



**Georgia Department of Public Health**

# How Diabetes Education & the 7 AADE Self-Care Behaviors are Delivered in Community Programs?



Presentation to: Healthcare/Public Health  
Presented by: Dwana "Dee" Calhoun, MS, CHES  
Date: Health Systems Project Director  
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# Georgia Diabetes Prevention and Control Program



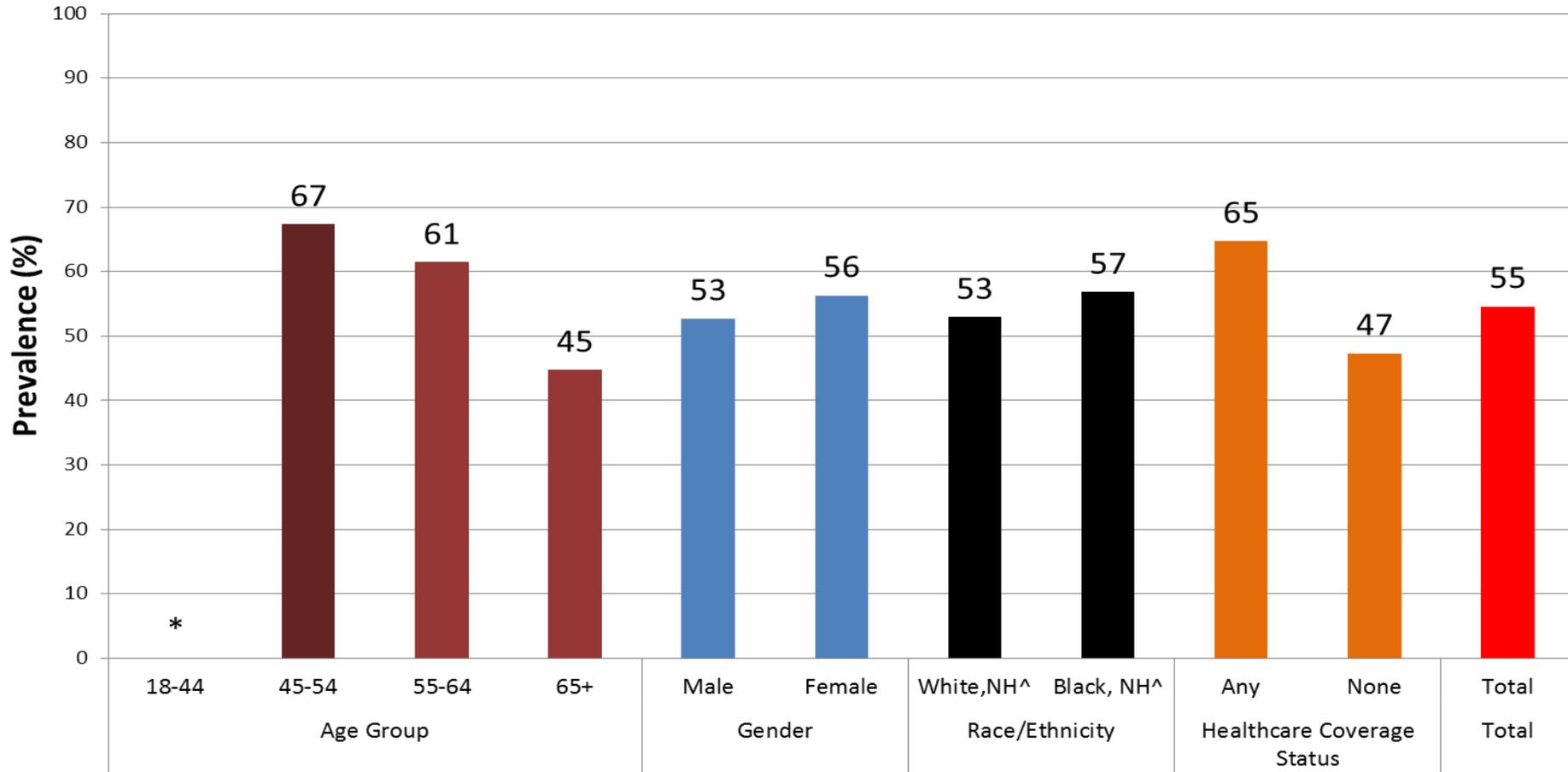
## **Mission**

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 Formal Diabetes Education among Adult with Diabetes by Demographic and Healthcare Coverage Status, Georgia, 2012



\* Sample Size too small to produce reliable estimates

^Non-Hispanic

Data Source: Behavioral Risk Factor Surveillance System (2012)

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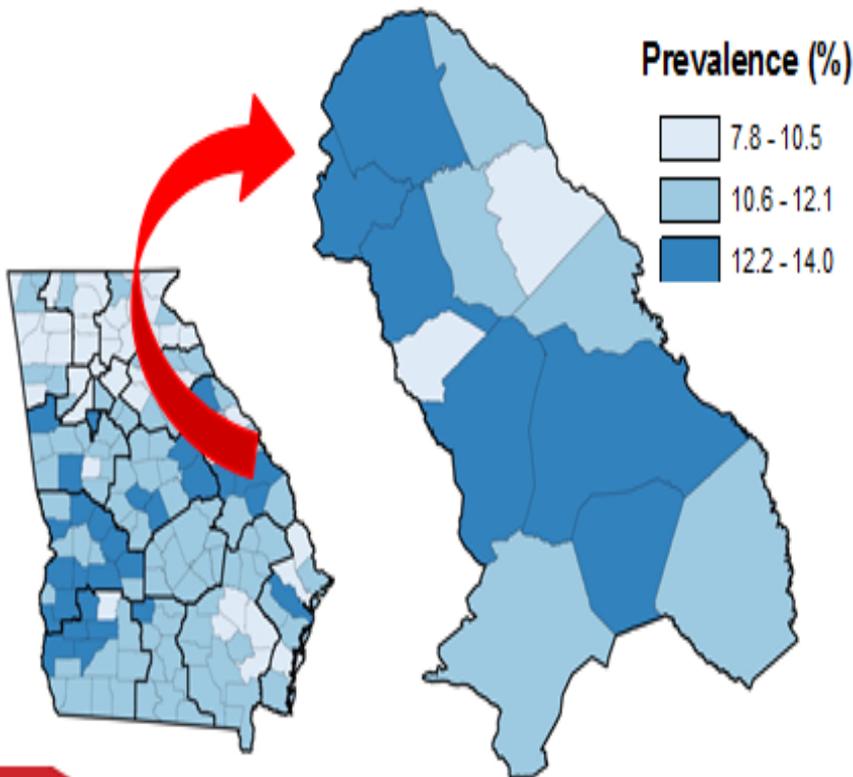


*Essential Services of  
Public Health (3)  
Inform, Educate, and  
Empower People About  
Health Issues  
&  
Essential Services of  
Public Health (7)  
Link People to Needed  
Personal Health Services  
and Assure the Provision  
of Healthcare (When  
Otherwise Unavailable)*

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# Opportunity: Increase DSME Program Access

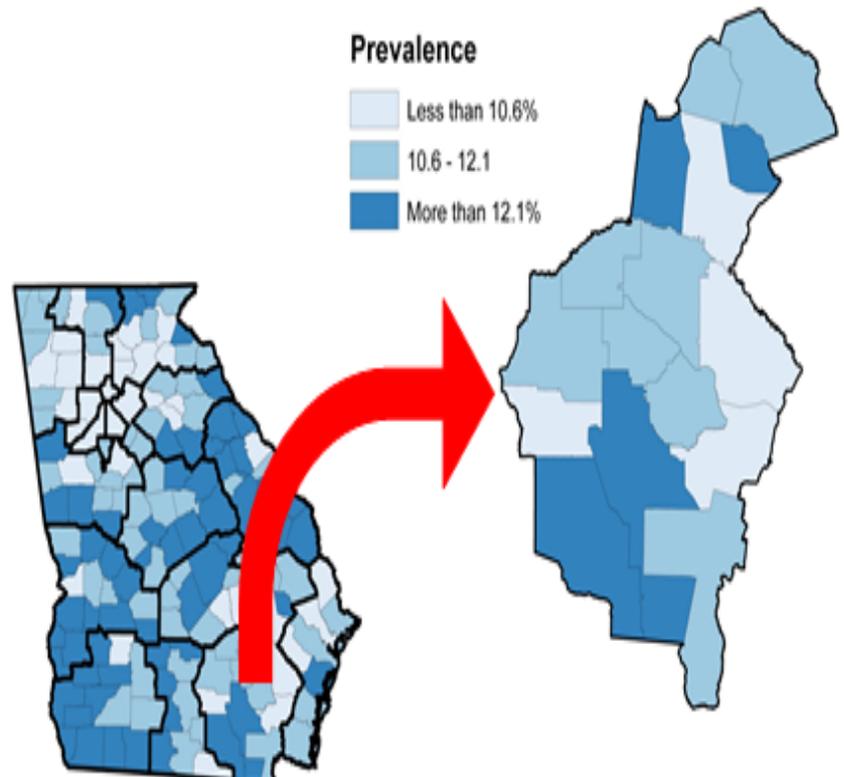
## Prevalence of Diabetes among Augusta Adults by County, 2008-2010



Data Source: The Centers for Disease Control and Prevention:  
[http://www.cdc.gov/DDO1\\_STRS2/County/PrevalenceData.aspx?mode=DBT](http://www.cdc.gov/DDO1_STRS2/County/PrevalenceData.aspx?mode=DBT)

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## Prevalence of Diabetes among Waycross Adults by County, 2008-2010



Data Source: The Centers for Disease Control and Prevention:  
[http://www.cdc.gov/DDO1\\_STRS2/County/PrevalenceData.aspx?mode=DBT](http://www.cdc.gov/DDO1_STRS2/County/PrevalenceData.aspx?mode=DBT)

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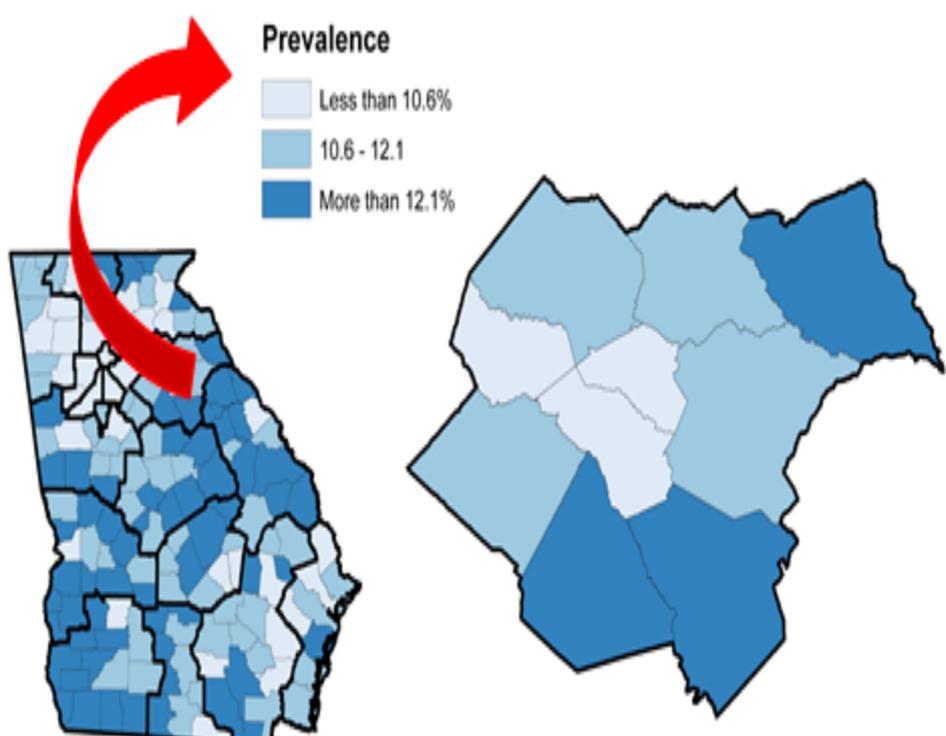
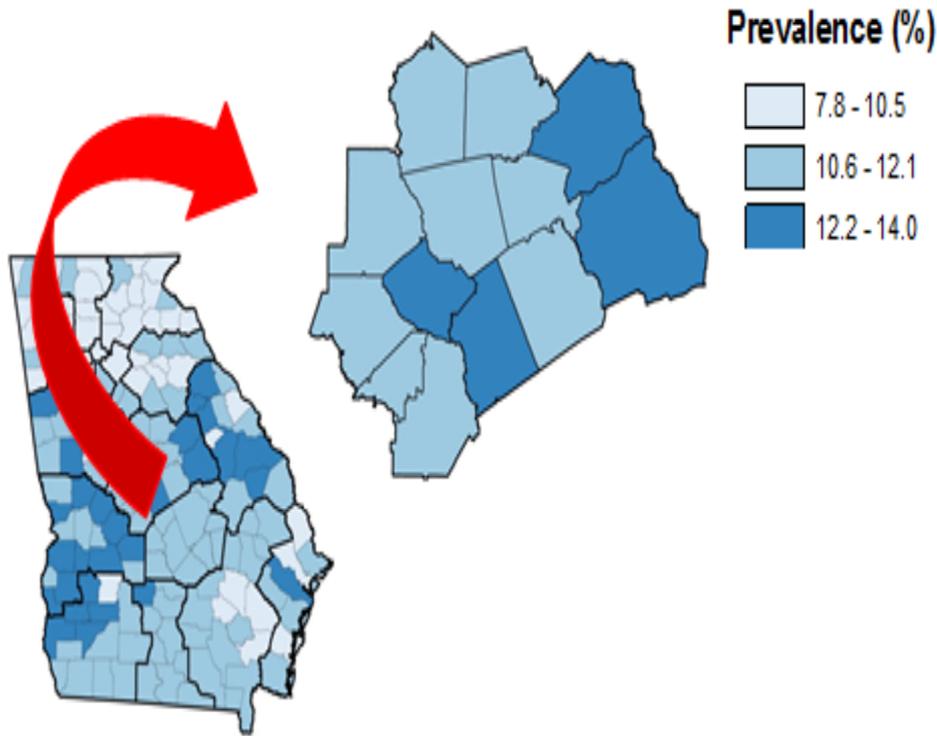
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# Opportunity:

## Increase DSME Program Access

### Prevalence of Diabetes among Macon Adults by County, 2008-2010

### Prevalence of Diabetes among Athens Adults by County, 2008-2010



Data Source: The Centers for Disease Control and Prevention:  
[http://www.ncsdc.cdc.gov/DOE\\_STRS2/County/PrevalenceData.aspx?mode=DBT](http://www.ncsdc.cdc.gov/DOE_STRS2/County/PrevalenceData.aspx?mode=DBT)

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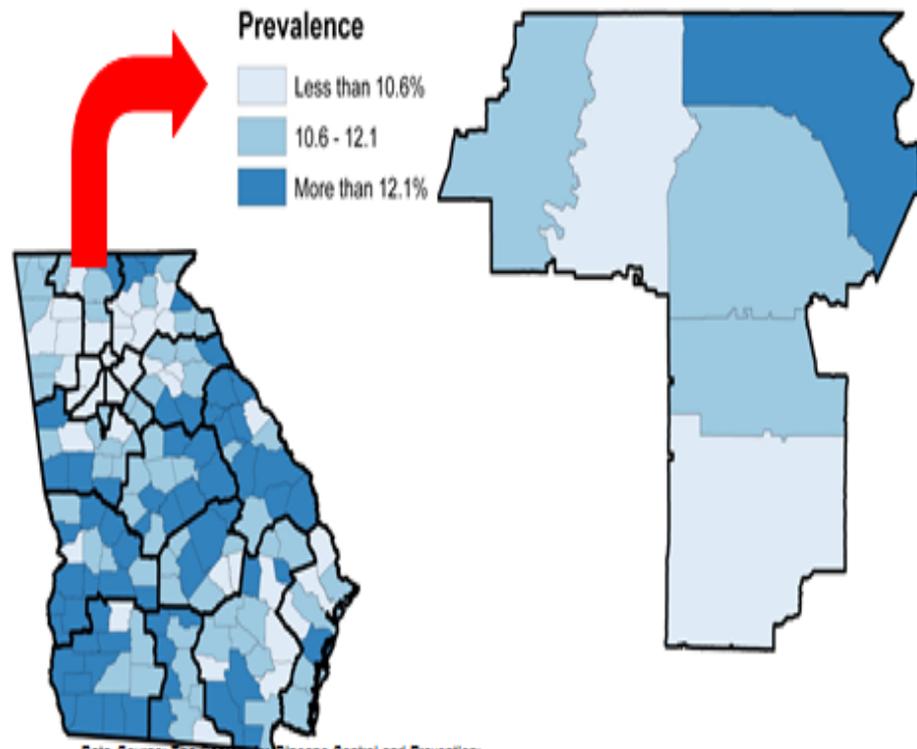
Data Source: The Centers for Disease Control and Prevention:  
[http://www.ncsdc.cdc.gov/DOE\\_STRS2/County/PrevalenceData.aspx?mode=DBT](http://www.ncsdc.cdc.gov/DOE_STRS2/County/PrevalenceData.aspx?mode=DBT)

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# Opportunity: Increase DSME Program Access

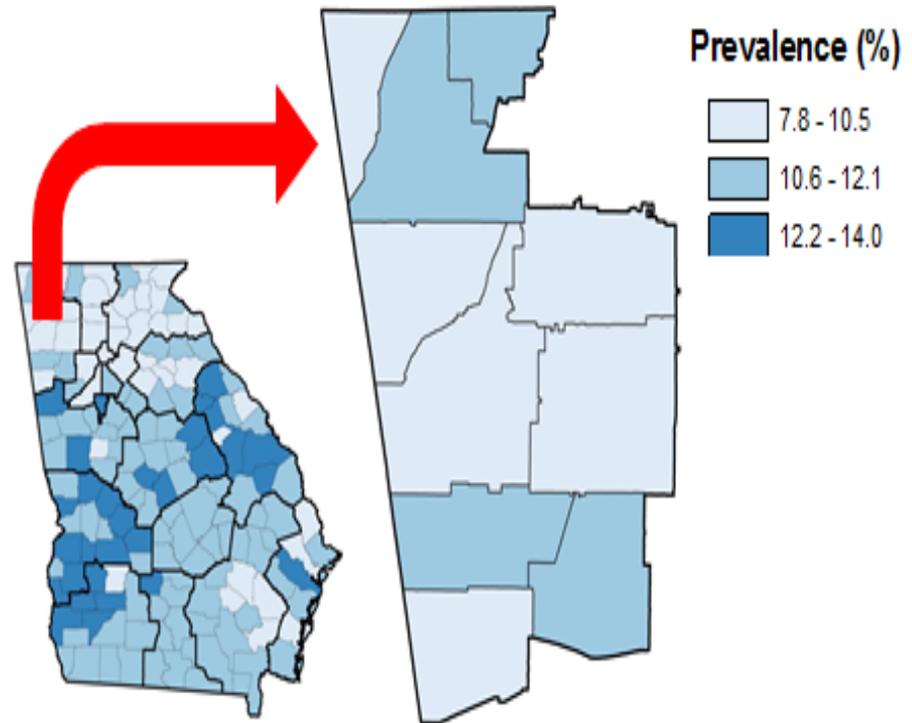
## Prevalence of Diabetes among Dalton Adults by County, 2008-2010



Data Source: The Centers for Disease Control and Prevention:  
[http://www.cdc.gov/DOT\\_STRS/CountyPrevalenceData.aspx?mode=DET](http://www.cdc.gov/DOT_STRS/CountyPrevalenceData.aspx?mode=DET)

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## Prevalence of Diabetes among Rome PHD Adults by County, 2008-2010

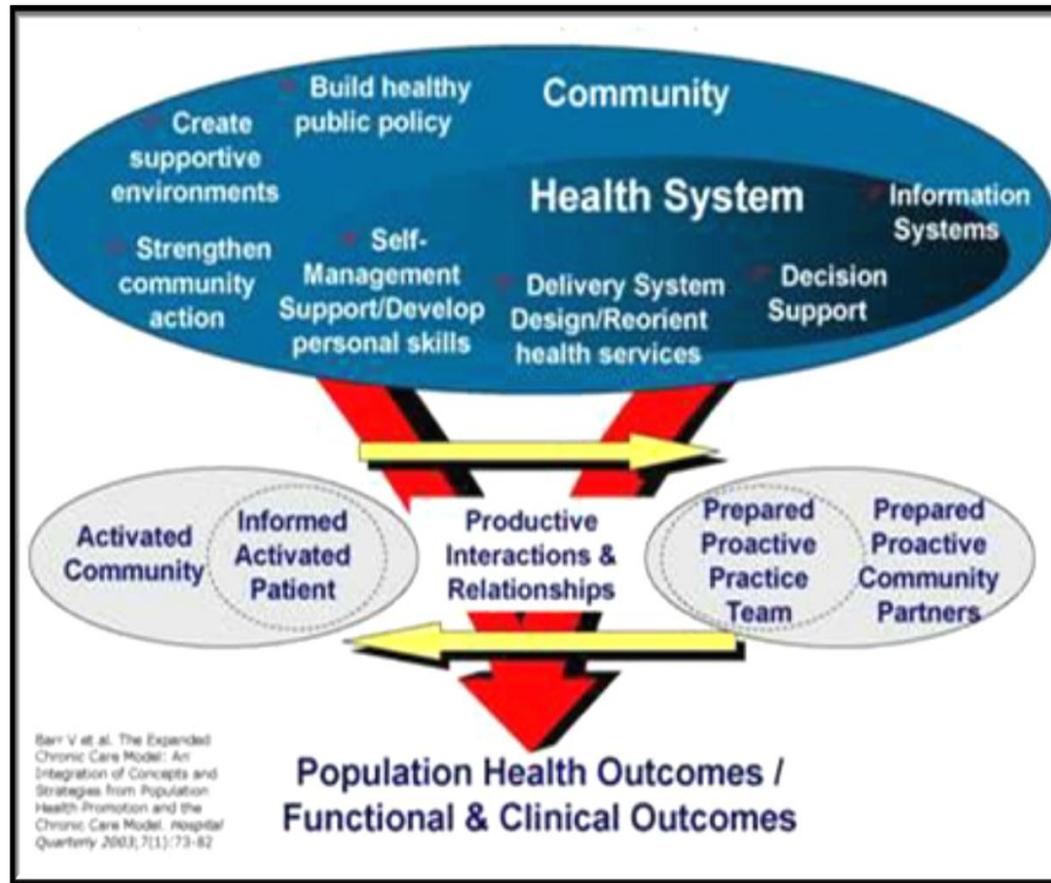


Data Source: The Centers for Disease Control and Prevention:  
[http://www.cdc.gov/DOT\\_STRS/CountyPrevalenceData.aspx?mode=DET](http://www.cdc.gov/DOT_STRS/CountyPrevalenceData.aspx?mode=DET)

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# Expanded Chronic Care Model



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



## Diabetes-14

Increase the proportion of persons with diagnosed diabetes who receive formal diabetes education.

# Relevant Healthy People 2020 Objectives: Diabetes (D)

## **D (Diabetes)-5.1**

Reduce the proportion of persons with diabetes (*with an A1c value greater than 9 percent*).

## **D (Diabetes)-11**

Increase the proportion of adults with diabetes who have a glycosylated hemoglobin measurement *at least twice a year*.

## **D (Diabetes)-13**

Increase the proportion of adults with diabetes who perform *self-blood glucose-monitoring* at least once daily.

# Relevant Healthy People 2020 Objectives: Diabetes (D)

## **D (Diabetes)-6**

Improve lipid control among persons with diagnosed diabetes.

## **D (Diabetes)-7**

Increase the proportion of persons with diagnosed diabetes whose blood pressure is under control.

## **D (Diabetes)-9**

Increase the proportion of adults with diabetes who have at least an annual foot examination.

## **D (Diabetes)-10**

Increase the proportion of adults with diabetes who have an annual dilated eye examination.

## **D (Diabetes)-12**

Increase the proportion of persons with diagnosed diabetes who obtain an annual urinary microalbumin measurement.

# Teachable Moments: Identifying Additional Opportunities for Patient Engagement

## Diabetes Diagnosis

Every Physician Office Visit

Maintain Recommended Testing

Assess Medication Compliance

Manage Co-morbid Conditions

Assess for Tx & Referral Challenges

Every Physician Office Visit

Family History-Medical

Reduce Lifestyle Risk Factors

Patient History-Medical

Review Plan of Care (POC) Goals

# Teachable Moments: Identifying Additional Opportunities for Patient Engagement

## Who?

Frequent Emergency Room Visits/Hospital Admissions

Episodes of visual, kidney foot problems, or high blood pressure

Experience difficulty adjusting to recommended nutritional intake

## When?

Glucose levels continue to fluctuate

Difficulty adjusting to medication schedule or adherence with multiple medications

Challenges with meeting plan of care or treatment goals

## Where?

Recently discharged from hospital due to diabetes complications

New to insulin therapy regimen and experiencing challenges

Difficulty recording or remembering when to check glucose levels in log book



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

# 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.<sup>11</sup>



## 2013 Diabetes Self-Management Report



## Diabetes-Related Complications among Older Adults

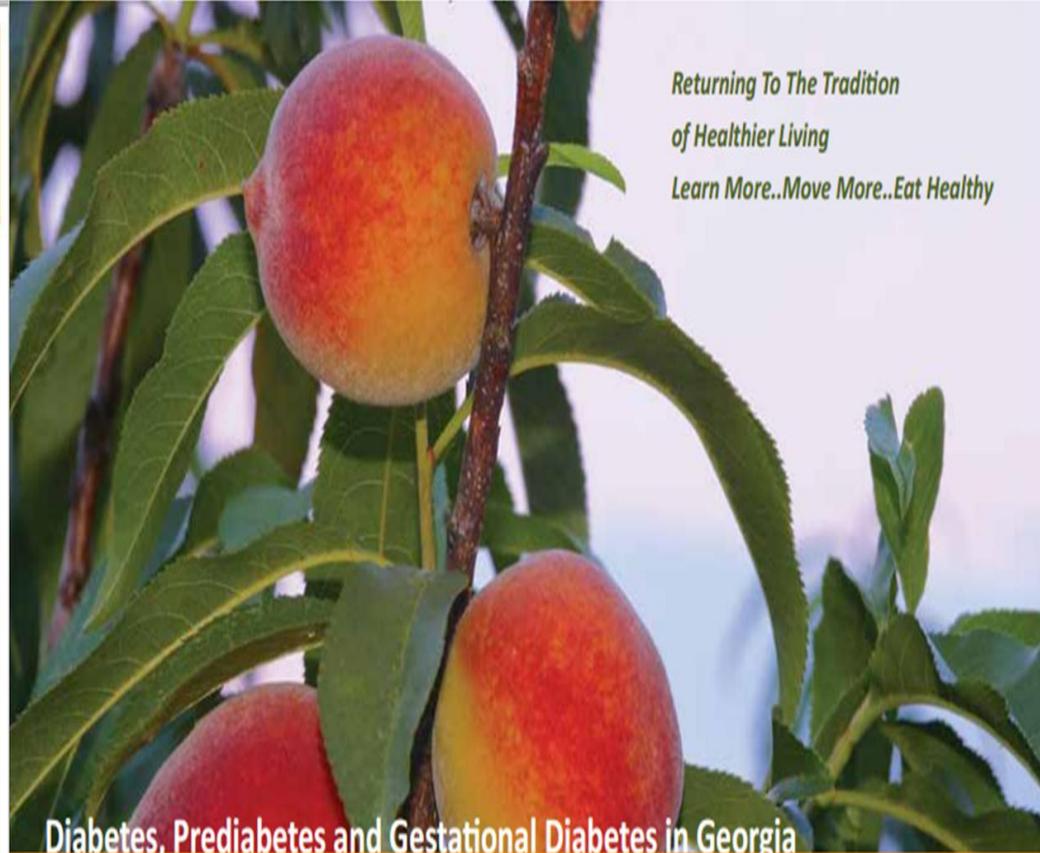
Nationally, older adults with diabetes have the highest rates of major lower-extremity amputation, visual impairment, end-stage renal (kidney) disease and heart conditions such as myocardial infarction (MI) of any age-group.<sup>17</sup> Normal aging and diabetes, and conditions such as functional and 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.<sup>17</sup>

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.<sup>17</sup> 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.<sup>17</sup>

# 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

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# DSME Program: Additional Resources

For Professionals: AADE Accredited Diabetes Self-Management Education (DSME) Programs

<http://www.diabeteseducator.org/ProfessionalResources/accred/>

For Professionals: American Diabetes Association (ADA) Diabetes Education Recognition Programs

<http://professional.diabetes.org/Default.aspx>

# Contact Information

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Georgia Diabetes Prevention and Control Program  
2014 Georgia Diabetes Community Resource Guide  
2013 Georgia Diabetes Self-Management Report and other reports  
Diabetes Prevention and Management Resources  
<http://dph.georgia.gov/>