

THE MEDICARE DIABETES PREVENTION ACT OF 2012

Senators Franken, Lugar, and Rockefeller

The Medicare Diabetes Prevention Act expands a proven, community-based prevention program to help seniors prevent type 2 diabetes by allowing Medicare to provide the Diabetes Prevention Program to seniors.

Among Medicare beneficiaries, nearly one third—almost 10 million—had diabetes in 2010, and 67 million American adults had elevated glucose levels, or “prediabetes,” which is the precursor of type 2 diabetes. By 2020, if current trends continue, an estimated 52 percent of the adult population will either have type 2 diabetes or prediabetes.¹ The Diabetes Prevention Program is a structured, 16-session program focusing on healthy eating and physical activity. The program has been shown to reduce the incidence of diabetes by 71 percent in at-risk people over age 60.²

To help seniors stay healthy, the Medicare Diabetes Prevention Act will:

- **Give seniors across the country access to the Diabetes Prevention Program.** Under the proposed bill, the National Diabetes Prevention Program—as designed, tested, and certified by the Centers for Disease Control and Prevention (CDC)—would be a covered benefit for people with Medicare. Seniors would have the opportunity to be assessed for diabetes risk during their normal annual checkup or at another time as determined by their physician. Medicare beneficiaries who were at a high risk for diabetes could then go to a certified Diabetes Prevention Program in their community, or their physician could offer the Diabetes Prevention program within their own practice, or contract with an organization to provide the program. The YMCA of the USA is already offering the Diabetes Prevention Program at more than 300 sites in 30 states, but seniors must pay out of pocket to participate in the program.
- **Save billions of dollars for seniors, states, and the federal government.** Medical expenses for people with diabetes are more than twice as high as for people without diabetes. Spending on Medicare beneficiaries with prediabetes and diabetes is estimated to be about \$2 trillion over the 2011 to 2020 period, with \$1.7 trillion of that total paid for by the federal government.¹

According to the Urban Institute, implementing community-based diabetes intervention programs nationally could save \$191 billion over the next ten years, with 75 percent of the savings (\$142.9 billion) going to the Medicare and Medicaid programs.³ And according to a November 2010 UnitedHealth report, enrolling adults with prediabetes in the DPP could save the federal government \$61 billion over 10 years and potentially reduce the number of individuals who move from prediabetes to diabetes by three million by the end of the decade.¹

Three large private insurers are already providing the DPP for their prediabetic beneficiaries through local YMCAs. By their calculations, the DPP is so effective in reducing the incidence of type 2 diabetes that United Healthcare has stated that they save four dollars for every dollar they invest in the program. By covering the DPP through the Medicare program, the federal government can make the same wise investment in seniors' health.

¹ UnitedHealth Center for Health Reform & Modernization. Working Paper 5, “The United States of Diabetes: Challenges and Opportunities in the Decade Ahead.” November 2010. http://www.unitedhealthgroup.com/hrm/UNH_WorkingPaper5.pdf

² Diabetes Prevention Program Fact Sheet, 2011. http://ndep.nih.gov/media/dpp_factsheet.pdf

³ Urban Institute Study: “How We Can Pay for Health Care Reform.” July 2009, http://www.urban.org/UploadedPDF/411932_howwecanpay.pdf.

National endorsements:

Academy of Nutrition and Dietetics
Ascension Health
American Association of Clinical Endocrinologists
American Diabetes Association
American Heart Association
American Public Health Association
Diabetes Advocacy Alliance
LeadingAge
National Association of Area Agencies on Aging (n4a)
National Association of Chronic Disease Directors
National Association of City and County Health Officials
National Association of State Long-Term Care Ombudsman Programs
National Council on Aging
National Kidney Foundation
Novo Nordisk
VSP Vision Care
YMCA of the USA

State YMCA endorsements:

Alliance of New York State YMCAs	West Virginia YMCA State Alliance
South Dakota YMCAs	Alabama State Alliance of YMCAs
YMCA Texas State Alliance	New Jersey Alliance of YMCAs
Michigan State Alliance of YMCAs	South Carolina State Alliance of YMCAs
Colorado YMCA State Alliance	Kansas State Alliance of YMCAs
Nevada YMCA State Alliance	Oklahoma State Alliance of YMCAs
Arizona Alliance of YMCAs	Tennessee State Alliance of YMCAs
California State Alliance of YMCAs	Oregon State Alliance of YMCAs
Wisconsin YMCA's State Alliance	Mississippi State Alliance of YMCAs
Hawaii State Alliance of YMCAs	The Virginia Alliance of YMCAs
Washington State Alliance of YMCAs	Nebraska State Alliance of YMCAs
North Dakota YMCAs	Alaska State Alliance of YMCAs
Utah YMCA State Alliance	Idaho State Alliance of YMCAs
New Mexico State Alliance of YMCAs	YMCA of Delaware
Montana State Alliance of YMCAs	Kentucky Alliance of YMCAs
Indiana State Alliance of YMCAs	New Hampshire Alliance of YMCAs
Alliance of Massachusetts YMCAs	Florida State Alliance of YMCAs
Vermont YMCA State Alliance	YMCA Alliance of Maine
Pennsylvania State Alliance of YMCAs	Iowa Alliance of YMCAs
State Alliance of Rhode Island YMCAs	Ohio Alliance of YMCAs
Illinois YMCA State Alliance	North Carolina Alliance of YMCAs
Missouri State Alliance of YMCAs	Connecticut YMCA Alliance
Minnesota Alliance of YMCAs	

MN endorsements:

A Partnership of Diabetics
Aging Services of Minnesota
Allina Health
Alzheimer's Association Minnesota-North Dakota
American Diabetes Association
American Geriatrics Society
Association of Minnesota Counties
Care Providers of Minnesota
Catholic Charities of St. Paul and Minneapolis
Decade of Discovery: A Minnesota Partnership to Conquer Diabetes
Dementia Care Foundation
Fridley Senior Program
HealthPartners
Hmong American Partnership
Indian Health Board of Minneapolis, Inc.
Jewish Family and Children's Services of Minneapolis
Lakeview Ranch, Inc.
Legal Services Advocacy Project
Local Public Health Association of Minnesota
Mature Voices Minnesota
Metro Area Agency on Aging
Minnesota Academy of Nutrition and Dietetics
Minnesota Area Agencies on Aging
Minnesota Board on Aging
Minnesota Breast Cancer Coalition
Minnesota Indian Women's Resource Center
Minnesota Medical Association
Minnesota Psychiatric Society
Minnesota Public Health Association
Park Nicollet Health System and Park Nicollet International Diabetes Center
SEIU Health Care Minnesota
Sholom Community Alliance
Southeastern Minnesota Area Agency on Aging
United Family Medicine
University of Minnesota Academic Health Center
YMCA of the Greater Twin Cities