \$245 billion

2017- \$327 billion

A 26% increase over 5 years.

Impact of Absenteeism - \$3.3 billion

Impact of Presenteeism - \$27 billion

\*American Diabetes Association

Diabetes can be the result of other preventable conditions such as obesity, and sedentary lifestyles. Diabetes is a preventable health issue. Co-morbidities like cardiovascular and kidney disease add to the burden of Diabetes.

### The Ripple Effect of Diabetes

Employees with Diabetic family members are also impacted. Therefore, it is important to help employees create healthy habits that can transition into the home. Having a healthy work environment will help.

Fostering prevention of diabetes, aids not only the individual, but also family, coworkers, company, and community.

### Diabetes on the Individual Level

The diagnosis of diabetes requires an individual to change their lifestyle dramatically. Dealing with a disease while working creates additional strain on an individual's health. It is important to recognize the value of prevention and management programs.

### Mental Health Challenge

Having any health condition can cause a major shift in one's mental health. Diabetes causes drastic lifestyle changes to individuals and their family. Adapting to these changes can be difficult and leave people feeling defeated and overwhelmed.



### LivingConnected – Diabetes Management

- Clinician-led diabetes program
- Visibility and monitoring of diabetes population

Join LivingConnected today to provide a program that effectively manages diabetes and improve your employees' overall health. To find out more, contact [Maurice.notkin@pbghpa.org](mailto:Maurice.notkin@pbghpa.org).