



North Carolina Diabetes Advisory Council

Joint Legislative Oversight Committee on
Health and Human Services
April 12, 2016

Objectives

To provide an overview on:

- *NC Guide to Diabetes Prevention and Management*
 - Strategies that NC can use to effectively address diabetes and pre-diabetes
- Recent successes



What does diabetes look like and cost in North Carolina?

- In 2013, approximately **9%** of North Carolinians reported having prediabetes.
- In 2012, approximately **10.4%** of North Carolinians were diagnosed with type 1 or type 2 diabetes.
- Diabetes is the 7th leading cause of death



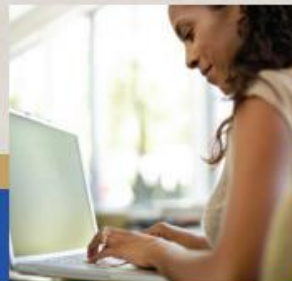
North Carolina Diabetes Advisory Council

North Carolina's Guide to Diabetes Prevention and Management

2015-2020



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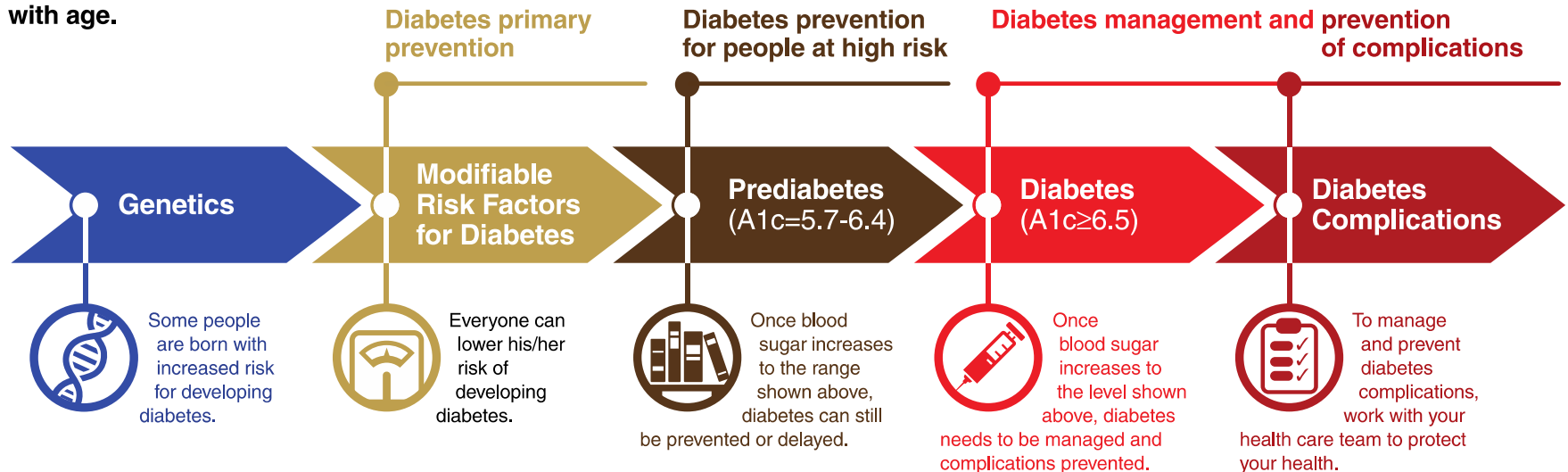


Manage weight | Live tobacco free | Participate in lifestyle change programs | Participate in diabetes education | Adhere to treatment plan | Get adequate sleep

What can individuals do to manage their risk of developing diabetes or of developing complications?

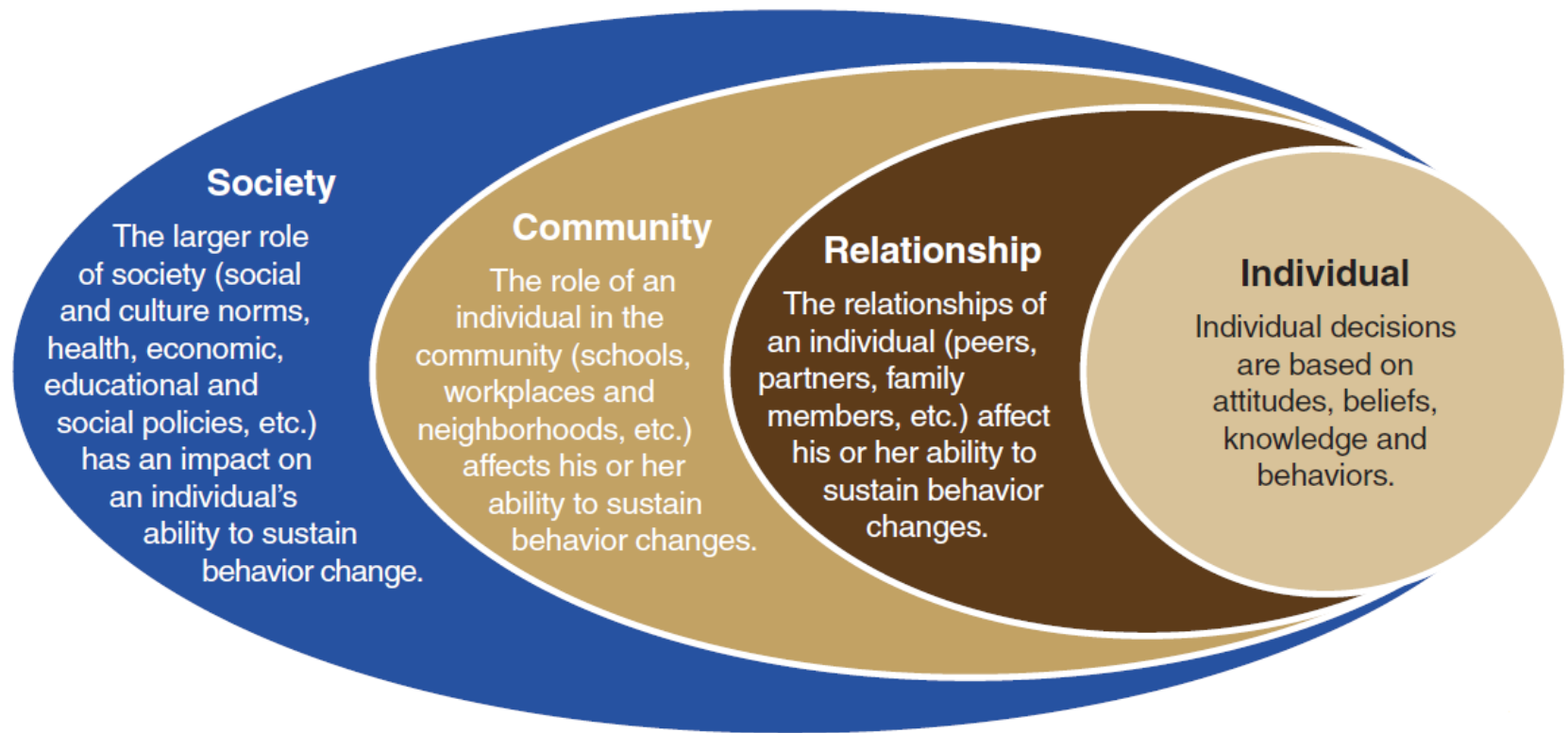
Lifetime Risk Management for Developing and Controlling Type 2 Diabetes

The risk of developing diabetes increases with age.



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Different Levels of Strategies for Reducing Diabetes



Activities for Community Groups (Faith, Non-Profit, Local Government)

Diabetes Primary Prevention	Diabetes Prevention for People at High Risk	Diabetes Management and Prevention of Complications
<p>To help manage weight and/or follow healthy eating guidelines</p> <ol style="list-style-type: none"> 1. Offer free or low-cost community classes on eating healthy on a budget 2. Ask local employers to work with food vendors who source locally 	<p>To help manage weight and/or participate in regular physical activity</p> <ol style="list-style-type: none"> 1. Establish walking clubs that continue after participating in diabetes prevention programs <p>To help participation in diabetes prevention education programs</p> <ol style="list-style-type: none"> 1. Partner with a sponsoring agency such as a local health department to offer diabetes prevention programs in your congregation or community center 	<p>To help participation in individual and/or group self-management education programs</p> <ol style="list-style-type: none"> 1. Partner with a sponsoring agency to become an expansion site to deliver Diabetes Self-Management Education <p>To help adherence to personalized diabetes treatment plans</p> <ol style="list-style-type: none"> 1. Raise funds for Safety Net Providers to help them offset the cost of medications and supplies for people with diabetes



Activities for Health Care Providers

Diabetes Primary Prevention

To help manage weight and/or participate in regular physical activity

1. Advocate for walkable communities
2. Refer patients who need to lose weight to Eat Smart, Move More, Weigh Less

To help live tobacco free

1. Refer patients to the Quitline

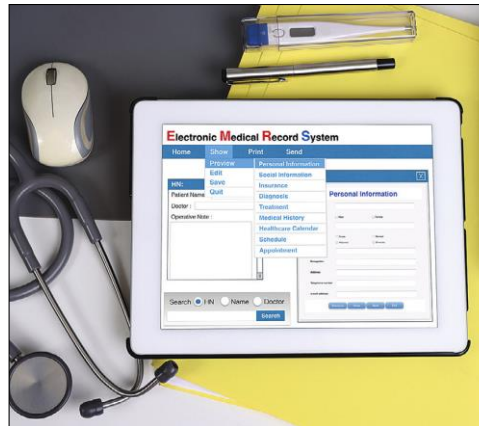
To promote adequate sleep

1. Ask patients about the quantity and quality of their sleep and advise accordingly

Diabetes Prevention for People at High Risk

To help participation in diabetes prevention education programs

1. Refer patients to diabetes prevention programs and build it into the electronic health record



Diabetes Management and Prevention of Complications

To help participation in individual and/or group self-management education programs

1. Establish a professional relationship with hospital transition coordinators to ensure that they know about self-management education and support groups and that they will include this information with discharge paperwork

To help adherence to personalized diabetes treatment plans

1. Develop standing orders for diabetes screening
2. Follow the USPTFS screening recommendations and build it into the practice electronic health record



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Activities for Employers

Diabetes Primary Prevention	Diabetes Prevention for People at High Risk	Diabetes Management and Prevention of Complications
<p>To help manage weight and/or follow healthy eating guidelines</p> <ol style="list-style-type: none"> 1. Post nutrition information in cafeterias <p>To help manage weight and/or participate in regular physical activity</p> <ol style="list-style-type: none"> 1. Subsidize gym memberships <p>To help live tobacco free</p> <ol style="list-style-type: none"> 1. Connect with Quitline and smoking cessation opportunities 	<p>To help participation in diabetes prevention education programs/CDC recognized lifestyle change programs</p> <ol style="list-style-type: none"> 1. Offer diabetes prevention programs as a covered benefit 2. Partner with a diabetes prevention program to offer classes at work 	<p>To help participation in individual and/or group self-management education programs</p> <ol style="list-style-type: none"> 1. Partner with local public health to offer recognized Diabetes Self-Management Education at work <p>To help adherence to personalized diabetes treatment plans</p> <ol style="list-style-type: none"> 1. Allow employees time off for diabetes screening



Measuring Progress

- North Carolina's Guide to Diabetes Prevention and Management will be monitored annually by the North Carolina Diabetes Advisory Council (DAC).
- The DAC serves as a professional resource for the NC Division of Public Health.



Successes

- National Diabetes Prevention Program (DPP) will be reimbursed by Medicare 2017
 - US DHHS announced 3/16
- The NC State Health Plan for Teachers and State Employees will be offering DPP as a benefit
 - June 1, 2016





North Carolina Diabetes Advisory Council

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www.diabetesnc.com

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Diabetes NORTH CAROLINA

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This site is a tool for North Carolina citizens and providers to reduce the impact of diabetes through leadership, education, communication and community involvement. Its vision is to achieve a healthier and more productive state by reducing the number of North Carolinians who develop diabetes by targeting the risk factors for diabetes through community, clinical and institutional cooperation.

Diabetes Self-Management Education (DSME) Programs Affiliated with Local Public Health in North Carolina



Diabetes Prevention Programs in North Carolina



News

▶ [March 22nd is Diabetes Alert Day](#)

