



# Disease prevention and management saves lives and dollars



**C**hronic diseases are among the most prevalent, costly and preventable of all health issues. Eighty-two percent of older adults have at least one chronic health condition. Chronic diseases such as diabetes increase the financial burden on the healthcare system. Diabetes is a chronic disease of critical concern. Michigan ranks 15th in the nation for prevalence of diabetes and fifth nationally for obesity, according to the latest CDC data. More than 9 percent of Michigan adults have been diagnosed

with diabetes – an estimated 701,000 people. In addition, 364,400 Michigan adults are estimated to be living with undiagnosed diabetes.

Michigan State University (MSU) Extension disease prevention and management programs provide participants with strategies to improve the quality of their diets, manage chronic health conditions and reduce their risk of Type 2 diabetes. Access to high-quality and affordable disease prevention and management education programs such as those that MSU Extension programs provide is essential to saving lives, reducing disabilities and lowering the costs of everyone's medical care. These community-based sessions provide participants with proven strategies for preventing and managing chronic health conditions such as diabetes. In 2014 these programs reached more than 6,080 adults throughout Michigan.

Participants make lasting healthy food changes that influence their health. Three months after completing MSU Extension's Dining with Diabetes course:

- » 96 percent of participants were consuming the daily recommended amount of whole grains.
- » 91 percent of participants had increased their portion control of foods.
- » 87 percent of participants had decreased their consumption of fried foods and read food labels.

As a result of a National Diabetes Prevention Program delivered by MSU Extension, 100 percent of participants said that they became aware of techniques to stay motivated to make healthy lifestyle changes. In addition:

- » 98 percent of participants said they knew how to eat healthy away from home.
- » 92 percent of participants were monitoring their food intake.
- » 90 percent of participants were physically active.

National Diabetes Prevention program participants have lost a total of 695 pounds (6 percent of their total body weight) and are now active on average 150 minutes per week, decreasing their risk of developing Type 2 diabetes.

More than 1,600 health care providers in Michigan received immunization direct education.

## Michigan's Benefits

**I**n 2010, the estimated cost of diabetes in Michigan was \$7.2 billion, including medical care and lost productivity. This figure is expected to triple over the next 25 years, reaching \$21.6 billion by 2040. It is estimated that the state can save \$545 million spent across all chronic diseases by investing \$10 in preventive care per person per year. Your support of MSU Extension disease prevention and management programs benefits participants and the community by moderating the increase in healthcare costs associated with caring for a growing population of people with diabetes and other chronic health conditions.

The state's \$56.3 million investment in MSU AgBioResearch and MSU Extension generated more than \$867 million for Michigan residents in 2014. Every dollar the state invested in AgBioResearch and MSU Extension leveraged an additional \$2.06 in federal funds and external contracts, grants and other revenues to serve Michigan residents for a benefit/cost ratio of 15:1.



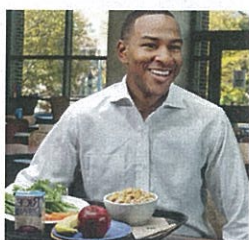




Through participation in MSU Extension's multisession disease prevention and management programs, many participants have shown:

- » One in three participants complete the program with decreased self-reported symptoms of pain, fatigue and shortness of breath.
- » Increased consumption of healthier food choices.
- » Increased physical activity.
- » Improved self-rated health scores.
- » Reduced disease symptoms.
- » Increased ability to manage their chronic health conditions.

### Dining with Diabetes



Targeted toward individuals diagnosed with Type 2 diabetes and their family support members, this series of four sessions includes education, food demonstrations and healthy foods tasting. Participants learn skills for making healthy food

choices and incorporating balanced menus into the family dining experience. The program is available as a four session workshop series in community settings.

### National Diabetes Prevention Program



People with prediabetes or those who are at high risk for developing Type 2 diabetes attend this group-based, structured lifestyle change program, which helps participants make lifestyle changes to reduce the risk of

Type 2 diabetes. The program consists of 16 weekly sessions followed by six to eight monthly sessions that focus on how to adopt a lifestyle that includes healthy eating and physical activity.

### Personal Action Toward Health (PATH), Diabetes PATH and Chronic Pain PATH



These three programs target individuals living with chronic diseases and their family support members. They consist of six-week workshops conducted in 2.5 hour sessions in community settings. The programs help people learn the techniques and

strategies they need for the day-to-day management of chronic or long-term health conditions. Diabetes Personal Action Toward Health (PATH) and Chronic Pain PATH each follow the same format as PATH, but, depending on the health condition addressed, the audience and some session content vary. MSU Extension also offers Leader training for these programs.

**“**Coming from a family with a variety of health issues I wanted to be proactive versus reactive. Before I started this class I was on two types of blood pressure medicines. I'm now extremely happy to say that I am on no blood pressure medicine.**”**

—National Diabetes Prevention Program participant

