DIABETES PREVENTION
IMPACT TOOLKIT

QUICK START GUIDE

This guide will help you get started using the Diabetes Prevention Impact Toolkit—designed by CDC to project the health benefits and economic savings of providing a CDC-recognized lifestyle change program for a state's, employer's, or insurer's population.

GET ORIENTED

The Impact Toolkit has four main parts:

HOMEPAGE

Select from one of three modules—for states, employers, or insurers.

INPUT DASHBOARD

Select or enter data the toolkit will use to generate results.

RESULTS DASHBOARD

See the projected health benefits and economic costs associated with offering a National DPP or similar lifestyle change program for your population.

HELP PAGE

Find resources for using the toolkit and interpreting your results.

- **User Manual** provides detailed instructions for using the Impact Toolkit.

- **Data Input Checklists**—one per module—will help you gather data specific to your population or past program experience, if you choose.

- **Technical Report** explains methods, parameters, sources, and calculations used in the Impact Toolkit.

On both the Input and Results Dashboards, you'll see tool tips. Hover over these icons to find definitions and explanations to learn more about inputs requested or results presented.

GET STARTED

CHOOSE YOUR MODULE

STATE MODULE provides results at the state level.

EMPLOYER MODULE provides customized results for an employee population.

INSURER MODULE provides customized results for an insured population.

ENTER POPULATION CHARACTERISTICS AND SELECT RISK GROUP

When opening the Input Dashboard for each module, you will see two set of inputs. These are the minimum inputs required to get results.

LOCATION OR POPULATION CHARACTERISTICS

For the State module, select your state. For the Employer and Insurer modules, enter the number of employees covered and characteristics of that population, or select one of the assumptions.

RISK GROUP TO PARTICIPATE IN PROGRAM

Select one of three risk groups for participation in a program; see the tool tips for explanations of each. You can leave the annual probability of diabetes as is unless you happen to have different data for your population.

DECIDE WHETHER TO USE DEFAULT OR CUSTOM INPUTS

GET RESULTS →

For quick baseline results, simply click the GREEN GET RESULTS BUTTON. The Impact Toolkit will calculate results based on the two basic inputs entered, default values for your population, and cost and program effectiveness estimates obtained from the literature.

OR

CUSTOMIZE FURTHER ↓

**Click the BLUE CUSTOMIZE FURTHER BUTTON to reveal more inputs.** This will calculate results using data that more closely reflect your own population and program experience. Enter as many data points as you have available, then click Get Results. You may want to first work through the Data Input Checklist for your module.

REVIEW RESULTS

THE RESULTS DASHBOARD SHOWS 8 RESULTS

The SELECTED INPUTS panel shows a summary of several key inputs that went into generating your results. Click on the plus sign to see the data for each element; click the minus sign to hide the data.

DESCRIPTIVE FIGURE HEADINGS tell you whether data are presented for your projected participants as a group or per individual participant.
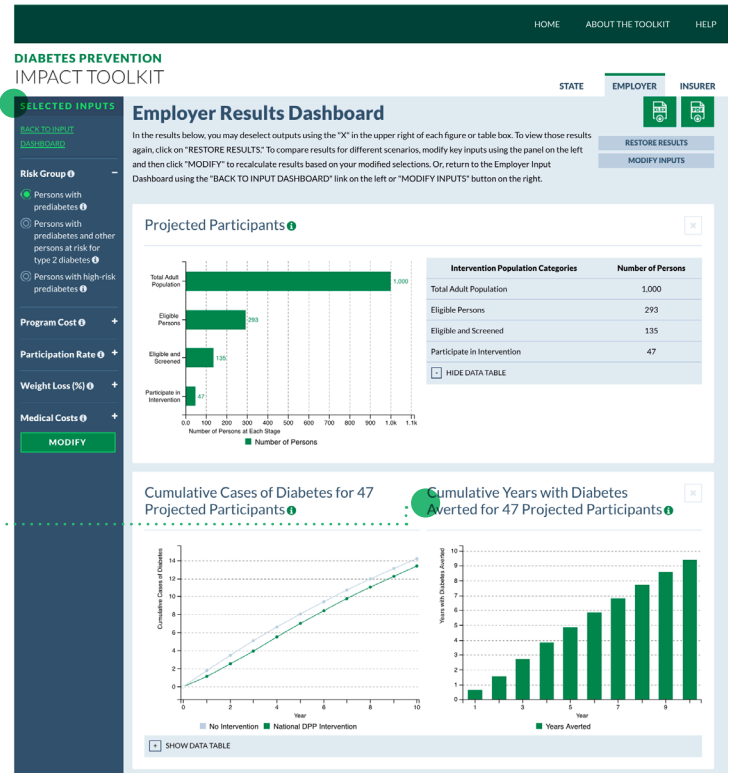

SHOW ADDITIONAL DATA

For each figure, click on Show Data Table to reveal a table containing all data used in the figure and, in some cases, additional related data and footnotes. Close the data tables by clicking Hide Data Table.

CUSTOMIZE RESULTS SHOWN

You may find that some results are not helpful to you. You can remove them by clicking the light gray X in the top, right corner of the figure. If you change your mind about deleting those results, you can get them back by clicking the Restore Results button at the top right of the Dashboard.
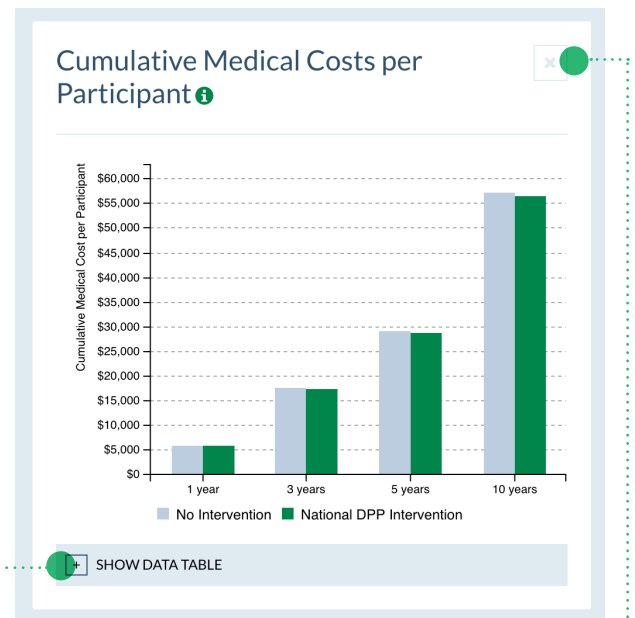
SAVE RESULTS

TO SAVE YOUR RESULTS, DOWNLOAD AN EXCEL SPREADSHEET OR PDF.
These files contain both the results and the inputs used to generate those results. The Impact Toolkit cannot save results once you close the site or modify your inputs.

MODIFY INPUTS

CHANGE YOUR INPUTS IN ONE OF TWO WAYS:

1 Revise inputs in the Selected Inputs panel on the Results Dashboard.
Enter the data you wish to change, then click the Modify button. This panel contains the data elements for which users are most likely to have customized data. It does not contain all inputs available.

OR

2 Go back to the Input Dashboard to enable changes to *all* data inputs.
Click the Modify Inputs button on the top right of the Results Dashboard or Back to Input Dashboard link in the Selected Inputs panel. Enter the new data. Then click Get Results.

COMPARE RESULTS

COMPARE RESULTS ACROSS INPUT SCENARIOS IN ONE OF TWO WAYS:

1 Download and save the results from the first scenario.
Then make changes to your input data and download and save the new results. Compare reports side-by-side.

OR

2 Compare scenarios on screen.
Open a second browser window (not a tab), launch the Impact Toolkit there, and enter inputs for your new scenario in that second window. Click Get Results. Resize the windows to see both Results Dashboards side-by-side. You can also download and save results from both windows.

SHARE RESULTS

SHARE YOUR RESULTS WITH DECISION MAKERS, STAKEHOLDERS, OR PARTNERS

- Email the Excel spreadsheet or PDF
- Walk them through the Impact Toolkit in person
- Use resources on the Help page to share the toolkit and its results

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https://nccd.cdc.gov/Toolkit/DiabetesImpact