

# CULTURE OF HEALTH BOOT CAMP

## Employer Roadmap to Address Diabetes and Obesity in the Workforce

Join us for this free  
educational program!

Thursday, March 14, 2024

8:30 a.m. to 12:00 p.m.

Modern Maturity Center

1121 Forrest Avenue Dover, DE 19904



This in-person event brings together Delaware employers and benefits advisors with experts and peers to address diabetes and obesity in building a workforce culture of health.

Employers of all sizes will benefit from this program, which features presentations from subject matter experts, break-out sessions to utilize evidence-based tools for planning, and open discussion.

- Learn how addressing diabetes and obesity can improve employee health, productivity and retention, and reduce healthcare costs.
- Gain insight and best practices from other employers' health and well-being initiatives.
- Learn about health plan coverage and provider offerings for diabetes and obesity prevention and management programs.
- Access resources to support well-being programming and benefit offerings.
- Create an action plan for your culture of health.

**REGISTER HERE!**

Two of the biggest health concerns facing Delaware's workforce, diabetes and obesity, are major cost drivers for employers in our community and nationwide.

- Among U.S. adults, 37 million have diabetes and 96 million have prediabetes, at an annual combined cost of \$403 billion.<sup>1</sup>
- Among Delaware adults, 12% have diabetes and 13% have prediabetes, at an annual cost of \$1.1 billion.<sup>2</sup>
- The reported obesity rate for adults for U.S. and Delaware adults is 34%.<sup>3</sup> The nationwide direct medical cost of obesity is \$173 billion.<sup>4</sup>

*Promoting a workforce culture to support healthy lifestyles is vital in addressing these conditions.*

1. Dull TM, Yang W, Gillespie K, Moczarski M, et al. The Economic Burden of Elevated Blood Glucose Levels in 2017: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes Mellitus, and Prediabetes. *Diabetes Care*. 2019 Sep;42(9):1661-1668.  
2. The Impact of Diabetes in Delaware, 2023. <https://dhs.delaware.gov/dhs/dph/dpc/diabetes.html>  
3. Behavioral Risk Factor Survey. <https://www.cdc.gov/chronicdisease/>  
4. Ward ZJ, Bleich SN, Long MW, Gortmaker SL (2021) Association of body mass index with health care expenditures in the United States by age and sex.

SHRM PDC Credits Pending

Hosted by:



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