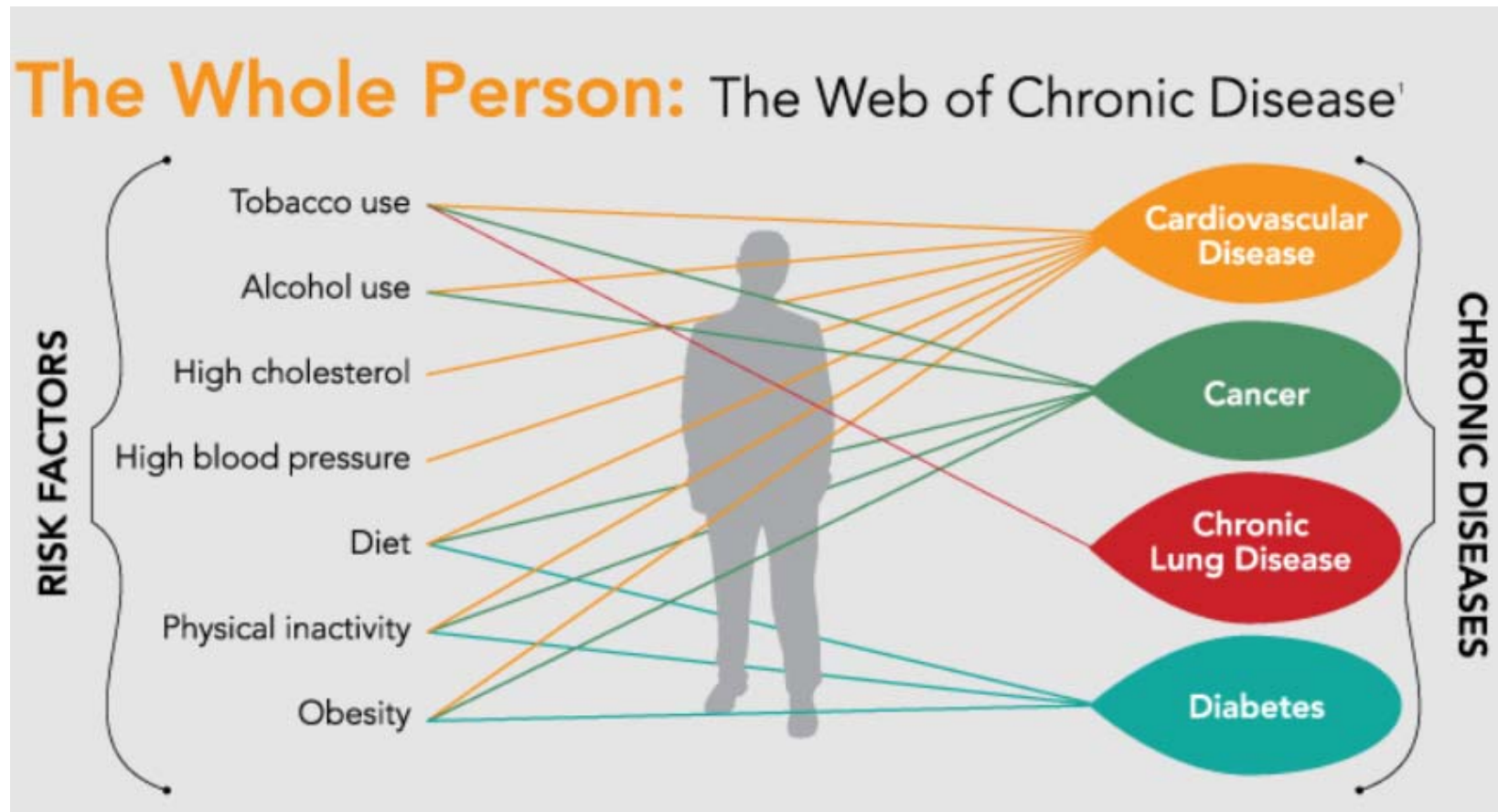


DIABETES PREVENTION AND CONTROL

Nelly Ayala, RN, MSN
Program Manager
October 2015

House Health and Social Services Committee

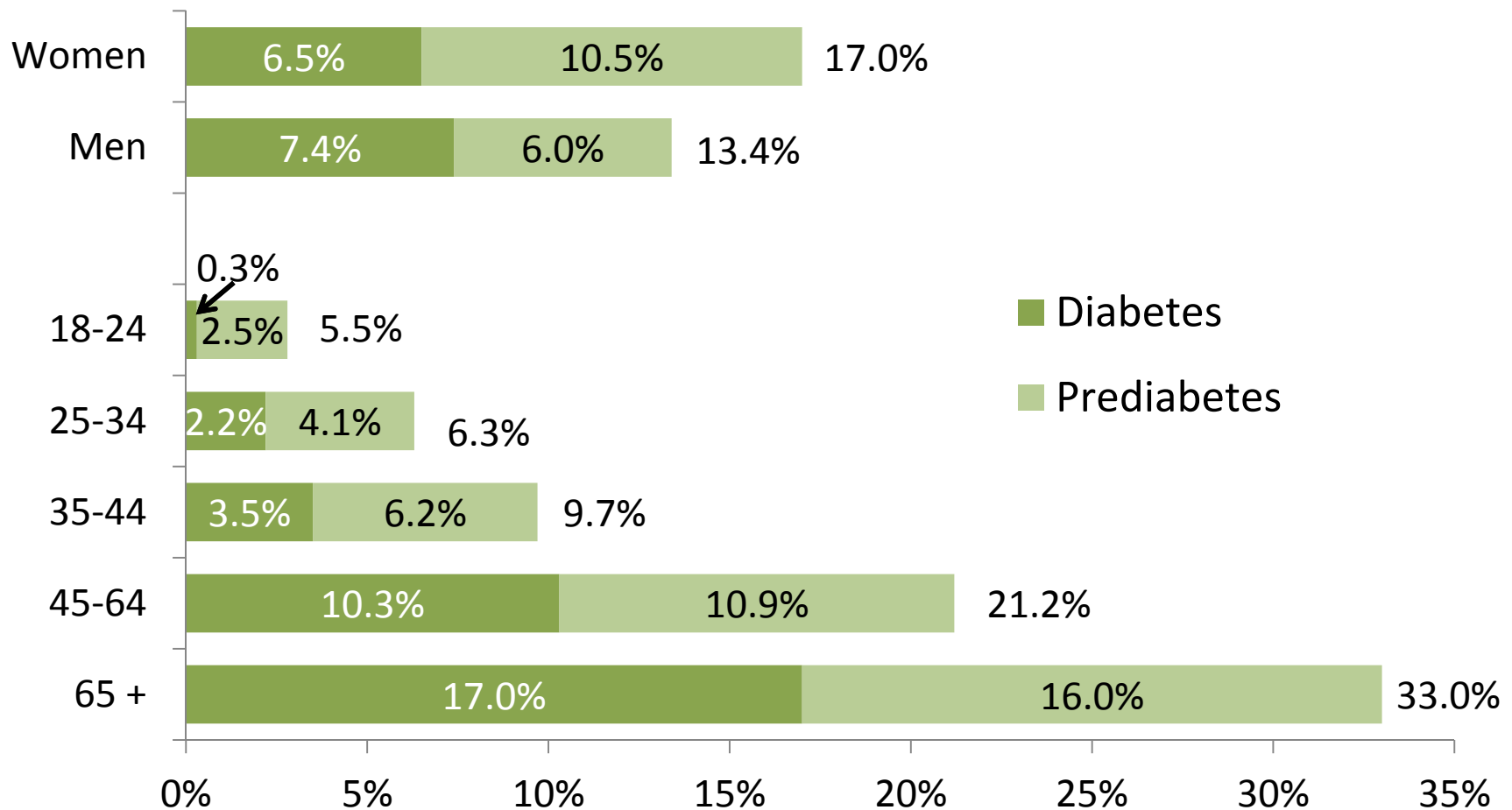
Chronic Disease Prevention & Health Promotion



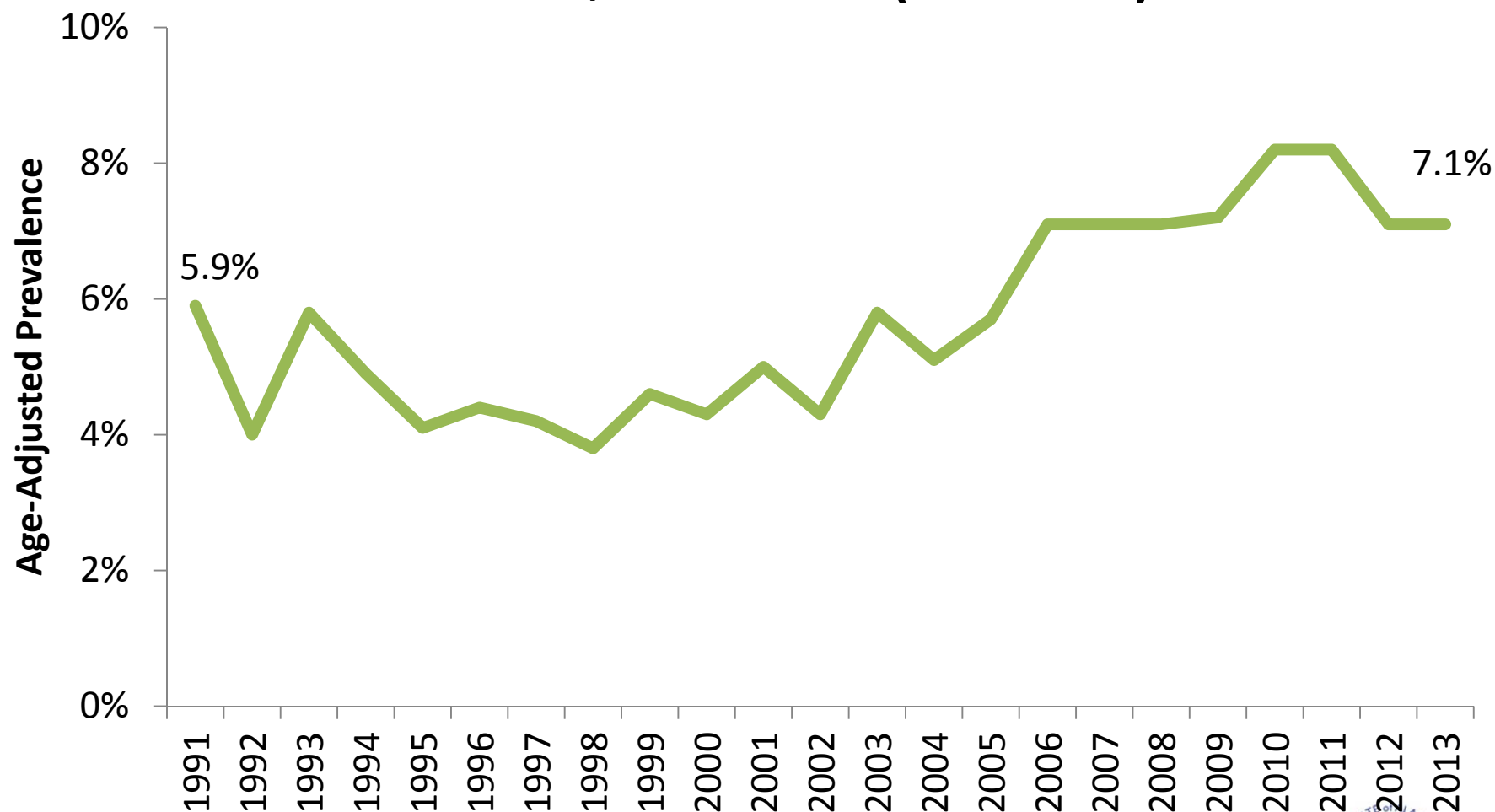
What is Diabetes?

- Diabetes is a problem with your body that causes blood glucose (sugar) to raise higher than normal. Type 2 diabetes is the most common form of diabetes.
- Risk factors:
 - Weight
 - Inactivity
 - Fat distribution
 - Family history
 - Age
 - Race
 - Pre-diabetes
 - Gestational diabetes
 - Polycystic Ovarian Syndrome

Diabetes and Prediabetes Prevalence in Alaska (BRFSS 2013)



Age-Adjusted Diabetes Prevalence in Adults, Alaska (BRFSS)



Cost of Diabetes

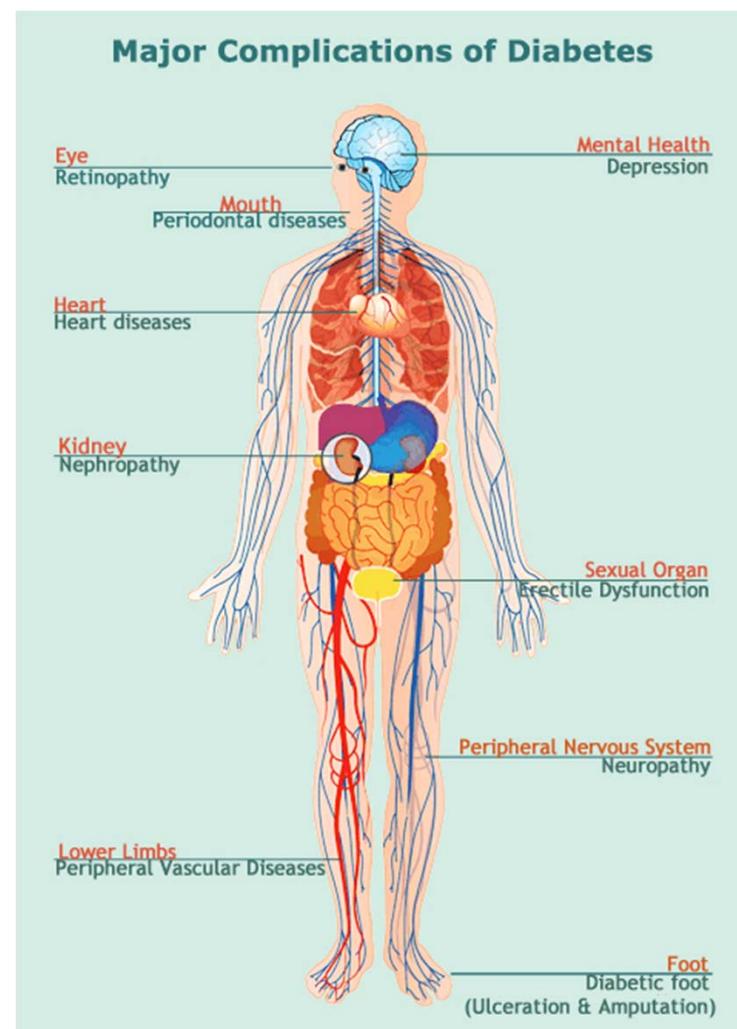
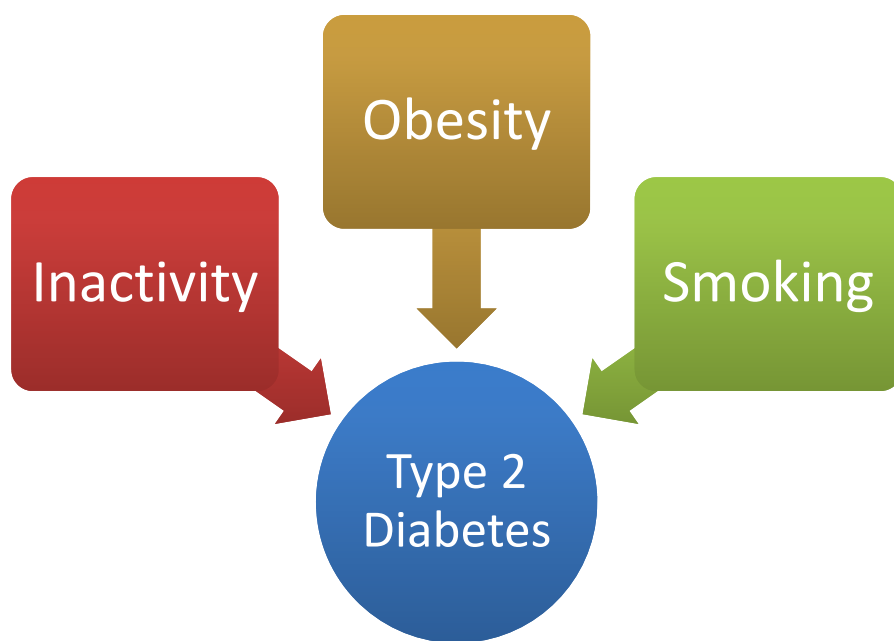
Table 1. The annual cost of care for adults

Year	Group	Diabetic	Non-Diabetic
2010	US Medicaid	\$14,229	\$4,568
2012	US Population	\$13,741	\$5,853

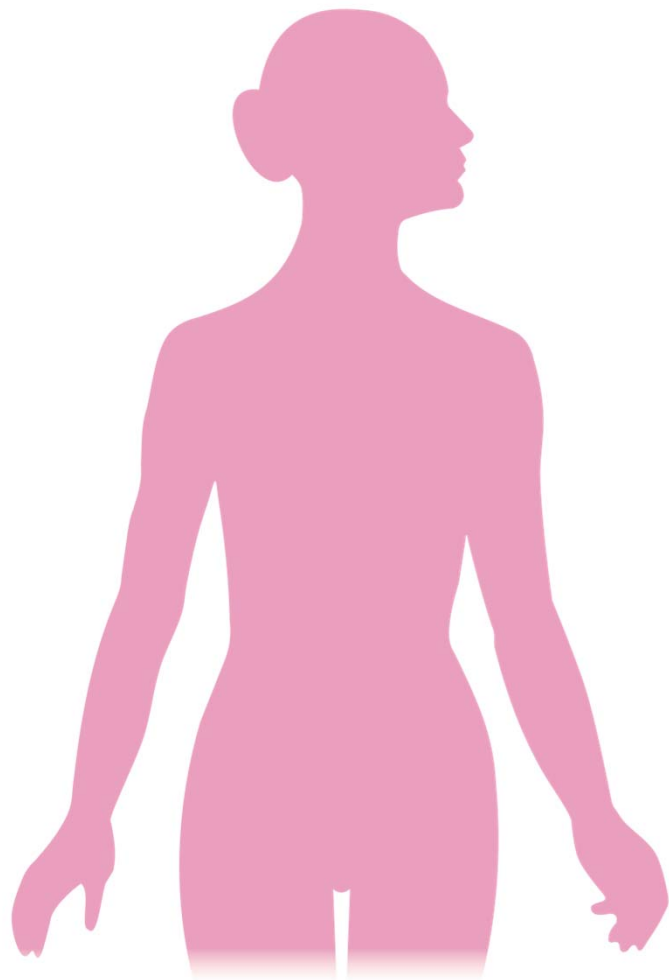
Table 2. Incurred cost of Medicaid beneficiaries
20 years and older in AK

Fiscal Year	Beneficiaries with Diabetes	Incurred cost per diabetic beneficiary	Total cost of diabetic beneficiary
2012	5,938	\$26,468	\$157,167,553
2013	6,078	\$25,940	\$157,670,122
2014	6,296	\$26,310	\$165,655,028

The Key is Prevention



Among Alaska Adults with Diabetes...

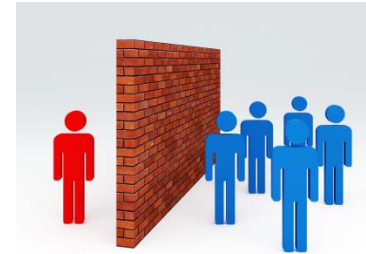


- **19%** smoke
- **30%** are inactive
- **59%** are obese

What is the Diabetes Prevention and Control Program?

- We are a program housed by the Chronic Disease Prevention & Health Promotion Division
- We work alongside the Obesity, Tobacco, Cancer, and Cardiovascular Disease Prevention and Stroke Programs
- The Diabetes Prevention and Control Program focuses on:
 - Type 2 diabetes
 - Adults
 - Access to resources for those who are affected by Type 2 diabetes

Barriers




- Access to healthcare
 - Continuity of care
 - Referrals to community resources
 - Case management at a community level
- Financial barriers
 - Insurance coverage
 - Staffing in programs
 - Cost of implementation, evaluation, and follow-through in programs
 - Cost of effective health communication plans
- Knowledge on impact of chronic disease on overall health
 - A person may have more than one chronic disease
 - The direct relationship between tuberculosis and diabetes, obesity and diabetes, smoking and diabetes
- Education on chronic disease
 - Education on how to self-manage a disease
 - Lack of information on chronic disease

Community-Based Approaches



- Get more people ***screened*** for Diabetes
 - Increasing screening via partnerships with local organizations, including:
 - Alaska Health Fairs Inc. to provide free HbA1C tests
 - Diabetes Lipid Clinic provide free HbA1C tests
 - Providence Outreach Center to inform the public about Alaska Health Fairs
 - YMCA to inform the public about Alaska Health Fairs and provide paper screening tests
 - Alaska Commercial to provide the public with paper screening tests in their store
 - Anchorage Neighborhood Health Centers to include information about screenings in their website and Facebook page
 - American Diabetes Association to get more paper screening tests throughout Alaska and generate more health fairs at new locations

Community-Based Approaches

- Increase ***awareness*** about Diabetes 
 - Work with local organizations to spread the word about diabetes, including:
 - American Diabetes Association
 - Alaska Commercial Stores
 - Alaska Public Media
 - ANTHC Special Diabetes Program for Indians
 - YMCA
 - Faith-based organizations
 - Alaska Primary Care Associates
 - Providence Hospital – Alaska, Oregon, Washington
 - Alaska Regional
 - Migrant Clinic Network
 - Mountain Pacific Quality Health, etc.

Programmatic Approaches

- Self-Management Programs
 - Target audience: Adults who **have or care for someone with a chronic disease**, or want to get informed
 - 6-week programs, meet once a week, in a group setting (10 people or more)
 - Evidenced-based, recommended by 2015 ADA clinical guidelines
 - Goal: To teach individuals the goals necessary to adopt healthy habits
 - Two flavors:
 - Chronic Disease Self-Management Program (CDSMP)
 - Diabetes Self-Management Program (DSME)

Programmatic Approaches

- National Diabetes Prevention Program
 - Target audience: Adults who are **pre-diabetic or at-risk** of diabetes
 - Starting with 16 weeks of weekly meetings, then monthly meetings for up to a year, small group setting (six people or more and up to 13 people), using the online program for support as well as monthly support group meetings
 - On-site: Anchorage, Juneau, Fairbanks and in the near future Seward
 - Online program available

Benefits of DSME

- DSME reduces health complications including: heart disease, stroke, kidney disease, nerve damage, pregnancy complications and eye diseases.
- DSME can sustain successful long-term self-management with ongoing follow-up and support.
- DSME can lower hospitalization rates by 34%.
- DSME has been included in the American Diabetes Association's Standards of Medical Care in Diabetes and Clinical Practice Recommendations, it is noted as a best practice program.

Economic Savings of DSME

- For each diabetic Medicaid beneficiary in Alaska the cost is estimated to be approximately \$26,300.
- If every Medicaid enrolled diabetic in Alaska took at least 1 DSME class, we would have an estimated Medicaid cost savings of **approximately \$6.9 - \$36 million per year**
 - A net \$4 return-on-investment for every \$1 spent.

Pre-Diabetes

NATIONAL DIABETES PREVENTION PROGRAM

TURN AROUND YOUR HEALTH

You **CAN** Prevent Diabetes

Did you know that in 2013, 8.2% of Alaskans were prediabetic? Among Alaska Natives, the prediabetes rate was 10.5%. The number of ALL people affected by prediabetes in Alaska is growing. The rate for ALL Alaskans ages 23-34 in 2013 was 4.1%, for those ages 35-44 was 6.2%, those ages 45-64 was 10.9%, and those over 65 years of age had a rate of 16%. The numbers are growing and it is our time to do something about it. We need to:

Turn Around Our Health! Take Initiative and ACT TODAY!

Sign up for an on-line program to help you change your life, increase your physical activity, and improve your healthy habits. Small changes can have big rewards.

IT IS YOUR LIFE! TURN AROUND YOUR HEALTH!



JOIN THE FIRST
AUTOMATED
INTERVENTION
PROGRAM WITH
PROVEN RESULTS!
AVAILABLE TO YOU
FREE OF CHARGE!

ACT TODAY!

SIGN UP TO: alive.turnaroundhealth.com

PROMO CODE: Alaska2015

This is brought to you by the State of Alaska Diabetes Prevention and Control Program in collaboration with Alaska Health Fairs, Inc.



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Summary Slide

- Self-management programs help empower people and provide them with the tools necessary to take care of their health. The total annual cost of Alaskan diabetic Medicaid beneficiaries is \$165.7 million.
- Diabetes prevention is needed. CDC estimates that by 2050, 1 out of 3 people in the United States will have diabetes.
- People enjoy these services and learn from them. A person from Ketchikan who took a self-management class stated: *"I thoroughly enjoyed participating in this course and came away with a treasure trove of useful information that will serve me in the future."*

Resources

Alaska Diabetes Prevention and Control Program
Chronic Disease Prevention and Health Promotion

Nelly.Ayala@Alaska.gov or diabetes@alaska.gov

To stay informed on diabetes join our listserv: Visit [Http://list.state.ak.us](http://list.state.ak.us) and Join “AKDiabetes”

American Diabetes Association
www.diabetes.org

National Diabetes Education Program
www.ndep.nih.gov

National Diabetes Information Clearinghouse (NDIC)
National Institute of Diabetes and Digestive and Kidney Diseases
www.diabetes.niddk.nih.gov

National Institute on Aging and Information Center
www.nia.nih.gov
www.nia.nih.gov/espanol