

Mercy Northwest Arkansas Community Benefit Report

Diabetes Prevention Program Improves Health

Total Community Benefit
\$7,398,000



Mercy Northwest Arkansas Diabetes Prevention Program is a fully recognized CDC program. Approximately 86 million Americans have pre-diabetes but only about 10% know they have it. Without intervention, 15%- 30% of people with prediabetes will develop Type 2 diabetes within five years. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes.

The program's goal is for all participants to reduce their total body weight by 5-7% and increase their weekly physical activity by 150 minutes per week in the first six months. Research by the National Institutes of Health shows that programs like Mercy's Diabetes Prevention Program reduce the number of new cases of diabetes by 58% overall and 71% in people over 60. The program is a year-long program focused on lifestyle changes and lasting results.

Classes are taught by a trained lifestyle coach who equips

participants with the tools to improve eating habits, become more physically active and reduce stress. The coach serves as a motivational support, helping participants set and meet their weekly, monthly and long-term goals.

Class size is 8-15 people. A small group setting builds mutual support, promotes sharing of ideas, and helps participants celebrate successes and work to overcome obstacles. Sessions meet weekly for the first 16 weeks, then every other week for two months (four sessions), and finally monthly for the last six months, for a total of 26 sessions. Each session begins with a weigh in, a review of food and physical activity logs, and an update of the previous week successes and challenges.

Significant outcomes are that 84% of participants are achieving 150 minutes per week in physical activity and 60% of participants have reduced their HbA1c or fasting glucose levels to normal. For more information about the program please visit Mercy.net/Prediabetes.

Charity Care

Includes the actual cost of providing free or discounted care to persons who cannot afford to pay and who are not eligible for public programs. Charity care does not include bad debt.

Benefit: \$2,670,000

Community Outreach Services

Includes activities carried out to improve community health and services that are subsidized because they are needed in the community. Examples: education, support groups, health screenings, and immunizations.

Benefit: \$236,000

Health Professionals

Education and Research

Includes the cost of providing clinical placement for physicians, nurses and other health professionals plus the costs of the nursing anesthesia, EMS and radiology schools.

Benefit: \$640,000

Cash, In-Kind Donations, Workforce

Enhancement and Fundraising

Includes cash, in-kind donations, fundraising costs, food & supplies to shelters, use of Mercy rooms and facilities, donated office space and recruitment of health professionals in medically underserved areas.

Benefit: \$9,000

Medicaid Subsidies

Includes the actual unpaid cost of providing care to Medicaid patients and represents the shortfall between cost of care and the payments received by the government.

Benefit: \$3,843,000