Guía de Carolina del Norte Para
La Prevención y El Manejo de La Diabetes 3.ª Edición

North Carolina Diabetes Advisory Council

Cómo Se Desarrolló Esta Guía

MANEJE EL PESO | VIVA LIBRE DE TABACO | PARTICIPE EN PROGRAMAS DE CAMBIO DE ESTILO DE VIDA
PARTICIPE EN EDUCACIÓN SOBRE LA DIABETES | PARTICIPE EN PLAN DE TRATAMIENTO | DUERMA LO SUFICIENTE

Cómo Se Desarrolló Esta Guía

Consejo Asesor de Diabetes de Carolina del Norte

El **Consejo Asesor de Diabetes de Carolina del Norte** (DAC) se creó en 1988 como grupo asesor de la División de Salud Pública del Departamento de Salud y Servicios Humanos de Carolina del Norte (NCDHHS). Cuando se estableció el DAC, existían más de 300 conjuntos diferentes de guías clínicas estandarizadas para el manejo de la diabetes. En 1996, la Asociación Americana de la Diabetes publicó su primer suplemento, que organizaba todos los estándares y recomendaciones clínicas actuales para el cuidado y manejo de la diabetes, las declaraciones de postura y consenso, así como los Estándares Nacionales para el Automaneho de la Diabetes (DSME), en un solo número de *Diabetes Care*, llamado Suplemento,[132] que se publica en enero. El DAC recibió estos y desarrolló un conjunto uniforme de guías clínicas para pacientes y proveedores que se distribuyeron por todo el estado. El DAC trabajó con el personal de la División de Salud Pública para crear un currículo de educación para el automanejo de la diabetes antes del desarrollo de currículos de educación formal por parte de la Asociación Americana de Educadores en Diabetes (actualmente Asociación de Especialistas en Cuidado y Educación de la Diabetes) o la Asociación Americana de la Diabetes.

DAC
North Carolina Diabetes Advisory Council

El DAC fue fundamental para garantizar que Carolina del Norte promulgara una ley que obligara a las compañías de seguros a cubrir los medicamentos, suministros y educación para la diabetes. Gracias a la labor del DAC y los legisladores, Carolina del Norte fue uno de los primeros estados en aprobar una ley para proteger a los escolares con diabetes. El DAC sirve como recurso profesional para la División de Salud Pública del Departamento de Salud y Servicios Humanos de Carolina del Norte (NCDHHS). La membresía está compuesta por profesionales de la salud, proveedores, líderes comunitarios y empresariales, personas con diabetes, grupos de apoyo, coaliciones, partes interesadas, socios, etc., todos comprometidos con la reducción de la carga de la diabetes en Carolina del Norte. El consejo del grupo está dirigido por un presidente y un vicepresidente que representan los aspectos clínicos, de investigación y comunitarios de la prevención y el manejo de la diabetes. Está integrado por un coordinador que trabaja para la División de Salud Pública. El grupo se reúne presencialmente (o virtualmente, según las limitaciones) tres veces al año, y el presidente, el vicepresidente y el coordinador se reúnen mensualmente para planificar actividades y llevar a cabo tareas. El reglamento también permite reuniones de comités ad hoc según sea necesario. Las tres reuniones anuales del consejo del DAC incluyen temas relevantes para la prevención y el manejo de la diabetes, que se describen en esta Guía.

Proceso de Desarrollo de la Guía

La Guía de Carolina del Norte para la Prevención y el Manejo de la Diabetes, Tercera Edición, se desarrolló a partir de la exitosa creación de las *Guías de 2020 y 2015-2020*. Las versiones anteriores se basaron en el *Plan Estratégico de Diabetes de Carolina del Norte* (2011-2012), el *Plan Estatal Coordinado de Prevención de Enfermedades Crónicas y Lesiones de Carolina del Norte* (2013) y el *Plan de Acción Legislativo contra la Diabetes de Carolina del Norte* (2015), así como en la colaboración con representantes del Centro para la Innovación en Derecho y Políticas de Salud del Centro de Innovación en Políticas Públicas de la Facultad de Derecho de Harvard, el Fondo Benéfico Kate B. Reynolds y los Centros para el Control y la Prevención de Enfermedades.

Esta tercera edición se ha editado para incluir los datos más recientes y las prácticas basadas en la evidencia relacionadas con la mejora de las disparidades en salud, la equidad en salud y los determinantes sociales de la salud. La evidencia sigue siendo contundente: los determinantes sociales son un factor clave en el aumento de las disparidades raciales y étnicas en la diabetes, tanto en nuestro estado como en todo el país. El equipo también consideró importante incorporar información sobre medicamentos seleccionados disponibles para el tratamiento y el manejo de la diabetes. La *Guía* está en consonancia con otras guías estatales con misiones como la del NC DAC, incluyendo las desarrolladas por Eat Smart Move More NC y el Grupo de Trabajo Justus-Warren para la Prevención de Enfermedades Cardíacas y Accidentes Cerebrovasculares.

Para la tercera edición de la *Guía*, los miembros del Comité de Resúmenes del NC DAC, junto con **Chris Memering**, MSN, RN, CDCES, FADCES, presidente del NC DAC, y **Joanne Rinker**, MS, RD, CDCES, LDN, FADCES, vicepresidenta del NC DAC, desarrollaron el proceso de actualización y el enfoque de las revisiones del documento. El equipo contó con el apoyo de **Claudia Giraldo**, MPH, y **Corissa Payton**, MA, CHES, ACSM-EP, de la División de Conexiones Comunitarias y Clínicas para la Prevención y la Salud del Departamento de Salud y Servicios Humanos de Carolina del Norte.

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A partir de la primavera de 2024, los miembros del Comité Asesor del NC DAC participaron en una serie de reuniones virtuales dirigidas por el equipo de apoyo para debatir la investigación y las políticas de inclusión de contenido. A cada miembro se le asignaron secciones según su experiencia con la Guía 2020, con la tarea de garantizar que se utilizara la evidencia más reciente para fundamentar la estructura y el contenido de la Tercera Edición.

Tras varias rondas adicionales de revisión por parte de los miembros del equipo de redacción, los revisores externos aportaron sus comentarios, que fueron incorporados a la Guía por el personal de apoyo principal y los revisores finales. Revisores incluidos (en orden alfabético)

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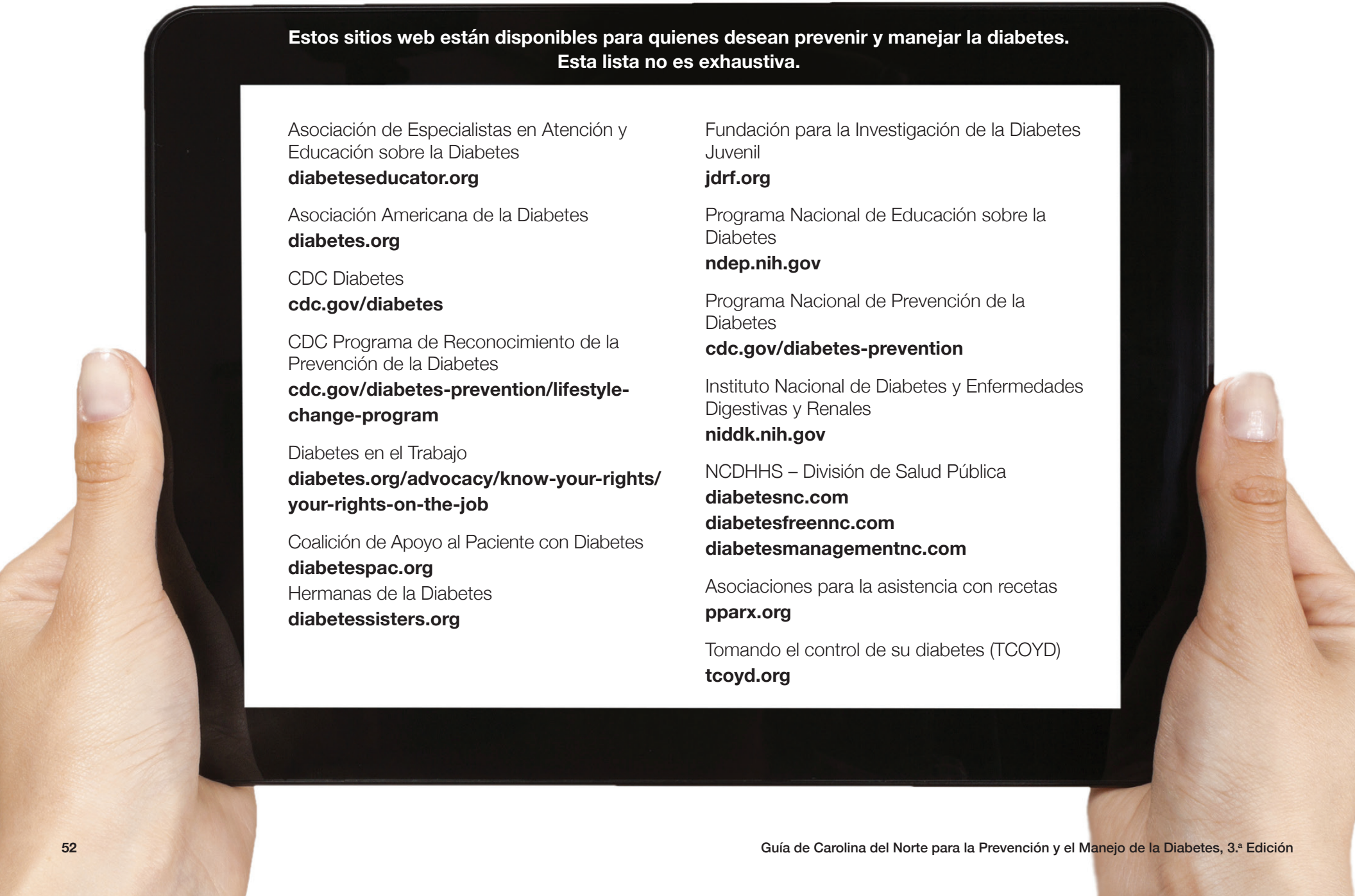
La Tercera Edición de la *Guía* se finalizó en noviembre de 2024. La *Guía* estará disponible en el sitio web de **Diabetes Carolina del Norte**.

Apéndice: Sitios Web para la Prevención y el Manejo de la Diabetes



Estos sitios web están disponibles para quienes desean prevenir y manejar la diabetes. Esta lista no es exhaustiva.

Asociación de Especialistas en Atención y Educación sobre la Diabetes
diabeteseducator.org

Asociación Americana de la Diabetes
diabetes.org

CDC Diabetes
cdc.gov/diabetes

CDC Programa de Reconocimiento de la Prevención de la Diabetes
cdc.gov/diabetes-prevention/lifestyle-change-program

Diabetes en el Trabajo
diabetes.org/advocacy/know-your-rights/your-rights-on-the-job

Coalición de Apoyo al Paciente con Diabetes
diabetespac.org

Hermanas de la Diabetes
diabetessisters.org

Fundación para la Investigación de la Diabetes Juvenil
jdrf.org

Programa Nacional de Educación sobre la Diabetes
ndep.nih.gov

Programa Nacional de Prevención de la Diabetes
cdc.gov/diabetes-prevention

Instituto Nacional de Diabetes y Enfermedades Digestivas y Renales
niddk.nih.gov

NCDHHS – División de Salud Pública
diabetesnc.com
diabetesfreennc.com
diabetesmanagementnc.com

Asociaciones para la asistencia con recetas
pparx.org

Tomando el control de su diabetes (TCOYD)
tcoyd.org

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