



# Diabetes Prevention in Ohio

Understanding the Ohio Landscape

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Ohio Department of Health

# Overview

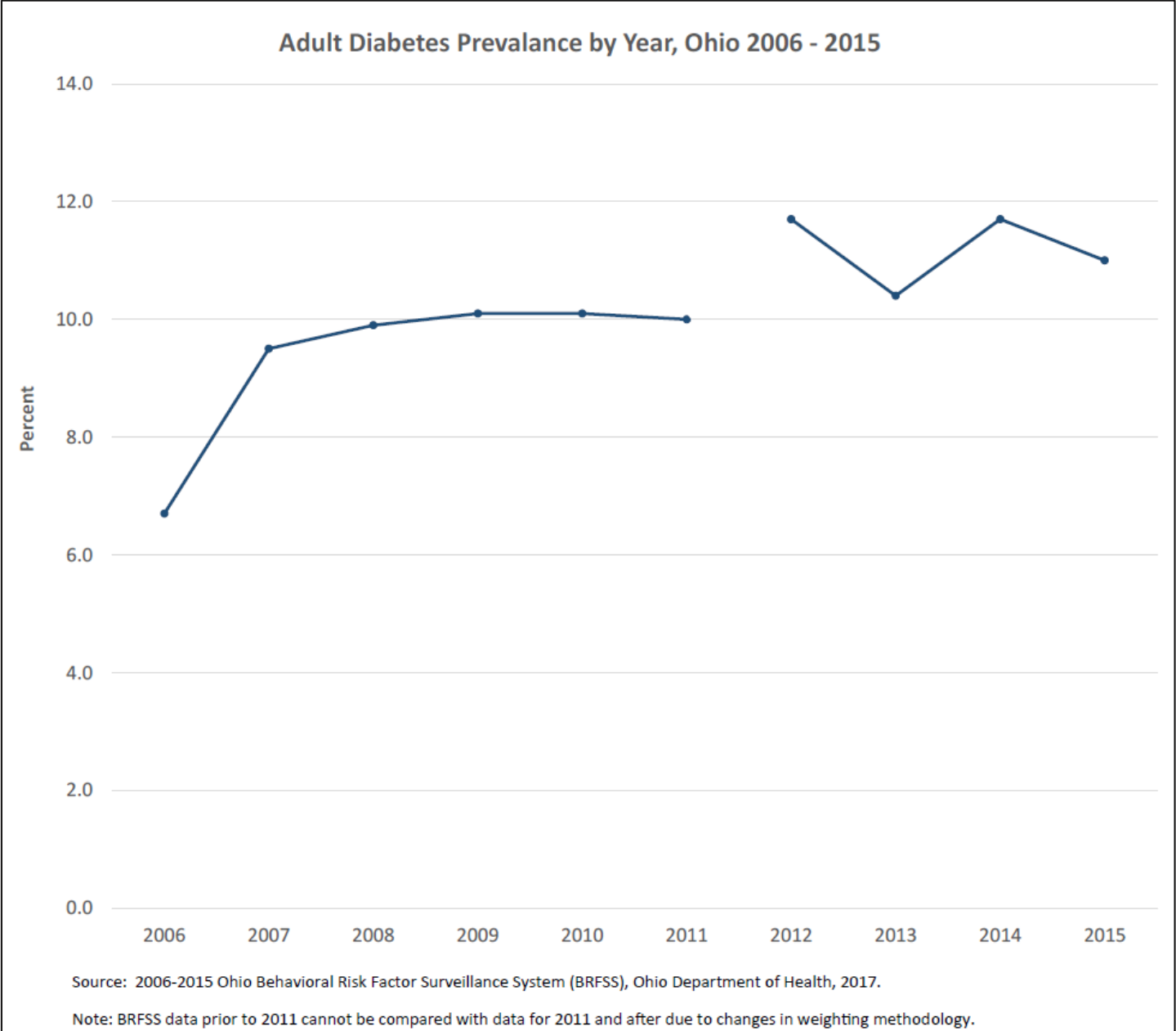
- Ohio Prediabetes/Diabetes Trends
- Cost Burden of Prediabetes in Ohio
- Statewide Efforts to Decrease Type 2 Diabetes
- Opportunities for Impact

# Ohio Prediabetes/Diabetes Trends

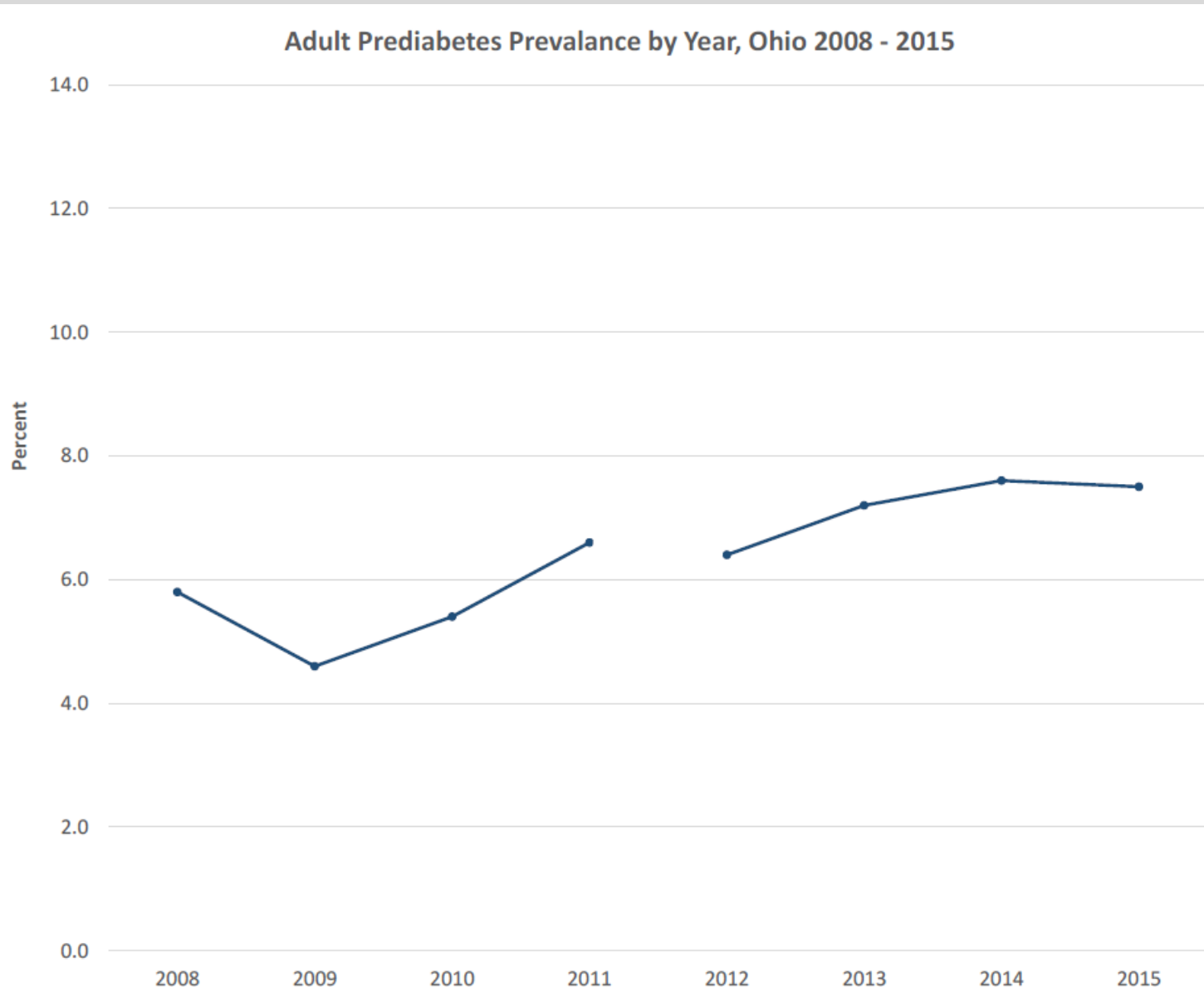
Please  
Don'T  
Sugarcoat  
It, I'M  
A Diabetic.

The Fresh Quotes

# Diabetes Prevalence Trends



# Prediabetes Prevalence Trends



Source: 2008-2015 Ohio Behavioral Risk Factor Surveillance System (BRFSS), Ohio Department of Health, 2017.

Note: BRFSS data prior to 2011 cannot be compared with data for 2011 and after due to changes in weighting methodology.

# Prediabetes Prevalence by Age

Age	Prevalence (%)
18-24	N/A*
25-34	3.3%
35-44	5.0%
45-54	9.2%
55-64	10.6%
65+	13.4%

\* Estimates does not meet the reliability criteria for reporting set by the CDC

# Prediabetes Race/Ethnicity

Race/Ethnicity	Prevalence (%)
White, Non – Hispanic	7.2%
Black, Non – Hispanic	10.3%
Hispanic	N/A*
Other, Non – Hispanic	N/A*
Multi - Racial	N/A*

\* Estimates does not meet the reliability criteria for reporting set by the CDC



# Ohio Adults Living with Prediabetes

Population in Ohio

11,614,373



Adults who were told by a  
healthcare provider that they have  
PREDIABETES

Population in Ohio with PREDIABETES

871,078

# 9 Out of 10 People With Prediabetes Don't Know That They Have It



# Population in Ohio

11,614,373

## 35% of Ohioans Have PREDIABETES

Adults who were  
told by a  
healthcare  
provider that they  
have PREDIABETES

7.5%

Population in Ohio with  
PREDIABETES

**871,078**

27.5%

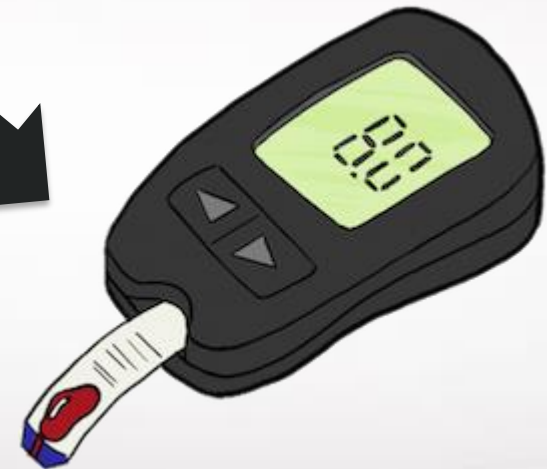
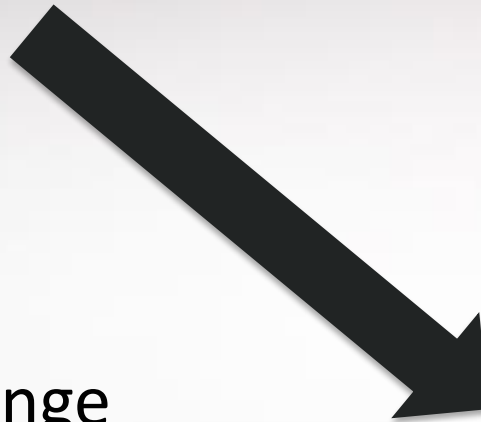
Adults who have  
NOT been  
diagnosed with  
prediabetes

Population in Ohio with  
UNDIAGNOSED

PREDIABETES

**3,193,953**

# Prediabetes → Diabetes



Diagnosis/Lifestyle Change

15-30% of People with Prediabetes Could  
Develop Type 2 Diabetes Within 5 Years

# **Cost Burden of Prediabetes on Ohio**

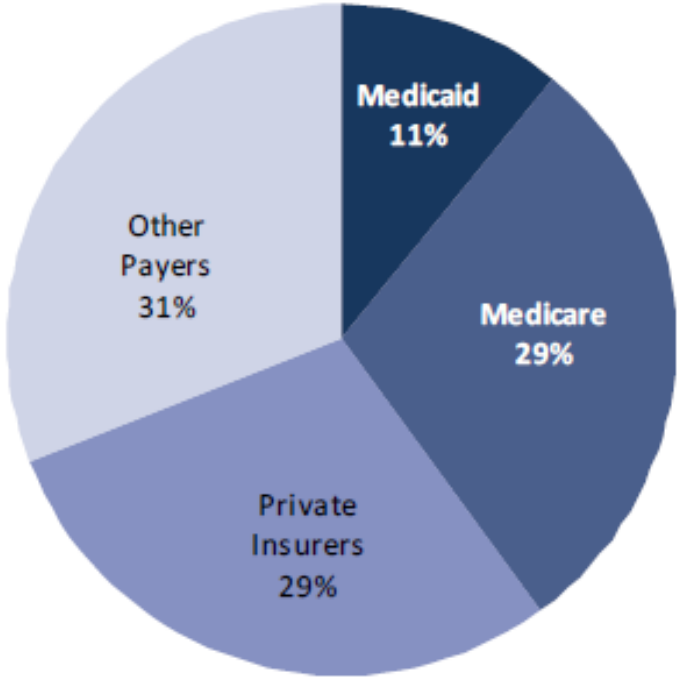
# Diabetes Cost in Ohio, 2010

- >\$4.6 **BILLION** spent in diabetes medical expenses and absenteeism from the workplace.
- Medicare/Medicaid paid nearly \$1.8 **BILLION** in diabetes medical expenses.
- ADA estimates 12 **BILLION** in medical and lost productivity expenses for diagnosed and undiagnosed diabetes, prediabetes and gestational diabetes in 2012.

# Diabetes Cost in Ohio

Payer	Cost
Other Payers	\$1.4 Billion
Private Insurers	\$1.3 Billion
Medicare	\$1.3 Billion
Medicaid	\$486 Million

Figure 4.2. Estimated percentage of medical costs due to diabetes by payer, Ohio, 2010



Source: Chronic Disease Cost Calculator version 2, Centers for Disease Control and Prevention, 2014.

# Statewide Efforts to Decrease Type 2 Diabetes



# Statewide Prediabetes Efforts

CDC spent \$3.6 million on diabetes prevention and educational programs in Ohio in 2016.

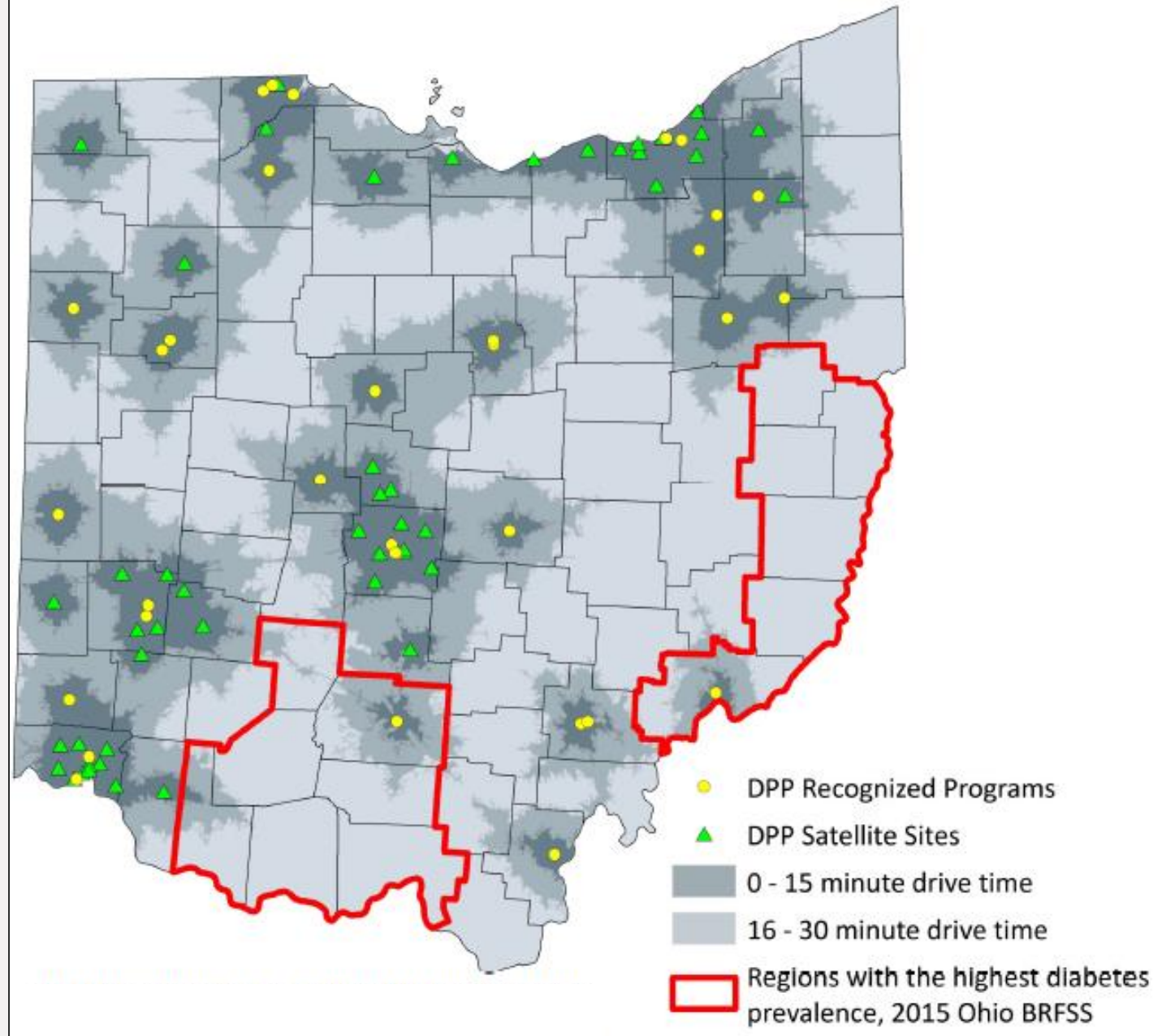
1. State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (1305)
2. State and Local Public Health Actions to Prevent Obesity, Diabetes, Heart Disease and Stroke (1422)

# Statewide Prediabetes Efforts

- Prediabetes Awareness/Education
  - National Prediabetes Awareness Campaign
  - Prevent Diabetes STAT Toolkit
- Community-Clinical Linkages
  - Healthcare ↔ Community Based Organizations (DPP)
    - ↑ Patient Engagement/Compliance/Support
    - ↑ Physician Quality Measures

# Statewide Prediabetes Efforts

- Screen/Test/Refer...Diagnose
  - ↑ Identification of Individuals with Prediabetes
  - ICD-10 Code: R73.03
  - Pilot Projects
- Scaling/Sustaining DPP
  - ↑ Availability
  - ↓ Participant Barriers
  - ↑ Coverage and Reimbursement



**Population Coverage of DPP and Satellite Location Within 15/30 Minute Drive Times**

# Ohio Legislative Diabetes Efforts

- Senate Bill 216 – Statewide Diabetes Assessment
  - Biennial Report
    - Prevalence
    - Cost/Burden
    - Current Prevention/Control Activities
    - Recommendation to ↓ Diabetes



*"For The Health of Us All"*



OHIO ACADEMY OF  
FAMILY PHYSICIANS



**Public Health**  
Prevent. Promote. Protect.  
Dayton & Montgomery County



Ohio Commission On  
Minority Health



Ohio Gestational Diabetes  
Postpartum Care Learning Collaborative  
Check your risk. Protect your family.

# Help from Our Partners



**Ohio**  
Department of Medicaid



**Public Health**  
Prevent. Promote. Protect.

Athens City-County Health Department



Ohio Health Information Partnership  
Health Information in a Heartbeat



**Public Health**  
Prevent. Promote. Protect.

Washington County Health Department

**Ohio DAS**  
Service · Support · Solutions



# Opportunities for Impact

# Opportunities for Impact

- State Health Improvement Plan (SHIP)
- Implementation of lessons learned
- Ohio Department of Health as a resource
- Proactive in Diabetes Prevention Action Plan
- SPREAD THE WORD!





# Questions?

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