



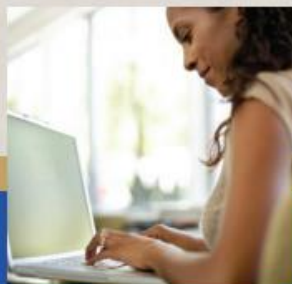
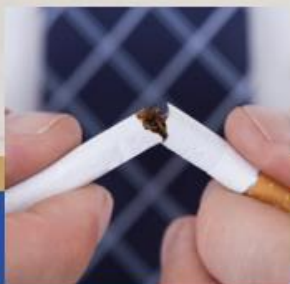
North Carolina Diabetes Advisory Council

North Carolina's Guide to Diabetes Prevention and Management

2015-2020



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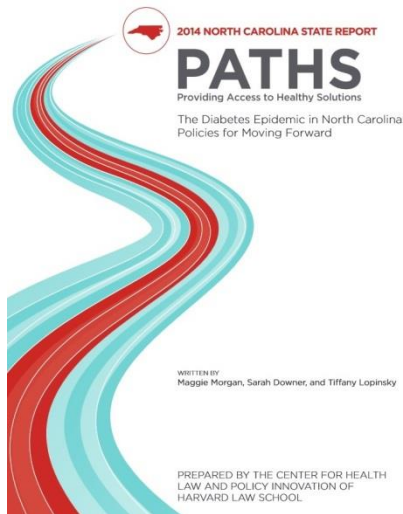


Manage weight | Live tobacco free | Participate in lifestyle change programs | Participate in diabetes education | Adhere to treatment plan | Get adequate sleep

How was this Guide created?

Several statewide meetings informed the Guide's creation.

- A meeting was held in January 2014 with the National Association of Chronic Disease Directors to help NC think strategically about diabetes prevention planning.
- In 2014, the release of a report about diabetes policy in North Carolina from Harvard.
- The PATHS Diabetes report is one of two diabetes policy reports prepared by the Center for Health Law and Policy Innovation of Harvard Law School through a grant from Bristol Myers Squibb. It can be accessed at <http://www.chlpi.org/>. The other report was about New Jersey.



How was this guide created? (continued)

- Two meetings were convened by Kate B. Reynolds Charitable Trust to address sustainability of Diabetes Self Education Management in North Carolina and promotion of diabetes prevention programs.
- The Diabetes Advisory Council along with many stakeholders formed two workgroups that met periodically for nine months to draft the Guide.



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Objectives

To Provide:

- An overview of purpose of the Guide and how it was created.
- Basic information about diabetes and its effects on North Carolina's population.
- Suggestions on how individuals can prevent and manage the disease.
- Risk management strategies to community groups, employers and health care providers to help gain and maintain control of diabetes, and reduce risks for diabetes-related complications.



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What does diabetes look like and cost in North Carolina?

- In 2013, approximately **9%** of North Carolinians reported having prediabetes.
- In 2014, approximately **10.8%** of North Carolinians were diagnosed with type 1 or type 2 diabetes.



In 2012,

- Diabetes was the 7th leading cause of death in North Carolinians and the 3rd leading cause in American Indians and the 4th leading cause of death in African Americans
- Roughly \$8.3 billion of excess medical costs and lost productivity were attributable to diabetes within the State

By 2025,

- Annual health care costs are projected to surpass **\$17 billion** if the diabetes epidemic is not properly addressed.



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What is Pre-diabetes?



Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough to be classified as diabetes – it is a major risk factor for type 2 diabetes



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What is diabetes?

Diabetes is a chronic condition in which the body either fails to produce any or sufficient insulin or becomes resistant to that insulin. This leads to excess glucose levels in the blood.

AMERICAN DIABETES ASSOCIATION

[Facts about Type 2 Diabetes](#)



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What are the Different Types of Diabetes?



Type 1 Diabetes



Gestational Diabetes



Type 2 Diabetes



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How is diabetes diagnosed?

- Average blood glucose (HbA1c)
- Fasting blood glucose (FBG)
- The oral glucose tolerance test

Who is at risk to develop diabetes?

The following are risk factors for diabetes and prediabetes:

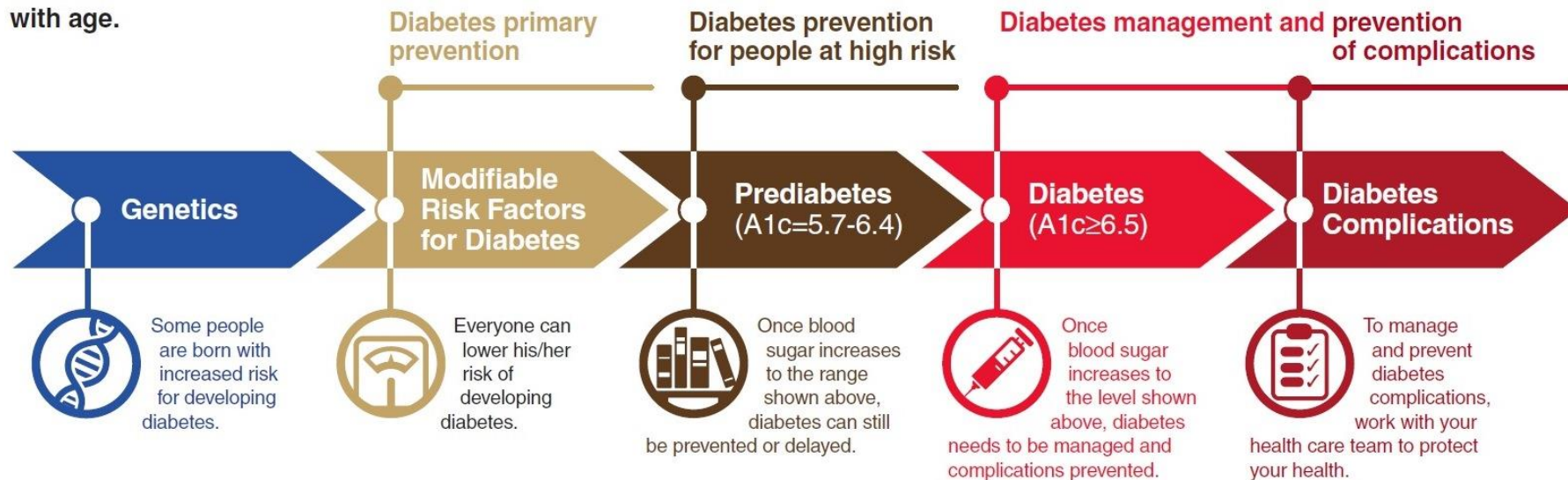
- Family history of diabetes
- Overweight
- Unhealthy diet
- Physical inactivity
- Increasing age
- High blood pressure
- Ethnicity
- Impaired glucose tolerance
- History of gestational diabetes
- Poor nutrition during pregnancy



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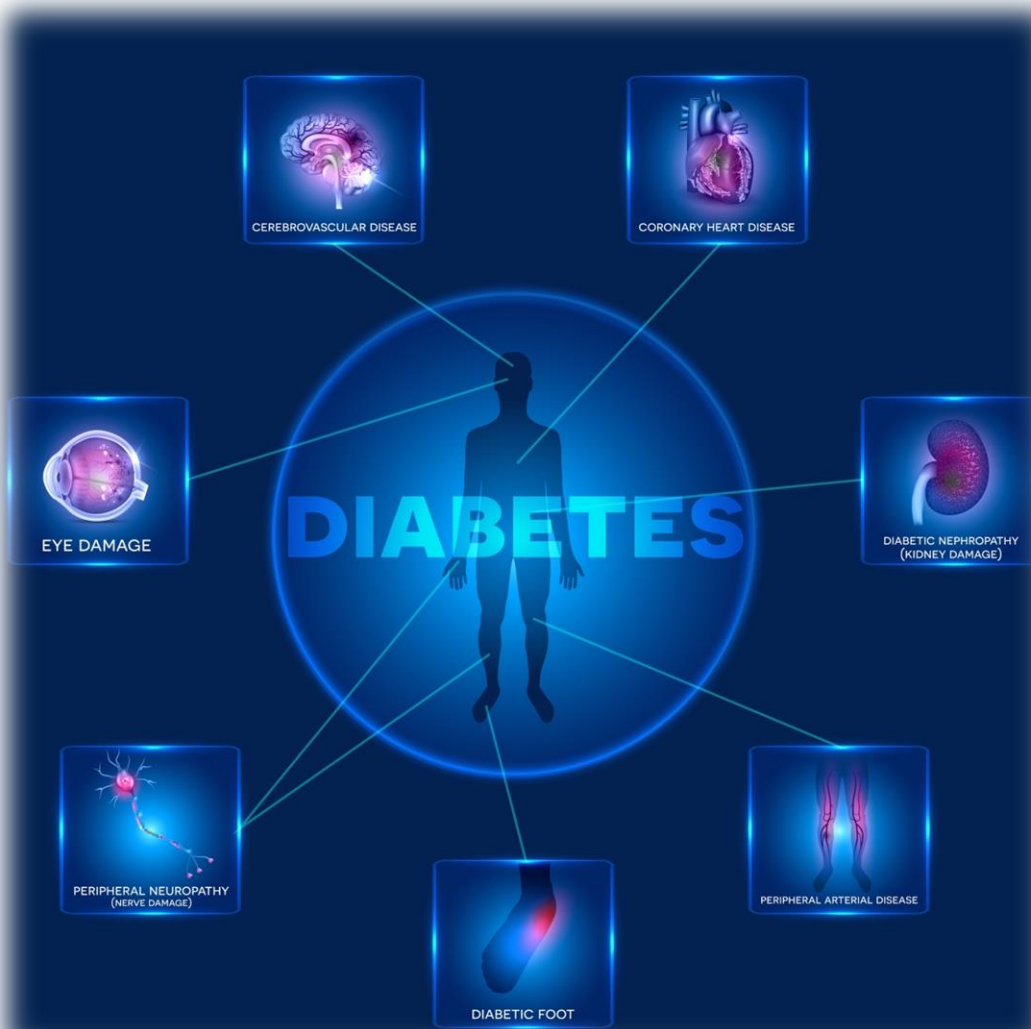
Lifetime Risk Management for Developing and Controlling Type 2 Diabetes

The risk of developing diabetes increases with age.



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What are the complications of diabetes?



Diabetes is a leading cause of:

- Blindness
- Heart disease and stroke
- Kidney failure
- Lower limb amputations
- Neuropathy



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Diabetes Primary Prevention

- 
- Manage Weight
 - Follow healthy eating guidelines
 - Participate in regular physical activity
 - Live tobacco free
 - Get Adequate Sleep

Diabetes Prevention for Individuals at High Risk

Participate in diabetes prevention education programs.

Participants learn how they can:

- Reduce their risk of developing type 2 diabetes by 58%.
- Learn ways to incorporate healthier eating and moderate physical activity.
- Make achievable and realistic lifestyle change.



Diabetes Prevention Programs

Diabetes Prevention Programs (DPPs) are designed to empower people with prediabetes to take charge of their health and well-being. (People can refer themselves or be referred by their healthcare provider)

Diabetes Management and Prevention of Complications

Controlling diabetes:

- Reduces the risk of complications.
- Slows the progression of the disease.
- Improves health outcomes.



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Group and Individual Diabetes Self-Management Education

Diabetes self-management education and support (DSMES) is a process to teach people to manage their diabetes.

Group and Individual Diabetes Self-Management Education

Healthcare providers should refer to DSMES at 4 critical times:

- Newly diagnosis of Type 2 diabetes
- Annually
- When new complicating factors influence self-management
- When transitions in care occur

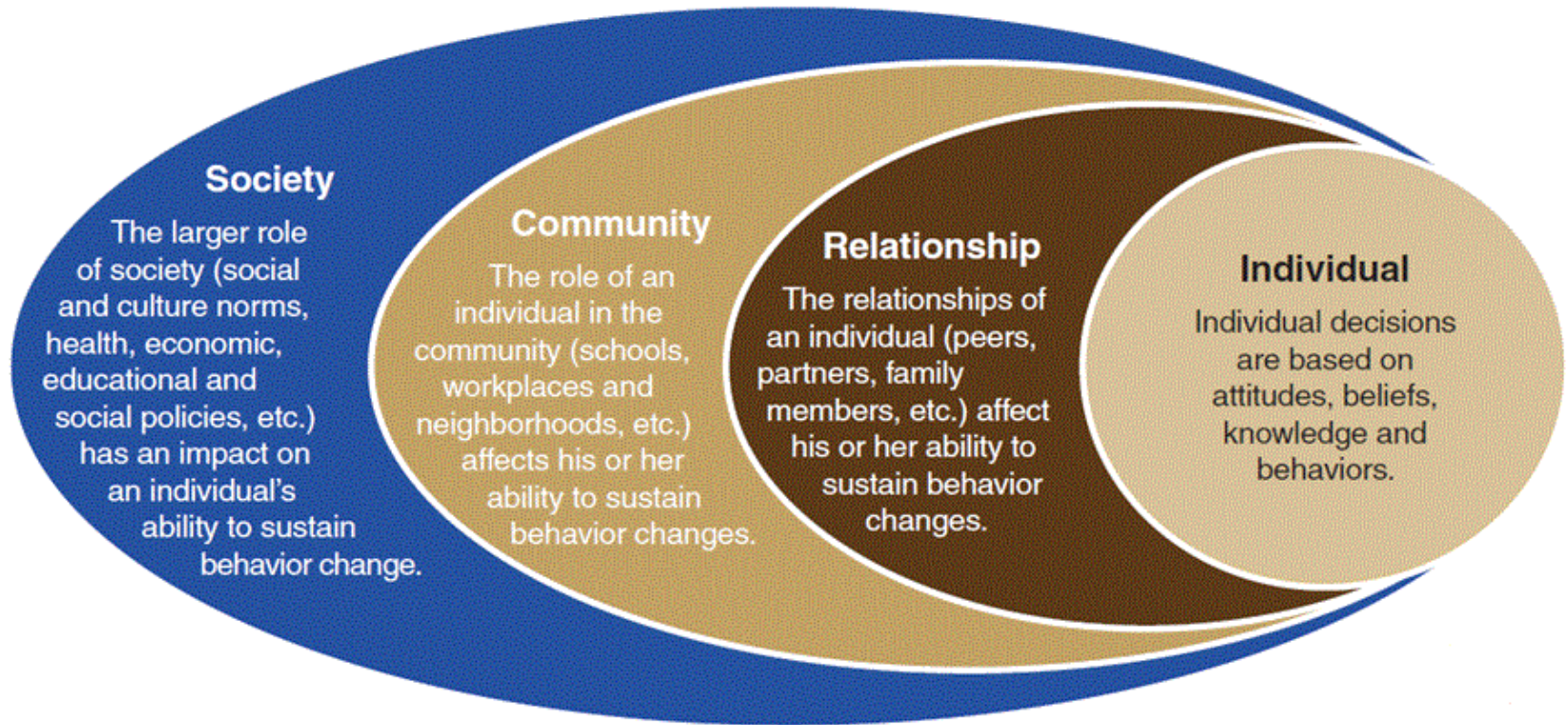
Adherence to personalized diabetes treatment plans

- Lifelong changes
- Medical adherence
- Collaboration between health care providers and patients



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Different Levels of Strategies for Reducing Diabetes



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Activities for Community Groups

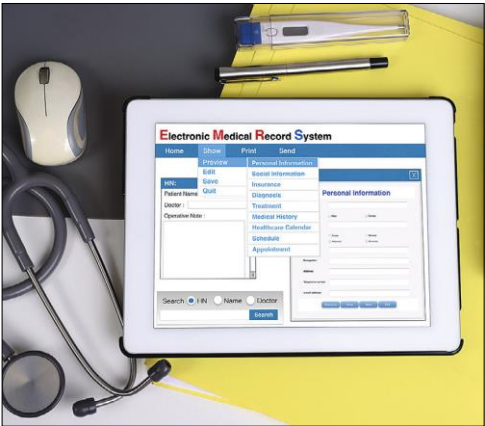
(Faith, Non-Profit, Local Government)

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



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Activities for Health Care Providers

Diabetes Primary Prevention	Diabetes Prevention for People at High Risk	Diabetes Management and Prevention of Complications
<p>To help manage weight and/or participate in regular physical activity</p> <ol style="list-style-type: none"> 1. Advocate for walkable communities 2. Refer patients who need to lose weight to Eat Smart, Move More, Weigh Less <p>To help live tobacco free</p> <ol style="list-style-type: none"> 1. Refer patients to the Quitline <p>To promote adequate sleep</p> <ol style="list-style-type: none"> 1. Ask patients about the quantity and quality of their sleep and advise accordingly 	<p>To help participation in diabetes prevention education programs</p> <ol style="list-style-type: none"> 1. Refer patients to diabetes prevention programs and build it into the electronic health record 	<p>To help participation in individual and/or group self-management education programs</p> <ol style="list-style-type: none"> 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 <p>To help adherence to personalized diabetes treatment plans</p> <ol style="list-style-type: none"> 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



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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.



Measuring Progress on Primary Prevention of Diabetes

Primary Prevention of Diabetes

Increase the number of organizations that support diabetes primary prevention by 2020

Increase the number of legislative/regulatory policies that support diabetes primary prevention strategies by 2020



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Measuring Progress on Diabetes Prevention for Those at High Risk

Diabetes Prevention for Those at High Risk

Increase the number of people who know that they have prediabetes from 644,000 to 967,000 by 2020. (source: BRFSS and population data estimates for North Carolina from State Center for Health Statistics)

Increase the number of people in North Carolina who enroll in a diabetes prevention program that is recognized by the CDC from 740 (in July 2015) to 5,000 by 2020. (source: CDC DPRP State Level report)



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Measuring Progress on Diabetes Management and Prevention of Complications

Diabetes Management and Prevention of Complications

Increase the number of people in North Carolina with type 2 diabetes who have taken a diabetes class from 484,000 to 533,000. (source: BRFSS and population data estimates for North Carolina from State Center for Health Statistics)

Increase the number of people in North Carolina with type 2 diabetes who enroll in a recognized Diabetes Self Management Program from 36,000 to 50,000 by 2020. (source: CDC report)



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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](#)





North Carolina Diabetes Advisory Council

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www.diabetesnc.com