

Healthy Living: Diabetes Alert Day on March 26

More than 3.5 million North Carolinians have prediabetes, and people with diabetes face medical expenses 2.3 times higher than those without diabetes. More than 67% of those medical costs are paid by government programs, including Medicare and Medicaid.

(Source: [NC's Guide to Diabetes Prevention and Management.](#))

Fortunately, prediabetes can be reversed, through lifestyle change taught by programs such as the Y's Diabetes Prevention Program (DPP). On March 26, Diabetes Alert Day, all of our Ys have the opportunity to highlight Diabetes Alert Day in member communications and social media; YUSA makes it easy by providing tools [here on LINK](#).

North Carolina Ys are leaders in working with Medicaid managed care organizations to provide access to Medicaid members to Y evidence-based health programs, and our Alliance collaborates with both Carolina Complete Health (CCH in [Medicaid regions 3, 4 and 5](#)), and WellCare of North Carolina across the state on providing DPP to their Medicaid members who qualify for the program and have a physician referral.

Take the opportunity to highlight this on March 26, whether your Y offers DPP or not. Because DPP is offered virtually statewide at no cost to these Medicaid members, we have an opportunity to improve the health of people across the state and benefit from the MCOs covering the cost of delivering DPP to their members. Join the Alliance in highlighting these partnerships and this opportunity for Medicaid members at CCH and WellCare; share the [DPP page](#) on the Alliance website.