

# THE MEDICARE DIABETES PREVENTION ACT OF 2015

Senator Franken—*Summary*

**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 National Diabetes Prevention Program to seniors.**

## The problem:

- Among Medicare beneficiaries, more than a quarter—[11.2 million](#)—had diabetes in 2012. Approximately [86 million](#) American adults have elevated glucose levels, called prediabetes, which is the precursor to 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.
- 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 more than \$2 trillion over the next ten years, including \$1.7 trillion in federal spending.

## The program:

- The National Diabetes Prevention Program (Nat'l. DPP) is a public health intervention designed, tested, and recognized by the Centers for Disease Control and Prevention (CDC).
- The year-long program includes 16-sessions of nutrition and exercise training and is offered by [recognized](#) organizations, such as the YMCA, that have demonstrated their ability to effectively deliver diabetes lifestyle interventions. A (CDC) pilot program showed that the Nat'l. DPP reduces the incidence of diabetes by 71 percent in at-risk people over the age of 60.

## The Medicare Diabetes Prevention Act will:

- **Give seniors across the country access to the National Diabetes Prevention Program.** Under this legislation, the Nat'l. DPP would be a covered benefit for people with Medicare. If a senior is diagnosed with prediabetes, his or her physician could provide a referral to the DPP offered by a recognized organization in a community setting or online, the physician could offer the DPP within their own practice, or health care providers could contract with a recognized organization to provide the program.
- **Save billions of dollars for seniors, states, and the federal government.** A [study](#) conducted by Avalere Health conservatively estimates that the Medicare Diabetes Prevention Act could save the federal government \$1.3 billion over the next ten years and has the potential to further reduce long-term Medicare expenditures.
- [United Healthcare](#), the largest private health insurer in the U.S., is already providing the Nat'l. DPP for their prediabetic beneficiaries. They save four dollars for every dollar they invest in the program.