

# Cost of a Group Translation of the Diabetes Prevention Program

## Healthy Living Partnerships to Prevent Diabetes

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### Unit costs used for calculating costs of HELP PD by type of cost

Item	Unit	Cost (median/M, \$)	Source
<b>DIRECT MEDICAL COSTS</b>			
<b>HELP PD personnel</b>			
Community health worker	1 hour	100.00	HELP PD
Registered dietician	1 hour	30.77	HELP PD
Exercise specialist	1 hour	26.93	HELP PD
<b>Materials</b>			
Lifestyle intervention	1 set	140.14	HELP PD
Usual care	1 set	21.15	HELP PD
<b>Lab tests and procedures</b>			
Fasting blood glucose	1	6.80	11
Prescription medications	6-month supply	63.07	17
<b>Bundled medical services</b>			
Hospitalization (lifestyle weight-loss condition)	1 day	21,718	1, 15
Hospitalization (usual care condition)	1 day	12,489	15, 16
Emergency room visits	1 visit	707	15, 16
Outpatient procedures	1 visit	857	15, 16
Other outpatient visits	1 visit	525	15, 16
<b>DIRECT NONMEDICAL COSTS</b>			
<b>Participant time</b>			
Self-monitoring	1 hour	5.33	3
People who dislike exercise	1 hour	10.65	3
People who are neutral about exercise	1 hour	5.33	3
Shopping and cooking	1 hour	5.33	3
<b>Services</b>			
Health club	2 years	101.92	10
Exercise classes	1 week	10.10	14
Commercial weight-loss program	1 month	38.41	12
<b>Fitness equipment</b>			
Exercise shoes	1 pair	82.42	4
Bicycle	1	456.07	4
Exercise videos	1	10.39	7

Free weights	2	21.18	13
Home gym	1	1671.22	13
Stationary bicycle	1	574.53	4
Step (for aerobics)	1	63.99	13
Tennis racquet	1	84.69	13
Treadmill	1	2075.79	4
Exercise ball	1	23.26	13
Wii	1	312.57	9
<b>Food equipment</b>			
Air popper	1	27.71	7
Blender	1	40.80	7
Cookbooks	1	13.73	7
Cooking videos	1	21.92	8
Freezer	1	530.44	4
Microwave	1	196.15	4
Mixer	1	104.62	7
Steamer	1	29.86	7
Wok	1	36.56	7
<b>Food costs</b>			
Food at home	1 year	2092.75	5
Food away from home	1 year	1922.88	5
<b>Transportation costs</b>	1 mile	0.55	6

HELP PD, Healthy Living Partnerships to Prevent Diabetes

## Appendix References

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