



What Is Type 2 Diabetes Costing Your Company?

Six in ten people in the United States are overweight (BMI 25.0 - 29.0). A third are obese (BMI 30.0 and above). It is well-documented that these people are at increased risk for several mostly preventable and expensive-to-treat chronic conditions such as type 2 diabetes. Overweight and obesity is one of the leading contributors to the increase in type 2 diabetes. A recent report from the American Association of Clinical Endocrinologists reveals that annual health care costs per person for complications of type 2 diabetes include:

Heart attack:	\$14,150
Chronic kidney disease:	\$ 9,002
Congestive heart failure:	\$ 7,932
Stroke:	\$ 7,806
Coronary heart disease:	\$ 6,062
Foot problems:	\$ 4,687
Eye damage:	\$ 1,785

Total: \$51,424 per person per year.

We don't claim that the LoneStart Wellness Initiative will cure type 2 diabetes. But we do know that losing weight and becoming more physically active can **help prevent** pre-diabetes from progressing to type 2 diabetes.

(National Institute of Diabetes & Digestive & Kidney Diseases, NIDDK)

The LoneStart Employee Weight Loss and Wellness Initiative is a turnkey, high-impact strategy that provides honest information, creates realistic expectations and challenges your employees to make modest but meaningful lifestyle choices and incrementally increase their level of physical activity. This initiative can effectively reduce employee health costs and absenteeism while fostering teambuilding and boosting employee morale. It is inexpensive, requires a small commitment of time, and does not unduly burden the sponsoring organization. It works equally well as a stand-alone initiative or as a "jumpstart" to existing wellness programs.

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