



Georgia Department of Public Health

Pre-Diabetes: How to Delay the Progression to Diabetes



Presentation to: Georgia Healthcare Professionals
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We Protect Lives.



Georgia Diabetes Prevention and Control Program



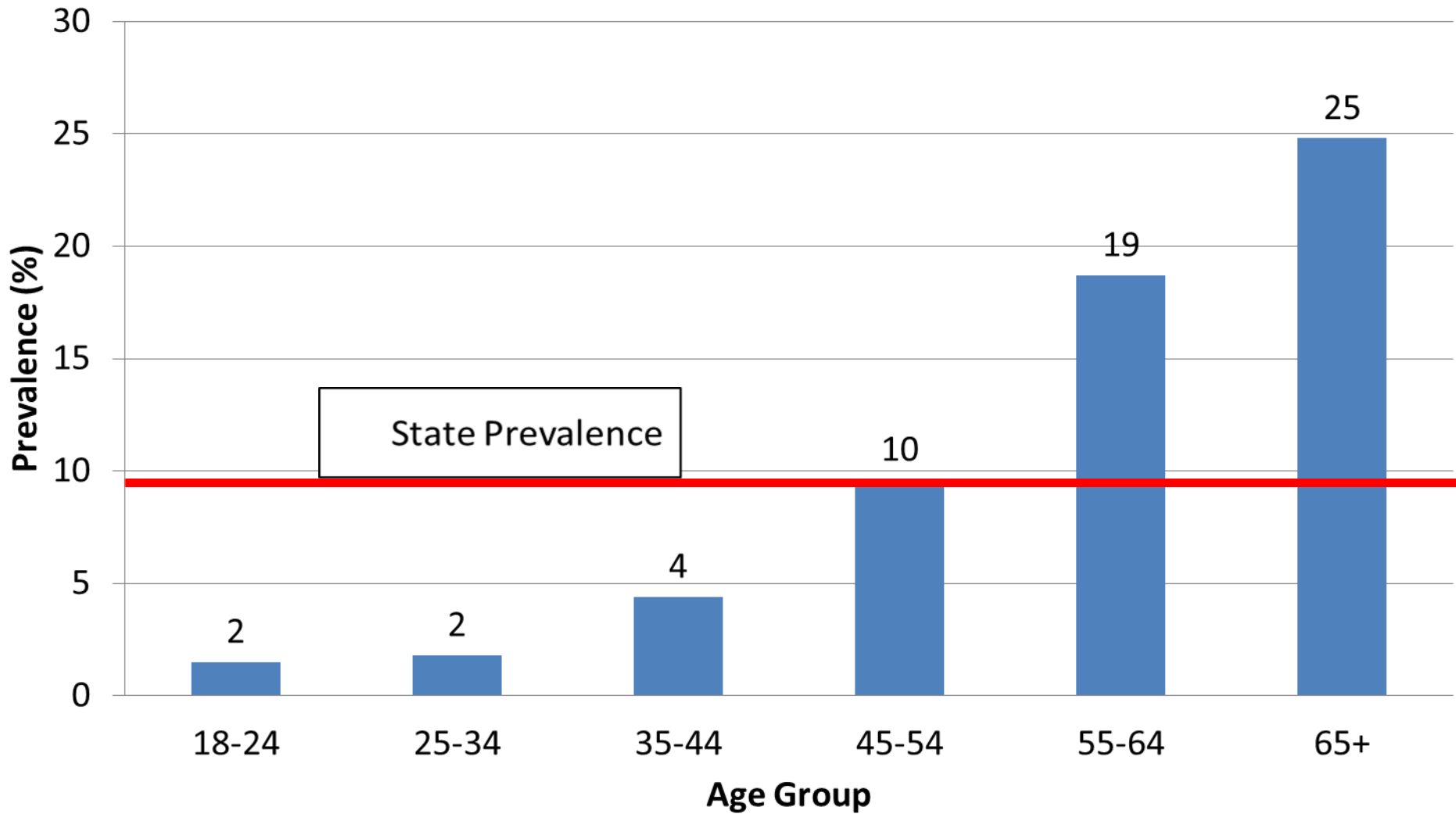
Mission

Protecting and preserving the eyes, hearts, kidneys and feet of Georgians living well with diabetes, prediabetes, and gestational diabetes.

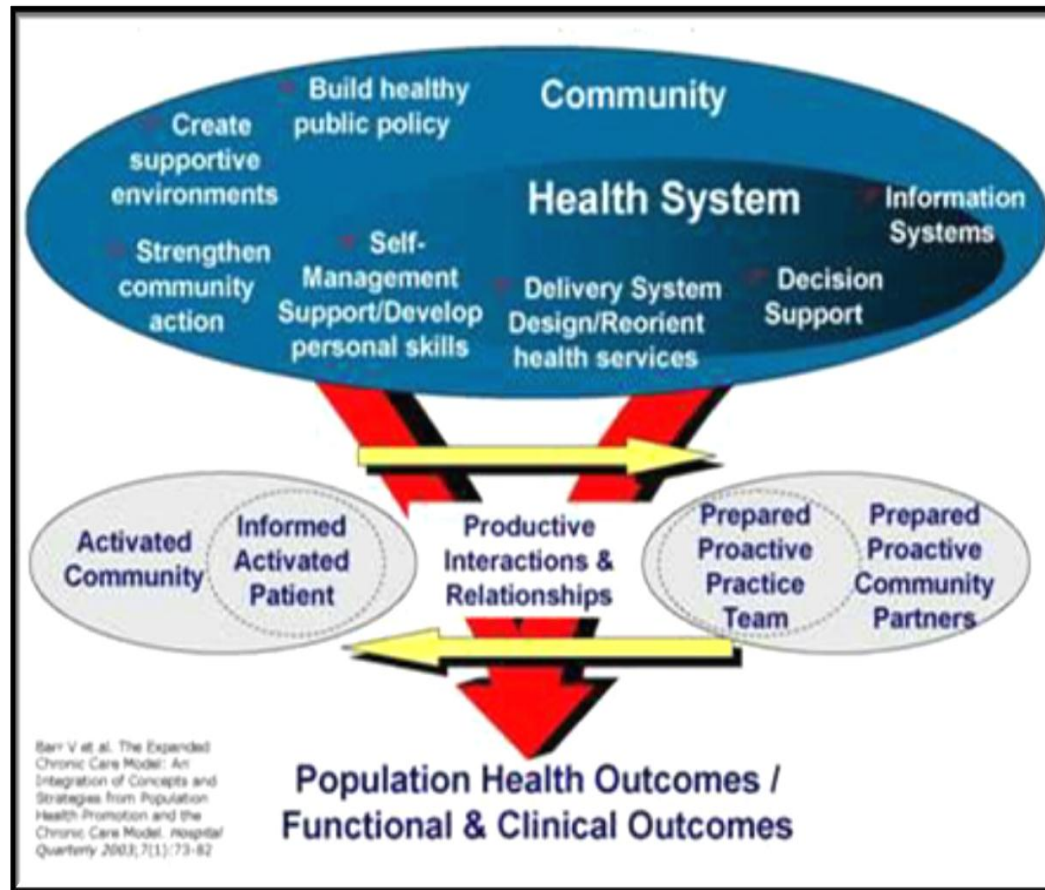
Vision

Georgians living well, free of diabetes and its complications, with increased access to quality-oriented diabetes care and healthier options where they live, work, play and learn.

Figure 1. Prevalence of Diabetes among Adults 18 years and older by Age Group, Georgia, 2011



Expanded Chronic Care Model



Elimination of health disparities related to diabetes prevalence, disability, morbidity and mortality.

Relevant Healthy People 2020 Objectives: Diabetes (D)

D (Diabetes)-16

Increase prevention behaviors in persons at “high” risk for diabetes who are diagnosed with prediabetes.

D (Diabetes)-16.1

Increase the proportion of persons at “high” risk for diabetes who are diagnosed with prediabetes who report increasing their levels of physical activity.

D (Diabetes)-16.2

Increase the proportion of persons at “high” risk for diabetes who are diagnosed with prediabetes who report that they are trying to lose weight.

Teachable Moments: Identifying Additional Opportunities for Patient Engagement

Prediabetes Diagnosis

Every Visit

Maintain Recommended Testing

Assess Medication Compliance

Manage Co-morbid Conditions

Assess for Tx & Referral Challenges

Every Visit

Family History-Medical

Reduce Lifestyle Risk Factors

Patient History-Medical

Review Plan of Care (POC) Goals



NWS (Nutrition and Weight Status)-6

Increase proportion of physician office visits that include counseling or education related to nutrition or weight.

Additional Resources

Diabetes is a serious and costly disease that affects both genders and crosses cultural, sociodemographic, and geographical boundaries.

In 2012, approximately 9.9%, or 734,800, Georgia adults were diagnosed with diabetes.¹¹



2013 Diabetes Self-Management Report



Diabetes-Related Complications among Older Adults

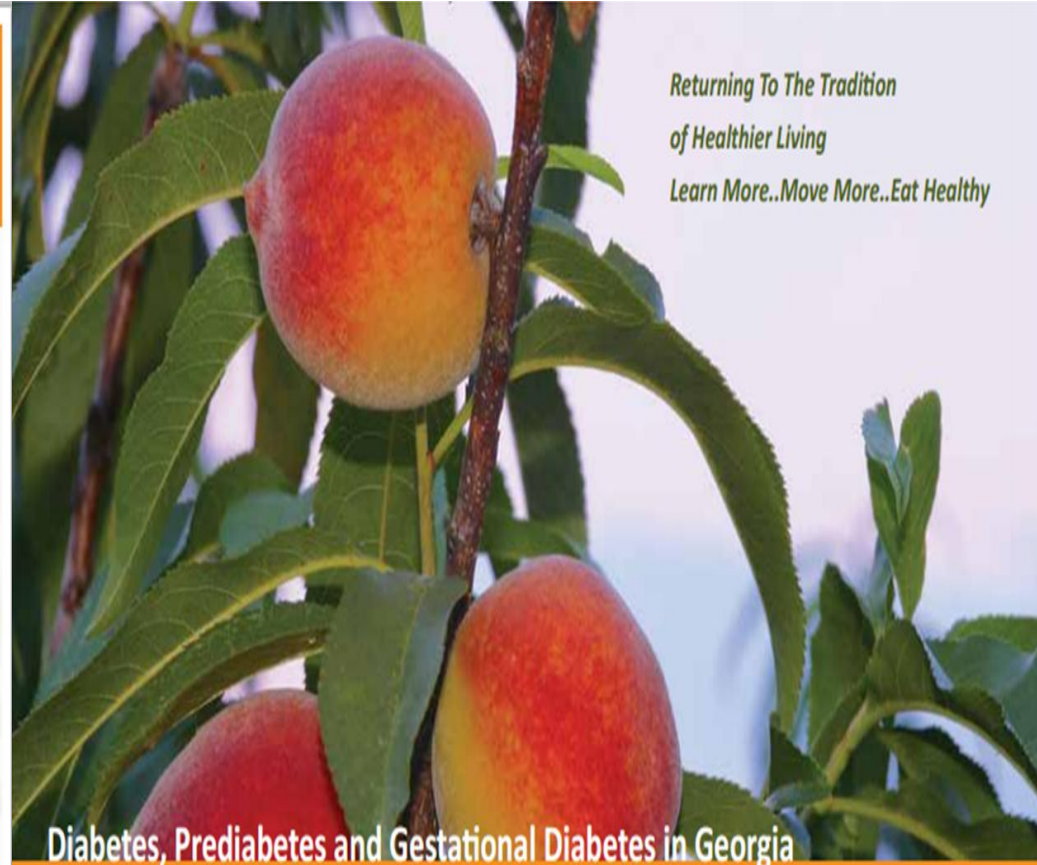
Nationally, older adults with diabetes have the highest rates of major lower-extremity amputation, visual impairment, end-stage renal (kidney) disease and heart conditions such as myocardial infarction (MI) of any age-group.¹⁷ Normal aging and diabetes, and conditions such as functional and cognitive impairments that impair function are associated with a higher risk of falls and fractures. A potential cause of functional impairment in diabetes may include interaction between coexisting medical conditions, peripheral neuropathy, vision and hearing difficulty, and gait (walking) and balance problems.¹⁷

Moreover, peripheral neuropathy, present in 50–70% of older patients with diabetes, increases the risk of postural instability, balance problems, and muscle atrophy, limiting physical activity and increasing the risk of falls.¹⁷ Older adults are at high risk for the development of type 2 diabetes due to the combined effects of increasing insulin resistance and other impaired functions associated with aging.¹⁷

Additional Resources

2014 Georgia Diabetes Community Resource Guide

*Featuring Diabetes and Chronic Disease
Self-Management Education Programs, Care and
Support Resources For Georgians with Diabetes,
Prediabetes and Gestational Diabetes Mellitus (GDM)*



*Returning To The Tradition
of Healthier Living
Learn More..Move More..Eat Healthy*

Diabetes, Prediabetes and Gestational Diabetes in Georgia

This Georgia Diabetes Community Resource guide provides a general listing of services and resources for Georgians diagnosed with diabetes, prediabetes (also known as borderline diabetes) or gestational diabetes mellitus (GDM), their loved ones as well as healthcare and public health professionals providing care and support to them.

Prepared by: Georgia Diabetes Prevention and Control Program

We Protect Lives.



Upcoming Opportunities
for Georgia's
Healthcare & Public
Health Professionals

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Georgia Diabetes Self-
Management Education
(DSME) Learning &
Sustainability
Network

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Scholarships:

Certified Diabetes Educators (CDE)- Exam Fee for clinicians (*including pharmacists*)

Medication Therapy Management (MTM) Certificate Training Program for Registered Pharmacists



ADA Recommendations (2014):

Refer patients with prediabetes to an ongoing lifestyle change or self-management program with follow-up counseling.



Georgia Diabetes Prevention Program (DPP) Learning & Sustainability Network



Scholarships:

Diabetes Prevention
Program (DPP) Lifestyle
Coach

Diabetes Prevention
Program (DPP) Master
Trainer (Select)

Prediabetes: Additional Resources

For Organizations: National Diabetes Prevention Recognition Program (DPRP)

<http://www.cdc.gov/diabetes/prevention/recognition/>

For Professionals: Diabetes Prevention Program (DPP) Lifestyle Coach Training (English/Spanish)

http://www.tacenters.emory.edu/focus_areas/diabetes/lifestyle_coach_training.html

For Professionals: Diabetes Prevention Program (DPP) Master Trainer (Select) Program:

http://www.tacenters.emory.edu/news_events/news/MasterTrainerInstitute.html

Medicare Diabetes Screening Project:

<http://www.screenfordiabetes.org/>

Contact Information

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2014 Georgia Diabetes Community Resource Guide
2013 Georgia Diabetes Self-Management Report and other reports
Diabetes Prevention and Management Resources
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