

## Diabetes Alert Day

**Step One:** Plan now to join the effort to find the over 8 million people with undiagnosed diabetes!

Employers are a major source of health benefits and health information for Americans.

According to the American Diabetes Association's [Economic Costs of Diabetes in the U.S.](#) in 2012, the average medical expenditure for people with diagnosed diabetes is about \$13,700 per year, of which about \$7,900 is due to diabetes. The medical expenditures of people with diabetes are approximately 2.3 times higher than expected costs if they did not have diabetes.

Worksites can contain and reduce quickly escalating health care costs associated with diabetes while improving productivity and reduce absenteeism and presenteeism (the worker is present, but not working productively) by offering simple diabetes prevention, detection and management information.

**Step Two:** Encourage every employee to take the [prediabetes risk test](#) and learn more about their risk for type 2 diabetes and to share the test with their family and friends. March 22nd, the American Diabetes Alert is a great time to focus on diabetes risk awareness.

*What is the [prediabetes risk test](#)?*

Developed and provided by the Centers for Disease Control and Prevention the test is 7 questions, which includes answering demographic, lifestyle, and family history information, intended to identify individuals who have prediabetes but don't know it. Employees can take the test online or using a paper copy you provide. Employees who score high on the test should consult their physician to determine if they have prediabetes or diabetes.

Promotion ideas ...

- Include a link to the prediabetes Risk Test in electronic communications, and on websites and social media.

Here's a sample posting:

"Today's the day; manage the risk for diabetes by taking this small step of completing the prediabetes risk test: <http://www.cdc.gov/widgets/Prediabetes/html5/iframe.html>"

- Send a blast email to employees from the CEO, Human Resources, wellness team or other company leader encouraging employees to take the test.
- Share the PDF version of the prediabetes risk test along with a list of risk factors in the break room or main traffic areas in the office to spark a conversation. Follow the link of possible risk factors for diabetes [here](#).



**Step Three:** Learn more about diabetes in the workplace to improve worker productivity and decrease health care costs.

- [Diabetes and the Workplace...Focus on Wellness and Safety](#). Employers are a major source of health benefits for Americans. Worksite wellness programs have developed primarily to contain and reduce quickly escalating health care costs and to improve productivity and reduce absenteeism and presenteeism (the worker is present, but not working productively).
- [The American Journal of Preventative Medicine](#) states that effective interventions that prevent or delay diabetes may result in long-term savings in healthcare cost. Employers promoting the Diabetes Risk Test may see various long-term benefits including increased workforce productivity and significant cost savings.



***Learn more about how other companies are providing diabetes related activities in the Spotlight on Success Stories section of this website.***

