

# 2009 Idaho Diabetes Prevention and Control Program Update



## Background

Since 1994, the Centers for Disease Control and Prevention (CDC), Division of Diabetes, has funded the Diabetes Prevention and Control Program (DPCP) to address the public health impact of diabetes in Idaho. Current CDC funding is \$330,219 or \$4.00 per person with diabetes which is not nearly enough to prevent and control the complications of diabetes. Nevertheless, much work is accomplished because of DPCP partners, who provide services and care at the organizational and community level.

## DPCP Program Focus

- Prevent diabetes
- Prevent complications, disabilities, and burden associated with diabetes
- Eliminate diabetes-related health disparities

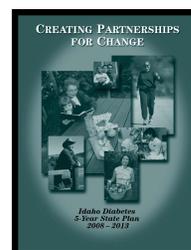
## Idaho Data

- The cost to treat diabetes in Idaho is estimated to be \$433,700,00 or \$9,228 per person. (2007 American Diabetes Association)
- Since 1997, the percent of adults with diabetes over 18 years has increased from 4.0% to 7.0%.
- In 2008, 76,000 adults reported having diabetes.
- The average age of diabetes diagnosis in 2008, was 51 years.
- One in five people over 65 years old have diabetes.
- People who have diabetes are more likely to be overweight or obese (84%), have higher blood pressure (64%), and cholesterol (62%) than people without diabetes. (Behavioral Risk Factor Surveillance Survey, 2006, 2008)

## Projects, Accomplishments, Highlights

### Idaho Diabetes 5-Year State Plan 2008-2013 – A Project of the Diabetes Alliance of Idaho (DAI)

- **Goal: Quality of Care:** The Diabetes Initiative Work Group (DIWG) has defined and adopted Clinical Practice Guidelines 2009 to promote quality diabetes care in Idaho. The guidelines are based on those established by the American Diabetes Association 2009 and will be reviewed and updated annually. [www.diabetes.org](http://www.diabetes.org)
- **Goal: Access to Care:** The DPCP, local public Health Districts, and Boise State University senior leadership nursing students are conducting an assessment of medical and community resources throughout Idaho that will help link people to better diabetes care and services. The assessment will result in a web-based Idaho Diabetes Resource Guide that will be updated periodically and evaluated for effectiveness.



### Idaho Primary Care Association (IPCA) and Federally Qualified Health Clinics (FQHC)

- **Professional Education:** Over the past four years the DPCP has partnered with IPCA and has funded professional education programs on diabetes care and management for FQHC staff. Certified diabetes educators from local diabetes self-management education programs provide the training. Over 100 FQHC staff have been trained resulting in more skilled clinic staff to provide quality care.
- **Chronic Care Model - Patient Centered Medical Home:** DPCP grants worth \$56,000 have been awarded to Glens Ferry Health Center, Glens Ferry, and Family Health Services, Twin Falls, for an 18-month project to expand their diabetes program capacity to improve clinical outcomes, help patients improve self-management, and establish team diabetes care. Combined, these two IPCA clinics reach approximately 1,400 patients with diabetes.

## Partners

- American Heart Association
- Area Agencies on Aging
- Blue Cross of Idaho
- Boise State University
- Bureau of Vital Records and Health Statistics
- Certified Diabetes Educators
- Clinics
- Dental Professionals
- Diabetes Education Centers
- Eye Care Professionals
- Hospitals
- Idaho Commission for the Blind
- Idaho Physical Activity and Nutrition Program
- Idaho Tribes
- Idaho State University
- Idaho Primary Care Association
- Lions Club
- Local Public Health Districts
- Medicaid
- Mountain States Group
- Qualis
- Pharmaceutical Companies
- Physicians Groups
- Podiatrists
- State Office of Rural Health and Primary Care
- Tobacco Prevention and Control Program
- University of Idaho



The Alliance works to improve access to quality health care, increase awareness and support through education, promote the prevention of diabetes and reduce the diabetes-related complications for those challenged with diabetes in Idaho. The DAI is currently facilitated by the DPCP.

## Prevent Diabetic Eye Disease

Recognizing that only 60% of people in Idaho with diabetes report having an annual eye exam, the DPCP worked with the public health districts (PHDs), eye specialists, diabetes educators, patients, and the DIWG to develop the Eye Referral and Report Form and health promotion materials for patients on the importance of having an annual eye exam.

## Public Health District Diabetes Programs - Working Locally

Idaho's seven PHDs receive \$116,550 of DPCP funding to develop partnership networks that work on special projects within the DPCP focus areas and the State Plan.

**P**anhandle: University of Idaho Kootenai County Extension partners with the PHD to provide the Healthy Eating with Diabetes free classes to approximately 100 people annually.

**N**orthcentral: The Snake River Community Clinic (SRCC) works with the PHD to provide community workshops for people with diabetes to improve self-management. The PHD links local ophthalmologists and optometrists to the SRCC to ensure people are receiving an annual eye exam.

**S**outhwest District Health: The PHD provided a community diabetes event that brought together ophthalmologists from Saltzer Medical Group, medical staff from Terry Reilly Health Center, and other health professionals to provide preventive care to 68 people in Nampa and Caldwell.

**C**entral District Health: The Garden City Community Clinic partners with the PHD and BSU Nursing students to provide a Living Well Day for 29 low-income patients with diabetes to provide comprehensive assessment and education.

**S**outhcentral District Health: The Magic Valley Diabetes Coalition supports the annual free "Head To Toe" clinics in small rural communities such as Burley, Fairfield, and Jerome. These mobile clinics, provided in the Lions Club Sight and Hearing van, help people with diabetes receive retinal eye exams, foot exams, A1c testing, flu shots, and nutrition information by volunteer specialists. Over 125 people were served in 2009.

**S**outheastern District Health: Working with 38 Idaho State University nursing students, a podiatrist, and the Area Agency on Aging, the PHD facilitated foot screenings in seven rural communities to 145 seniors with diabetes. The seniors learned self-foot care techniques and the importance of daily self-foot checks.

**E**astern Public Health District: To help people in the community manage diabetes, the PHD is sponsoring a Healthy Living Community Workshop with presentations focusing on healthy eating, understanding diabetes, and stress management.



## National Diabetes Education Program (NDEP)

[www.yourdiabetesinfo.org](http://www.yourdiabetesinfo.org)

Small Steps Big Reward, Get Real Campaign: During May and June 2009, the DPCP aired this prime time, 30 second PSA on diabetes prevention promoting weight loss, healthy eating, and physical activity. The DPCP partnered with the Idaho CareLine to send pedometers to viewers who called for more information. Evaluation results showed that people stated they were most likely to increase their fruits, vegetables, and whole grains and walk more.

## Program Integration

The DPCP will develop collaborative projects with the Heart Disease and Stroke Prevention, Idaho Oral Health, Idaho Physical Activity and Nutrition, and Tobacco Control and Prevention programs within the Bureau of Community and Environmental Health.

### Contact Information

Idaho Diabetes Prevention and Control Program  
Bureau of Community and Environmental Health  
450 W State Street, 6th floor  
Boise, ID 83702  
Fax 208-334-6573  
[www.diabetes.idaho.org](http://www.diabetes.idaho.org)

### Program Staff

**Mimi Hartman-Cunningham MA, RD, CDE**  
Program Manager  
208-334-4928  
HartmanM@dhw.idaho.gov

**Nicole Runner**  
Sr. Health Education Specialist  
208-334-0648  
RunnerN@dhw.idaho.gov

**Lorrie Byerly**  
Administrative Assistant  
208-334-5927  
ByerlyL@dhw.idaho.gov

