

RESOLUTION

Subject: Continuous Glucose Monitoring Sensors and Insurance Coverage

Submitted by: Greater Louisville Medical Society

Referred to: Reference Committee

WHEREAS, diabetes is an epidemic in the United States¹. In Kentucky, according to 2024 data from the American Diabetes Association, approximately 486,200 adults have received a diagnosis of diabetes; and

WHEREAS, obesity, yet another epidemic, is associated with up to 53% of new diagnoses of type 2 diabetes every year, with approximately 1,325,800 adults in Kentucky being obese¹; and

WHEREAS, each year in Kentucky, an estimated 20,700 adults are newly diagnosed with diabetes¹; and

WHEREAS, complications of diabetes significantly increase the risk of cardiovascular disease, chronic kidney disease, stroke, neuropathy, diabetic ketoacidosis, diabetic-related eye conditions, and more²; and

WHEREAS, people with diabetes have an average medical expenditure 2.6 times higher than those without, with the total cost of diabetes in Kentucky being 5.1 billion³; and

WHEREAS, in 2022, the estimated cost of diagnosed diabetes in the U.S. was \$412.9 billion³; and

WHEREAS, 33.8% of the adult population of Kentucky have prediabetes with elevated A-1c above 5.7⁴; and

WHEREAS, continuous glucose monitoring (CGM) sensors that provide real-time feedback about blood sugar levels can prevent conversion of prediabetes to diabetes and its attendant complications by inspiring lifestyle changes that could help both diabetes and obesity; and

WHEREAS, the use of CGM in patients with prediabetes to implement individualized lifestyle interventions to prevent diabetes would substantially improve the health of the population, while also decreasing cost of medical expenses⁵; and

WHEREAS, CGM for patients with prediabetes is not currently required to be covered by insurance companies as part of the Patient Protection and Affordable Care Act of 2010; and

WHEREAS, findings from a recent cost-effectiveness analysis demonstrated that interventions to prevent type 2 diabetes among high-risk and prediabetic individuals are highly cost-effective and practical in any given setting⁶; now, therefore, be it

RESOLVED, that KMA supports legislation encouraging the use of continuous glucose monitoring for patients with prediabetes; and be it further

RESOLVED, that insurance coverage for continuous glucose monitoring (CGM) sensors be mandatory for prevention of diabetes.

References:

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3. Parker ED, Lin J, Mahoney T, et al. Economic costs of diabetes in the U.S. in 2022. *Diabetes Care*. 2023;47(1):26-43. doi:10.2337/dci23-0085
4. The burden of diabetes in Kentucky. American Diabetes Association. March 2023. Accessed July 1, 2025. https://diabetes.org/sites/default/files/2023-09/ADV_2023_State_Fact_sheets_all_rev_Kentucky.pdf.
5. Zahalka SJ, Akturk HK, Galindo RJ, Shah VN, Low Wang CC. Continuous glucose monitoring for prediabetes: Roles, evidence, and gaps. *Endocrine Practice*. Published online May 2025. doi:10.1016/j.eprac.2025.05.742
6. Zhou X, Siegel KR, Ng BP, et al. Cost-effectiveness of diabetes prevention interventions targeting high-risk individuals and whole populations: A systematic review. *Diabetes Care*. 2020;43(7):1593-1616. doi:10.2337/dci20-0018