



MONDAYS WITH DR MARK & DR MICHAEL

Monday, November 17, 2025 | 1:00 – 2:00PM

TOPIC #56

The State of Diabetes in the U.S.: Emerging Treatments and Employer Strategies

Featured Speaker:



Leon Igel, MD, FACP, FTOS, DABOM
Chief Medical Officer
FlyteHealth



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D^R MARK & D^R MICHAEL

NORTHEAST
BUSINESS GROUP ON HEALTH

THE STATE OF DIABETES IN THE U.S.

Prevalence, Economic Impact & Employer Strategies

Leon Igel, MD, FACP, FTOS, DABOM
Chief Medical Officer, FlyteHealth



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Diabetes in the U.S. -- Prevalence & Trends

- 38 million people in the US have diabetes (11.6% of the population);
1 in 5 are undiagnosed
- 98 million adults have prediabetes; >80% are unaware
- Often coincides with Obesity (>40% of the population)
- **Demographics:**
 - Rising rate of early-onset T2DM
 - Highest prevalence in adults $\geq$ age 65 (~29%)
 - Marked disparities across race/ethnicity and socioeconomic status
 - Many cases detected late in the disease course



Economic Burden & Workforce Impact

- **Total annual cost of diabetes in U.S. (2022):**
\$413B (\$307B direct medical, \$106B indirect)
- **Employer impact:**
 - Higher rates of absenteeism, presenteeism, short-term disability
 - Increased cardiometabolic claims (CVD, CKD) and pharmacy spend
- **Trajectory without intervention:**
 - Rising spend driven by complications & hospitalizations



Why Employers Must Act Now

- Earlier detection prevents complications and lowers total cost of care
- Evidence-based prevention (DPP) and medical therapy avert progression from prediabetes to T2DM
- High-value coverage decisions (GLP-1s, SGLT2s, CGM, virtual care) improve outcomes when paired with guardrails



Upcoming NEBGH events:

- **November 20** – The Silent Crisis: Rethinking Men's Health at Work
- **December 1** – Mondays with Dr. Mark & Dr. Michael
- **December 10** – Annual Membership Meeting

SAVE THE DATE FOR THESE 2026 IN-PERSON EVENTS!

- **February 12** – 31st Annual Tribute to Leadership
- **March TBA** – Cardiometabolic Health as a Business Imperative
- **June 18** – 15th Annual Health & Wellness Benefits Conference



Remember to rate this webinar!

