



Introducing

United Against Diabetes!

**THE MULTIEmployer COMMUNITY'S FIGHT
AGAINST THE SCOURGE OF THE 21ST CENTURY**

An Initiative of

Center to Protect Workers Rights

Diabetes Research Institute Foundation

Dad's Day/Dollars Against Diabetes

National Coordinating Committee for Multiemployer Plans

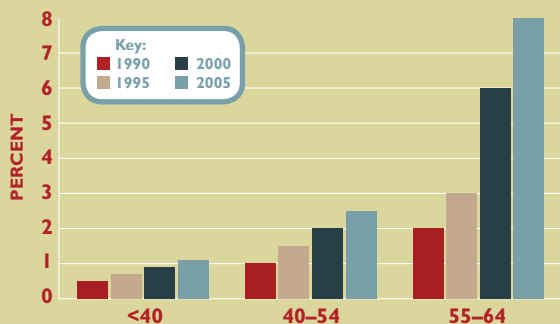
Why Diabetes? Why Now?

Diabetes occurs when there is too much glucose (sugar) in the blood. Too much sugar in the blood over a long period of time causes heart disease, stroke, kidney failure, blindness, and serious nerve damage.



Diabetes is not a new disease. However, since 1990, the number of Americans with diabetes has started to explode. This figure shows how fast diabetes is growing in one health and welfare fund. Since these numbers are for active members in a construction trade the figure may underestimate the problem. Even then, for each five year period since 1990, the prevalence of diabetes has increased by 50% in all age groups, even young workers.

ONE TRUST FUND'S EXPERIENCE: Prevalence of Diagnosed Diabetes, Construction Trades Members



Diabetes is spreading because people are getting too fat, caused by too much eating, too much bad food and too little exercise. Here is what happened. Until the late 1960s, the weight of the American people did not change much. Then people started getting heavier and heavier. Today, in our fund members,, only 20% are normal weight, and at least 40% are obese.

Health and welfare fund participants with diabetes have the highest average medical costs for any disease treated in any health and welfare fund. Already, somewhere around 12% of total costs go to pay for diabetes and its complications. By 2020, diabetes will consume at least 30% of total costs. Preventing and treating diabetes have to be our top priority in this century.

A Message to Multiemployer Plans

Some twenty-five years ago the Multiemployer Plan Community, in partnership with the Diabetes Research Institute, launched Dad's Day/Dollars Against Diabetes with the goal of funding research to "find the cure" for diabetes, especially Type I diabetes that usually occurs in children.

But the number of people with diabetes is growing faster than ever. Today, about 15% of adult participants have diabetes, but only 2/3rds know it. If we do nothing, in 15 years 30-40% of adult participants will have diabetes. We know this:



Diabetes is the **scourge** of this century.

So there really is no choice: something has to be done, and it has to be done now. Each Fund can act individually or we can work together through the Multiemployer Fund community. We think a common response is best, in terms of science, finance and impact. That's why we are launching **United Against Diabetes**.

With your feedback, help and support we **will** win this fight. Please join us in this effort.

Edward C. Sullivan, Chair
Chairman, NCCMP

Robert A. Pearlman, Co-Chair
President, DRIF

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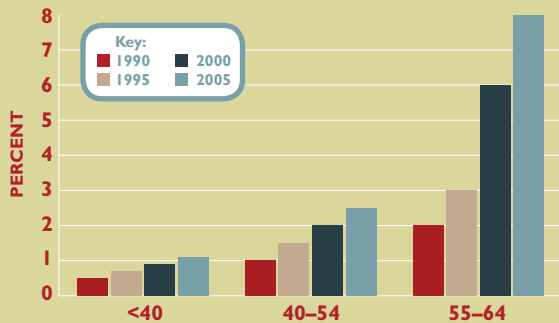
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What Has To Be Done

In the long run we want to stem the tide of diabetes. The only way to do that is get our people to eat better and exercise more. Obviously that won't happen over night, and success will require a lot of experimenting with different ideas.

But immediately we can vastly improve the care for people with diabetes. We want to do this in three areas:

CONDITION	GOAL	ACTIONS
Prediabetes	Identify people with early diabetes or who are likely to develop diabetes	More screening. Educate people with pre-diabetes about what they can do to lower risk. Encourage regular checkups.
Early diabetes	Prevent or delay the onset of advanced diabetes	Encourage people with diabetes to reduce risk through better eating and more exercise, stay on medication, measure blood sugar, get regular checkups.
Advanced diabetes	Prevent, delay or minimize effects of complications	Encourage people with advanced diabetes to manage weight, rigorously monitor blood sugar, take insulin consistently, and keep all medical appointments.

WHAT UAD WILL DO: UAD will provide two programs:

- *Public Health Program, which will conduct research and provide education and information on how working families, unions, employers and health and welfare funds can reduce the risk of diabetes.*
- *Patient Support Program, which will provide health and welfare funds with tools to ensure the optimal management of diabetes, for each of the three stages of diabetes: prediabetes, early diabetes, advanced diabetes.*

Campaign Organization

ADVISORY COMMITTEES: The Campaign will be guided by two advisory committees:

- **Funds Advisory Committee.** This Committee will consist of representative from health and welfare funds, to assure that the Campaign is responsive to the needs of the multi-employer community.
- **Science Advisory Committee.** This Committee will consist of leading experts in diabetes and public health to assure that the campaign is evidence-based.

MANAGEMENT AND OPERATIONS: The following organizations are responsible for the Campaign:

- **Center To Protect Workers Rights.** It will be responsible for the public health program.
- **Diabetes Research Institute Foundation (DRIF).** It will be responsible for assuring that the Campaign is evidence based. It will administer the Patient Support Program and the Science Advisory Committee.
- **Dad's Day/Dollars Against Diabetes.** It will be responsible for expanding its fund-raising efforts to focus the funding on both its traditional mission of "finding the cure" and this Campaign.
- **National Coordinating Committee for Multiemployer Plans (NCCMP).** It will be responsible for assuring that the Campaign is responsive to the Multiemployer Community, including the Funds Advisory Committee.

FUNDING: The Campaign is seeking five years of development funding from interested health care organizations, foundations and governments. During that time, under guidance from the Funds Advisory Committee, we will implement a plan to make the Campaign self-sustaining through fees from participating Health and Welfare Funds, which in return for their contributions will have access to all the resources of the Campaign, including the Patient Support Program.



OUR PROMISE TO HEALTH AND WELFARE FUNDS

The Campaign will be evidence-based in terms of medicine. The Campaign will be compliant in terms of HIPAA and ERISA.

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