The Diabetes Ten City Challenge, conducted by the American Pharmacists Association (APhA) Foundation with support from GlaxoSmithKline, is the first national employer-based diabetes self-management program that helps people manage their diabetes with guidance from a pharmacist coach and their health care team.

**Development of the Diabetes Ten City Challenge**

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<tbody>
<tr>
<td>Project</td>
<td>Project Impact: Hyperlipidemia APhA Foundation sponsors collaborative care demonstration project involving patients with high cholesterol, pharmacist coaches and physicians.</td>
<td>A1c levels decreased at follow-up appointments 50% Employer savings of $1,622-$3,356 per participant per year (1997-2003)</td>
<td>Average A1c levels decreased from 7.9 to 7.1 Compliance with key diabetes care indicators increased 40% Average employer savings of $918 per participant</td>
<td>Mean A1c decreased from 7.5 to 7.1 Significant increases in the number of people with A1c, cholesterol and blood pressure goals, flu shots and foot and eye exams Average health care costs reduced by $1,079 per participant.</td>
<td>Ongoing</td>
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**Participants/locations**

1996: Nearly 400 participants in 15 states 1,500 participants, 10 employers, 5 chronic conditions

2003: More than 300 participants, 5 employers, 4 states

2005: 1,000+ participants, 30 employers, 10 cities

2009: 80 employers

**Results**

1996: 62.5% reached National Cholesterol Education Program (NCEP) goals

2003: A1c levels decreased at follow-up appointments

2005: Average A1c levels decreased from 7.9 to 7.1 Compliance with key diabetes care indicators increased 40% Average employer savings of $918 per participant

2009: Mean A1c decreased from 7.5 to 7.1 Significant increases in the number of people with A1c, cholesterol and blood pressure goals, flu shots and foot and eye exams Average health care costs reduced by $1,079 per participant.