



For Immediate Release

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## State of Ohio says “NOT ME” to Diabetes

### Diabetes Prevention Program Now Available to State Employees

COLUMBUS – The State of Ohio has become the first state government in the nation to say “NOT ME”® to diabetes, offering state employees access to a lifestyle coaching program that has been proven in clinical trials to prevent or delay the onset of [type 2](#) diabetes by 58 percent.

“NOT ME” is an employer- and community-based initiative aimed at tipping the scales against the epidemic of type 2 diabetes, prediabetes and obesity. The program is administered by the [Diabetes Prevention and Control Alliance](#), which recently was launched through a partnership with [UnitedHealth Group](#) and the [YMCA of the USA](#).

“We are pleased to offer this proven lifestyle coaching program to our state colleagues,” said Robert Blair, director of the Ohio Department of Administrative Services, which oversees health benefits for state employees. “We are proud to lead the nation in being the first state government to offer a diabetes prevention program to our workforce.”

DPCA’s return on investment projections indicate that the state will save \$3 on medical care for every \$1 spent on preventing type 2 diabetes.

The “NOT ME” personal health initiative is anchored by and based on an evidence-based program clinically proven to help prevent type 2 diabetes. The Diabetes Prevention Program is an innovative lifestyle coaching program conducted in a group setting through the YMCA that helps people with prediabetes and who are at high risk for developing type 2 diabetes *prevent or delay* the disease through healthy eating, increased physical activity and other lifestyle changes. It is a year-long program with 16 weekly sessions and then monthly follow-up. This is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC).

“Diabetes is taking a staggering toll on our state employees as well as their spouses and children,” said Erika Hamric-Spriddell, the state’s employee wellness program coordinator. “The good news is that type 2 diabetes is largely preventable. This program provides an opportunity for eligible state employees to take control of their health and say ‘NOT ME’ to type 2 diabetes.

“All state employees need to recognize the epidemic of diabetes and prediabetes; learn its risks, causes and symptoms; get their blood sugar tested; and undergo modest lifestyle

# News Release

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changes, such as increased physical activity and healthy eating choices, to achieve our goal of making Ohio a leader in preventing type 2 diabetes,” Hamric-Spriddell said.

More than 10 percent of Ohio’s adults have been diagnosed with type 2 diabetes, according to the [Ohio Department of Health](#). Another estimated 3 million adults, or 34 percent, have prediabetes, putting them at grave risk of developing the disease, according to the CDC. The estimated prevalence of diagnosed type 2 diabetes among adults in Ohio has grown 37 percent since 2000.

According to the CDC, if current trends continue, it is estimated that one in three Ohioans will develop diabetes within their lifetime, and those with diabetes will lose an average of 10 years of potential life. Diabetes costs for the State of Ohio were \$6.6 million in fiscal year 2011 for members of the state health plan.