

2025 BY-THE- NUMBERS

An annual review of evidence-based prevention programs offered through a statewide network of provider partners and supported by the Wisconsin Institute for Healthy Aging.



260

Workshops
Offered



2,383

Program
Participants



288

Active
Facilitators



51

Counties &
Tribes



1.7M

Dollars
Saved

About Our Data

Research Data

Several sources are cited throughout the document with background or prevalence information per program. Links are provided on the citations, if viewing this document electronically.

Workshops

Workshop data is taken from the Wisconsin Institute for Healthy Aging's (WIHA) database, looking at the calendar year of January 1, 2025 through December 31, 2025.

Adjusting for Inflation

*To provide an accurate representation of today's dollar, we converted dollar amounts from original research to 2025 dollar using the [Inflation Calculator provided by the Federal Reserve Bank of Minneapolis](#).

About WIHA

WIHA is a non-profit organization dedicated to the research and spread of evidence-based programs that promote improved health and cost-savings through self-management. Learn more at <https://wihealthyaging.org>.

COST SAVINGS OF EVIDENCE-BASED PROGRAMS IN WISCONSIN

The **Wisconsin Institute for Healthy Aging (WIHA)** has disseminated evidence-based programs (EBP) through a network of organizations across 70 Wisconsin counties and tribes since inception. These programs are proven to reduce healthcare costs and have led to millions in savings. An investment in WIHA will sustain the infrastructure needed to support local program providers and ensure that programs are accessible to people throughout the state. Together, we can reduce falls, better manage chronic conditions, increase physical activity, and preserve independence — all while reducing the burden and costs to families, health care, long term care, and public safety.

Wisconsin Healthcare Savings by Program

	2025	2010-2025
Falls Prevention		
Participants	1,291	25,450
Savings	\$803,144	\$15,832,708
Diabetes		
Participants	219	7,045
Savings	\$234,330	\$7,538,150
Chronic Conditions		
Participants	121	11,701
Savings	\$129,712	\$12,543,472
Chronic Pain		
Participants	52	906
Savings	\$55,744	\$971,232
Incontinence	Healthcare savings not available. See page 8 for personal savings.	
Physical Activity		
Participants	247	2,331
Savings	\$497,705	\$4,696,965
TOTAL	\$1,720,635	\$41,582,527



*Using adjusted savings number for 2025

PREVENTING FALLS

Annual Cost & Prevalence of Falls in Wisconsin

1. WI DHS, Office of Health Informatics, 2023 Data; 2. Vaishya, 2020



51,935 older adults (65+) went to the **emergency department (ED)** due to a fall (**82%** of all injurious falls). The average charge per ED visit due to a fall is **\$5,921**. Therefore, ED charges due to falls totaled over **\$307,485,190**. Medicare covered **89%** of charges.¹



11,514 older adults were **hospitalized** due to a fall (**18%** of all injurious falls). The average charge per hospitalization due to a fall is **\$62,218**. Therefore, hospital charges due to falls totaled over **\$716,379,990**. Medicare covered **90%** of charges.¹



Stepping On (SO) is a 7-week (once-a-week) evidence-based program proven to decrease the incidence of falls in older people. **Pisando Fuerte (PF)** is the culturally and linguistically adapted version of Stepping On. In addition to practicing balance and strength exercises, participants learn about the role vision, medication, and footwear can play in falls. They also learn strategies for avoiding or eliminating fall hazards to better navigate indoors and outdoors.

31% in falls for people who complete SO or PF **reduction**

2025 **SO & PF Activity**



119 Workshops



166 Facilitators



1291 Participants



42 Counties

In 2025, **1,291** people took a SO or PF workshop in Wisconsin. We know that more than **25%** of people age 65 or older fall every year so we could expect that **323** participants would have fallen. By participating in these programs, **31%** of those falls were avoided (**100 falls**).

100 falls avoided among participants

Up to **50%** of falls result in injury² (**50 injuries**). With **82%** of injuries resulting in **ED visits** (**41 falls x average charge of \$5,921**) and **18%** of falls resulting in **hospitalizations** (**9 falls x average charge of \$62,218**), then SO/PF helped to avoid over **\$803,144** in charges in 2025.

\$242,888

ED charges avoided

+

\$560,256

Hospital charges avoided

=

\$803,144

Total charges avoided

Over the coming biennium (using the same calculations as above), with the addition of the requested state budget appropriation, we would reach **10%** more participants (**1,420**) in 2026 and avoid **55** injurious falls, **82%** of those avoiding **ED visits** (saving **\$267,177**) and **18%** avoiding **hospital charges** (saving **\$616,282**), totaling **\$883,459** in **avoided costs**.

**Numbers will be significantly higher due to overall Falls Free@ Wisconsin initiatives, reaching an additional high percentage of the population not attending Stepping On or Pisando Fuerte, but receiving other falls prevention interventions, services and education.*



MANAGING DIABETES

Annual Cost & Prevalence of Diabetes in Wisconsin

1. American Diabetes Association, 2025; 2. WI Diabetes Action Plan, 2024; 3. data.cms.gov; 4. Turner, 2018



477,700 adults in Wisconsin have **diagnosed diabetes**, **8.8%** of the adult population. **28,000** Wisconsin adults are diagnosed with diabetes each year.¹



21,828 people with diabetes in Wisconsin are **hospitalized** each year. The average charge per hospitalization due to Type 2 diabetes is at least **\$38,318**.^{2*}



The cost of annual healthcare for people with diabetes is **2.6X** greater than those without diabetes. In Wisconsin, **direct medical expenses** totaled **\$5 billion** in 2022, with **indirect expenses** from lost productivity totaling **\$880 million**, totaling an estimated **\$6 billion** of expenses per year³. Medicare spends an average of **\$1,023** per person per year on diabetes.³



Healthy Living with Diabetes (HLWD) is a 6-week (once-a-week) evidence-based program proven to improve well-being and decrease health care utilization through self-management in people with Type 2 diabetes. The programs are delivered by trained facilitators in both English and Spanish (Vivir Saludable con Diabetes) in Wisconsin.

\$1,070* in average avoided hospitalization & ED costs per participant in the 1st year post-program⁴

2025
HLWD
Activity



29
Workshops



64
Facilitators



219
Participants



20
Counties

In 2025, **219** people took a HLWD workshop in Wisconsin. The average avoided hospital costs per participant post-intervention is **\$1,070**.^{4*} Therefore, participation in HLWD helps to avoid **\$234,330** in hospital or ED charges.

223 participants **x \$1,070*** in avoided hospital costs per person **= \$234,330** avoided costs

MANAGING CHRONIC CONDITIONS



Annual Cost & Prevalence of Chronic Conditions in Wisconsin

1. fightchronicdisease.org; 2. Steiner, 2013; 3. Lorig, et al, 2001;



Chronic Conditions include high blood pressure, high cholesterol, obesity, arthritis, heart disease, diabetes, kidney disease, heart failure, depression, Alzheimer's or dementia, and other conditions.



Over **3.3 million** Wisconsinites have at least **one chronic condition** with **1.5 million** having **two or more**.¹



Chronic conditions cost Wisconsin **\$40 billion** in direct medical costs and **\$15 billion** in indirect costs per year.¹



Nationally, the average **hospital charge** for a person with 1+ chronic conditions is **\$56,020**²

Living Well with Chronic Conditions (LW) is a 6-week (once-a-week) evidence-based intervention proven to improve well-being and decrease health care utilization through self-management in people with chronic conditions. The program is delivered by trained facilitators and available in both English and Spanish (Tomando Control de su Salud).

\$1,072* average avoided hospitalization & ED costs per participant in 2 years post-program³

2025
LW Activity



14
Workshops



21
Facilitators



121
Participants



6
Counties

In 2025, **121** people took a LW workshop in Wisconsin. The average avoided hospital costs per participant post-intervention is **\$1072**.^{3*} Therefore, participation in LW helps to avoid **\$129,712** in hospital or ED charges.

121 participants **x \$1072*** in avoided hospital costs per person **= \$129,712** avoided costs

MANAGING CHRONIC PAIN



Annual Cost & Prevalence of Chronic Pain

1. CDC MMWR, 2023; 2. Wager, 2022; 3. IOM, 2011; 4. Smith, 2019; 5. Park, 2016; 6. Rushakoff JA, 2018; 7. Lorig, et al, 2001;



Nearly **21%** of U.S. adults (51.6 million people) experience chronic pain!¹ Pain is the number one reason Americans access the health care system.²



The total **cost of pain** (including health care cost and productivity estimates) ranges from **\$826-937* billion** annually,³ which is more than the cost of heart disease and cancer treatments.⁴ Nationally, the average annual **health care cost** for a person with chronic pain is **\$41,511.**⁵*



People with chronic pain have **2X** more visits to outpatient and emergency departments than those without.⁶

Healthy Living with Chronic Pain (HLCP) is a 6-week (once-a-week) evidence-based intervention proven to reduce pain and dependence on others, improve participants' ability to understand pain and use coping skills, and increase confidence in managing pain with self-management skills.

\$1,072* average avoided hospitalization & ED costs per participant in 2 years post-program⁷

2025
HLCP
Activity



14
Workshops



21
Facilitators



52
Participants



12
Counties

In 2025, **52** people took a HLCP workshop in Wisconsin. The average avoided hospital costs per participant post-intervention is **\$1,072.**^{7*} Therefore, participation in HLCP helps to avoid **\$55,744** in hospital or ED charges.

52 participants **x \$1072*** in avoided hospital costs per person **= \$55,744** avoided costs

MANAGING INCONTINENCE



Annual Cost & Prevalence of Incontinence

1. Patel, 2022; 2. Whitehead, 2010; 3. Wilson, 2001; 4. Subak, 2008; 5. Brown, 2017



Nearly **62%** of adult U.S. women experience **urinary** incontinence.¹ **8%** have **fecal** incontinence.²



The **direct cost** of incontinence is over **\$26 billion*** per year for female incontinence.³ Women spend an average of **\$1,198*** per year to manage incontinence, with women over 65 years paying **2x** as much as those under 65 years.⁴



Only **50%** of women seek help from their healthcare provider for their **urinary** incontinence. Only **30%** seek help for accidental **bowel** leakage.⁵

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a 3-session (every-other-week) evidence-based program proven to decrease bladder incontinence for **71%** of participants and bowel incontinence for **55%**. MOM incorporates information sharing and group activities to teach strategies for preventing or lessening symptoms including simple pelvic floor exercise and dietary changes.

71%

improve bladder symptoms

55%

improve bowel symptoms

2025
MOM
Activity



55

Workshops



27

Facilitators



453

Participants



32

Counties

In 2025, **453** people took a MOM workshop in Wisconsin. Women spend an average of **\$1,198*** per year on incontinence products. With 71% of MOM participants (**322**) improving bladder symptoms and potentially no longer needing incontinence products, that is a potential savings of **\$385,313**.

453 participants X **71%** = **322** improving symptoms X **\$1,198*** = **\$385,313** saved

PROMOTING PHYSICAL ACTIVITY

Annual Cost & Prevalence of Inactivity

1. Harvey, 2013; 2. CDC, 2024; 3. WHO, 2024; 4. Carlson, 2016



67% of older adults are inactive for more than 8.5 hours per day! Less than **14%** of older adults meet both the aerobic and strength components of the Physical Activity Guidelines for Americans.²



Due to physical inactivity, nearly **500 million** people will develop heart disease, diabetes, obesity, or other diseases between 2020-2030, associated with a cost to the U.S. of **\$27 billion**.³



Inactive older adults spend an average of **\$2,015*** more per year on healthcare than those who are at least moderately active.⁴

WIHA disseminates 3 evidence-based programs that address physical inactivity. **Physical Activity for Lifelong Success (PALS)** is a 20-week program that meets 3 days/week and includes a Lifestyle Behavior Change program. PALS helps participants to reach & maintain the Physical Activity Guidelines for Americans. **Stand Up for Your Health (SUP)** is a 4-week program + Refresher that meets 1 day/week and discusses ways to stand up more throughout the day. **Walk with Ease (WWE)** is a 6-week, 3 days/week walking program to improve walking and address arthritis pain.

\$2,015*

annual healthcare savings for non-inactive older adults.⁴

2025
**Active
Programs**



31
Workshops



31
Facilitators



247
Participants



16
Counties

In 2025, **247** people took either a PALS, SUP, or WWE program. On average, people save **\$2,015** per year in healthcare savings from being at least moderately active. Therefore, by participating in one of these programs, an estimated **\$497,705** was saved in healthcare costs.

247 participants **X \$2,015** in annual healthcare savings **\$497,705** total savings