Stopping diabetes in its tracks

Diabetes is a chronic disease that can lead to serious—and costly—complications such as heart disease, stroke, kidney failure, and vision loss. In fact, medical costs for people with diabetes are more than twice those of people without diabetes.\(^1\) When you factor in reduced productivity, the average per-person cost of diabetes is even higher:\(^2\)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Average per-person cost (medical costs + productivity losses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-diabetes</td>
<td>$443</td>
</tr>
<tr>
<td>Undiagnosed diabetes</td>
<td>$2,864</td>
</tr>
<tr>
<td>Type 2 diabetes</td>
<td>$9,677</td>
</tr>
<tr>
<td>Type 1 diabetes</td>
<td>$14,856</td>
</tr>
</tbody>
</table>

Fortunately, type 2 diabetes is largely avoidable—simple lifestyle changes such as a healthy diet, regular physical activity, and quitting smoking have been shown to prevent 80 percent of type 2 diabetes cases.\(^3\) For members who already have diabetes, management is made easier through medication and by monitoring of blood sugar, blood pressure, and LDL cholesterol. So with the right care and support resources in place, employees with diabetes can continue to lead healthy, productive lives.

Tools and programs help members stay healthy and in control

In addition to top-notch care, Kaiser Permanente members have a wealth of online and onsite diabetes management tools and programs to choose from:

- **Personal health coaching**—one-on-one phone coaching is free to Kaiser Permanente members. It provides the motivation and guidance employees need to manage their weight, exercise more, and quit smoking. According to a recent study, health coaching provided over the phone can reduce health care expenditures by nearly $100 per employee per year.\(^4\)

- **Healthy Living classes**—members can find a wide range of health education and management classes at their nearest facility. Topics include diabetes basics, nutrition, insulin use, gestational diabetes, yoga, tai chi, and quitting smoking. Some classes may require a fee.
Best in diabetes care

- In the 2011 edition of the California Office of the Patient Advocate’s Health Care Quality Report Card, Kaiser Permanente Northern California and Southern California were rated the best health plans in the state for diabetes care.
- 98 percent of California physicians honored in the National Committee for Quality Assurance’s Diabetes Physician Recognition Program are Kaiser Permanente physicians.
- Kaiser Permanente Southern California performed at or above the regional top 10th percentile in five diabetes care management measures.

Fostering good health in the community

Check out some of the upcoming events we're sponsoring. We encourage you and your employees to come out and participate:

September: Free on-campus events

- **21st Annual UC Irvine Staff Appreciation Picnic:** September 1, 11:30 a.m.–1:30 p.m. at Aldrich Park. Visit www.staffassembly.uci.edu for more, including menu items and activities.
- **UC Irvine expectant parent workshop:** September 13, 9–11 a.m. Visit www.wellness.uci.edu/facultystaff/parenting.html for details.
- **UC Riverside Know Your Numbers health screening:** September 27, 10 a.m.–2 p.m. Knowing your numbers—cholesterol levels, blood sugar, blood pressure, body fat, and body mass index—can help identify health risks and motivate you to take action toward better health. Visit humanresources.ucr.edu/hr_digest/numbers.pdf for details.

October 16: Child and Family Center Kids Expo in Santa Clarita

Discover what local businesses have to offer children and families. We will be there with information about healthy eating and active living. 11 a.m.–4 p.m. at Golden Valley High School, 27051 Robert C. Lee Pkwy in Santa Clarita.

New medical offices in South Los Angeles

The new South Los Angeles Medical Offices opened in April 2011, giving more than 80,000 area members another convenient care option. Located at 1550 W. Manchester Ave., the brand-new facility offers family medicine, pediatrics, pharmacy, lab and X-ray services, and more. Learn more at kp.org/southlosangeles.

For more information, please contact Christina Splendorio at 510-625-3626.

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1 National Diabetes Fact Sheet, 2011, Centers for Disease Control and Prevention.
9 Kaiser Permanente 2010 HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all non-PPO lines of business. Kaiser Permanente combined region scores were provided by the Kaiser Permanente Department of Care and Service Quality. The source for data contained in this publication is Quality Compass 2010 and is used with the permission of NCQA. Quality Compass 2010 includes certain CAHPS® data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass® and HEDIS® are registered trademarks of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality.

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