DISCLAIMER:
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ECHO Nevada emphasizes patient privacy and asks participants to not share ANY Protected Health Information during ECHO clinics.
DIABETES MANAGEMENT AND PREVENTION PROGRAMS IN NEVADA

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Project Assistant

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Who is the Nevada QTAC

- A neutral organization supporting partners as they develop capacity to deliver evidence-based programs

- The Nevada QTAC seeks to decrease the prevalence of diabetes by collaborating with key members of the community, health care providers, insurance providers and health plans to increase awareness of evidence-based programs

- Our Goal is to improve health outcomes and quality of life of those suffering from diabetes and other chronic illnesses
Our Commitment

- Building awareness about Diabetes and Chronic Disease Education throughout our community
- Reaching health disparity populations
- Reaching persons with disabilities and older adults
- Supporting partners to deliver evidence-based programs
- Building community – clinical linkages
- Ensuring quality program delivery
Evidence-Based Programs

- Stanford Self-Management Programs
  - Chronic Disease Self-Management Program (CDSMP)
  - Tomando Control de su Salud
  - Diabetes Self-Management Program (DSMP)
  - Manejo Personal de la Diabetes (PMPD)
  - Positive Self-Management Program (PSMP- HIV)
  - Cancer Thriving and Surviving Program (CTS)

- National Diabetes Prevention Program

- Powerful Tools for Caregivers
- Kidney Smart
- Stepping On Fall Prevention
- Better Breathers
- Enhance Fitness
- Freedom From Smoking
BURDEN OF DIABETES IN NEVADA
The CDC Estimates

- 1/3 adults have prediabetes
- ½ adults 65+ have prediabetes
- 9 out of 10 do not know they have prediabetes
- 15% - 30% with prediabetes will develop type 2 diabetes within 5 years
Prevalence of Nevada Adults with Diabetes

Source: BRFSS 2005-2015

BRFSS Methodology Change

Source: BRFSS 2005-2015
Diabetes: Urgent Health Problem In the Latino Community

- Nevada’s Hispanic population represents 27.5% of Nevada’s population; and
- Rates of diabetes are almost double those of non-Latino whites.

Economic Burden

• Diabetes imposes a considerable burden on the economy in the form of increased medical costs and indirect costs from reduced labor force participation due to chronic disability, reduced productivity at work and at home, work-related absenteeism, and premature mortality.


# Economic Burden by Diabetes Category - 2012

<table>
<thead>
<tr>
<th></th>
<th>Medical Costs</th>
<th>Indirect Costs</th>
<th>Total Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>DDM</td>
<td>UDM</td>
<td>PDM</td>
</tr>
<tr>
<td>Nevada</td>
<td>$1,359</td>
<td>$194</td>
<td>$364</td>
</tr>
<tr>
<td>Total U.S.</td>
<td>$175,819</td>
<td>$23,433</td>
<td>$43,910</td>
</tr>
</tbody>
</table>

Data reported in millions of dollars.  
DDM - Diagnosed Diabetes Mellitus; UDM - Undiagnosed Diabetes Mellitus; PDM – Prediabetes; GDM – Gestational Diabetes
Health-Related Quality of Life Indicators by Diabetes Status, 2015

Source: BRFSS 2015
LETS TAKE ACTION
NV QTAC Diabetes Programs

- The Nevada Statewide Quality and Technical Assistance Center (QTAC) is the lead organization to execute program implementation, expansion, sustainability of diabetes education programs throughout the State of Nevada by serving as the training center for

- National Diabetes Prevention Program (DPP)

- Stanford Model Diabetes Self-Management Program (DSMP)
University of Nevada, Reno - Diabetes Self Management Education Program

- The University of Nevada, Reno Department of Endocrinology, Wellness, and Weight Management obtained AADE accreditation for Diabetes Self Management Education in July of 2017

- The program utilizes the Chronic Care Management program developed by Dr. Kate Lorig

- This 6 week program is available to patients with diabetes who have not had previous diabetes education

- The next class offering will be in January, 2018
CDC’s National Diabetes Prevention Program

Groups in the National Diabetes Prevention Program are working to:

- Build a workforce that can implement the lifestyle change program effectively
- Ensure quality and standardized reporting
- Deliver the lifestyle change program through organizations nationwide
- Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a lifestyle change program that provides:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support over the course of a year

JOIN IN THIS NATIONAL EFFORT

Everyone can play a part in preventing type 2 diabetes

- Raise awareness of prediabetes
- Share information about the National DPP
- Encourage participation in a local lifestyle change program
- Promote the National DPP as a covered health benefit

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in half.

It brings together:

- Employers
- Health care organizations
- Faith-based organizations
- Government agencies
- Community organizations

to achieve a greater impact on reducing type 2 diabetes.

THE GROWING THREAT OF PREDIABETES

- Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes
- 15–30% of people with prediabetes will develop type 2 diabetes within 5 years

REDUCING THE IMPACT OF DIABETES

Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes.

86 million adults have prediabetes

9 out of 10 people with prediabetes don’t know they have it
CDC’s National Diabetes Prevention Program

- NDPP Provides:
  - CDC approved curriculum
  - A trained lifestyle coach
  - Skills needed to lose weight, be more physically active and manage stress
  - Long term support to sustain behavior change

NDPP Curriculum
- 16 weekly sessions
- 6 monthly follow-up session to help maintain healthy lifestyle changes
DSMP

The Stanford Model

At-a-Glance

<table>
<thead>
<tr>
<th>Social support</th>
<th>Healthy Eating</th>
<th>Offered in convenient community locations</th>
<th>Week Workshop 2.5 hours 1 day per week</th>
<th>Fun, engaging content</th>
<th>Exercise</th>
</tr>
</thead>
</table>

Chronic Disease Self-Management Program

Diabetes Self-Management Program

Through Self-Management Education, patients learn how to manage their condition on a day to day basis, through techniques such as:

- Learning how to break the symptom cycle at specific points
- Effective communication
- Pain and Fatigue Management
- Problem Solving
- Creating Action Plans
- Physical activity/exercise
- Healthy Eating Choices

Through Self-Management Education, participants have learned:

- To take a more active role in their healthcare
- A stronger sense of self-efficacy to manage the condition
- Use of techniques to minimize pain, fatigue, stress
- The benefits of healthy eating and physical activity
- Decrease disability and live happier and healthier lives, without the burden of the chronic condition
- Maximize health and health outcomes, patient satisfaction and minimizes healthcare expenditures
- Effective communication techniques

Nationwide, the Stanford model has received numerous recognitions and endorsements. The National Association of Chronic Disease Directors, with support from the Centers for Disease Control and Prevention, have supported it’s implementation in many state programs.

- According to recent data, these programs have been effective in:
  - Reducing hospital readmission rates by 73%
  - Reducing emergency room visits by 67%
  - Reducing unscheduled physician office by 52% statewide

Workshops are held at various locations throughout the community and facilitated by 2 trained lay leaders

CDSMP/DSMP WORKSHOPS ARE FREE AT MOST SITES

Workshops are available in both English and Spanish

What Can Providers Do To Help?

- Talk to patients about CDSMP/DSMP
- Refer patients to CDSMP/DSMP workshops
- Train your staff in CDSMP/DSMP to offer at your facility
- Introduce CDSMP/DSMP to other physicians

Refer your patients today! Visit www.nvhealthyliving.org to locate and register for a convenient workshop
Impact of Self-Management Education

- Increase efficiency of time spent with physicians during office visits
- Compliments current physician prescribed care / treatment
- Increases compliance with physician orders
- Adds additional layer of care to enhance healing
- Increase self-efficacy in managing condition on a daily basis
- Reduces hospital utilization, ER visits, unscheduled physician visits
- Helps you help your members to be healthier
Partner With Us!

• Talk to community members about DSMP/DPP education available throughout the community

• Refer patients to a DSMP/DPP program

• Train your staff in DSMP/DPP and offer these programs to your members/patients at your location

• Offer DSMP/DPP as a covered benefit
Contact

http://nvhealthyaging.org/

Phone: 702-616-4914
THANK YOU