

North Carolina's Guide to Prevention and Management of Diabetes **3rd Edition**



How This Guide Was Developed



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How This Guide Was Developed

NC Diabetes Advisory Council

The **North Carolina Diabetes Advisory Council (DAC)** was created in 1988 as an advisory group to the NCDHHS Division of Public Health. When the DAC was established, there were over 300 different sets of standardized clinical guidelines for diabetes management. In 1996, the American Diabetes Association published its first supplement, which organized all current standards and clinical recommendations for diabetes care and management, position and consensus statements, as well as the National Standards for DSME, into one issue of *Diabetes Care*, called a Supplement, 132 which is published in January. The DAC received these and developed a uniform set of patient and provider clinical guidelines that were dispersed throughout the state. The DAC worked with the Division of Public Health staff to create a diabetes self-management education curriculum prior to development of formal education curricula by either the American Association of Diabetes Educators, now Association of Diabetes Care and Education Specialist or the American Diabetes Association.



North Carolina Diabetes Advisory Council

The DAC was vital in ensuring that North Carolina enacted legislation requiring insurance companies to cover diabetes medication, supplies and education. Thanks to the work of the DAC and legislators, North Carolina was one of the first states to pass legislation to protect schoolchildren with diabetes. The DAC serves as a professional resource for the NCDHHS' Division of Public Health. The membership is comprised of health professionals, providers, community and business leaders, people with diabetes, advocacy groups, coalitions, stakeholders, partners, etc., who are all committed to reducing the burden of diabetes in North Carolina. The council for the group is led by a chair and vice chair who represent both the clinical, research, and community aspects of diabetes prevention and management. It is staffed by a coordinator who works for the Division of Public Health. The group meets in person (or virtually depending on limitations) three times a year, and the chair, vice-chair and coordinator meet monthly to plan activities and carry out assignments. The by-laws also allow for ad-hoc committee meetings as needed. The three annual DAC council meetings include topics relevant to diabetes prevention and management information outlined in this Guide.

Guide Development Process

North Carolina's Guide to Prevention and Management of Diabetes, Third Edition was developed to build on the successful creation of the 2020 and the 2015–2020 *Guide*. The previous versions were influenced by the *NC Diabetes Strategic Plan* (2011–2012), the *NC Coordinated Chronic Disease and Injury Prevention State Plan* (2013), and the *NC Legislative Diabetes Action Plan* (2015), and through collaborations with representatives from the Center for Health Law and Policy Innovation at the Harvard Law School Public Policy Innovation Center, Kate B. Reynolds Charitable Trust, and Centers for Disease Control and Prevention.

This Third Edition has been edited to include the latest data and evidence-based practices related to improving health disparities/health equity and social determinants of health. The evidence remains compelling that social determinants are a major driving force behind the rise and racial/ethnic disparities in diabetes in our state and across the country. The team also felt it was important to incorporate information on select medications available for the treatment and management of diabetes. The *Guide* is aligned with other statewide guides with missions like the NC DAC, including those developed by Eat Smart Move More NC and the Justus-Warren Heart Disease and Stroke Prevention Task Force.

For the Third Edition of the *Guide*, members of the NC DAC Abstract Committee along with **Chris Memering**, MSN, RN, CDCES, FADCES, NC DAC Chair and **Joanne Rinker**, MS, RD, CDCES, LDN, FADCES NC DAC Vice Chair developed the process for updates and the focus of revisions to the document. The team was supported in their efforts by **Claudia Giraldo**, MPH and **Corissa Payton**, MA, CHES, ACSM-EP of the Community and Clinical Connections for Prevention and Health Branch, North Carolina Department of Health and Human Services.



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Beginning in spring 2024, members of the NC DAC Abstract Committee participated in a series of virtual meetings led by the support team to discuss the research and policies for content inclusion. Each member was assigned sections based on their expertise of the *2020 Guide*, with the assignment to ensure that the most recent evidence base was used to inform the structure and content of the Third Edition.

After several additional rounds of revisions from the members of the writing team, external reviewers provided feedback, which was incorporated into the *Guide* by lead support staff and final reviewers. Reviewers included (in alphabetical order)

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The Third Edition of the *Guide* was finalized in November 2024. The *Guide* will be available on the **Diabetes North Carolina** website.

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Appendix: Websites for Diabetes Prevention and Management

These websites are provided for those who want to prevent and manage diabetes.
This list is not comprehensive.

Association of Diabetes Care & Education
Specialists

diabeteseducator.org

American Diabetes Association

diabetes.org

CDC Diabetes

cdc.gov/diabetes

CDC Diabetes Prevention Recognition
Program

**[cdc.gov/diabetes-prevention/lifestyle-
change-program](http://cdc.gov/diabetes-prevention/lifestyle-change-program)**

Diabetes at Work

**[diabetes.org/advocacy/know-your-
rights/your-rights-on-the-job](http://diabetes.org/advocacy/know-your-rights/your-rights-on-the-job)**

Diabetes Patient Advocacy Coalition

diabetespac.org

Diabetes Sisters

diabetessisters.org

Juvenile Diabetes Research Foundation

jdrf.org

National Diabetes Education Program

ndep.nih.gov

National Diabetes Prevention Program

cdc.gov/diabetes-prevention

National Institute of Diabetes and Digestive
and Kidney Diseases

niddk.nih.gov

NCDHHS—Division of Public Health

diabetesnc.com

diabetesfreennc.com

diabetesmanagementnc.com

Partnerships for Prescription Assistance

pparx.org

Taking Control of Your Diabetes (TCOYD)

tcoyd.org

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