



benefitNEWS

New IFEBP Study Identifies Top 10 Costliest Conditions for Health Plans

According to a new study from the International Foundation of Employee Benefit Plans (IFEBP), more than 30 million people or an estimated 9% of the U.S. population, have been diagnosed with diabetes. Based on data from the [Centers for Disease Control and Prevention National Diabetes Statistics Report, 2017](#), diabetes is also the #1 condition impacting benefit plan costs for employers and plan sponsors. According to the IFEBP's Workplace Wellness Survey for 2017, here is a list of the top 10 costliest conditions:

1. Diabetes: 41%
2. Cancer (any kind): 33%
3. Arthritis/back/musculoskeletal: 32%
4. Obesity: 29%
5. Heart disease: 27%
6. Hypertension/high blood pressure: 26%
7. Depression/mental illness: 20%
8. High cholesterol: 11%
9. Smoking: 9%
10. High-risk pregnancy: 4%

The IFEBP's data illustrates that about half of employers/plan sponsors use disease management programs to help manage the cost of these very expensive chronic conditions. In addition, about three in five employers use health screenings and health risk assessments to help employees identify and monitor these conditions so that they can be managed more effectively.

For more information on effective chronic care management techniques and solutions to deal with these costly conditions, contact your Conner Strong & Buckelew account representative toll free at 1-877-861-3220 with any questions.



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