

Economic benefit for lifestyle modification in prediabetes

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(HealthDay)—For individuals with prediabetes, participation in lifestyle

modifications such as the National Diabetes Prevention Program (DPP) is associated with economic benefit, according to a study published online Feb. 13 in *Population Health Management*.

Tamkeen Khan, Ph.D., from the American Medical Association in Chicago, and colleagues used individual-level claims data to identify adults with prediabetes, track whether they developed diabetes, and compare medical expenditures for those with or without newly diagnosed diabetes. The authors examined the impact of reducing diabetes risk by participation in an evidence-based [lifestyle](#) change program on medical care expenditures and return on investment (ROI).

The researchers found that those who developed diabetes had annual expenditures that were nearly one-third higher in subsequent years relative to those who did not transition from prediabetes to diabetes, with an average difference of \$2,671 per year. The three-year ROI from participation in the National DPP was estimated to be as high as 42 percent at that cost differential.

"The results show the importance and economic benefits of participation in lifestyle intervention programs to prevent or delay the onset of type 2 [diabetes](#)," the authors write.

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