



A Public Health Approach to Diabetes and Obesity Prevention

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Agenda

- Snapshot of Louisiana's Chronic Disease Statistics and Rankings
- Well-Ahead Louisiana's Chronic Disease Prevention Efforts
- Connecting the Pieces with Partnerships
 - Diabetes Collaborative
 - Louisiana Diabetes Educators Network
 - Louisiana Providers Education Network
 - Obesity Commission

Snapshot of Chronic Disease in Louisiana

Louisiana Rankings for Chronic Diseases

Measures	State Ranking
Overall Health	49 th
Outcomes	47 th
Determinants	49 th
Diabetes	45 th
Current Smoking Rate	43 rd
Obesity	50 th

Source: America's Health Rankings, 2016

36.2%

of Louisiana adults
are obese

that fills

TIGER STADIUM



16x

21.9%

of Louisiana adults
smoke

that fills the

SUPERDOME



13x



12.7%

Prevalence of
Diabetes



39.3%

Prevalence of
Hypertension



5.3%

Prevalence of
Heart Disease

12.7% of Louisiana residents have **diabetes**.



About **60%** of these diabetics are **obese**.

5.3% of Louisiana residents have **heart disease**.



About **50%** of those with heart disease are **obese**.

21.9% of Louisiana residents **smoke**.



Almost **33%** of these smokers are **obese**.

Prediabetes

- What is Prediabetes?
- Increased risk for developing type 2 diabetes, heart disease and stroke.
- **Increasing awareness is key!**

According to the American Diabetes Association, 1.27 million people in LA have prediabetes - and most don't even know it!

This fills the Superdome
16.6 times!

Health Risk Behaviors

- The US chronic disease burden largely results from risk factors that can be addressed at the individual and population levels:
 - Tobacco use
 - Poor diet and physical inactivity
 - Excessive alcohol consumption
 - Uncontrolled high blood pressure
 - Hyperlipidemia



Well-Ahead Louisiana



Public Health Approach: Policy, System, Environmental Change

- **Policy**

- Interventions that create or amend laws, ordinances, resolutions, mandates, regulations, or rules.

- **System**

- Interventions that impact all elements of an organization, institution, or system

- **Environmental**

- Interventions that involve physical or material changes to the economic, social, or physical environment.

Well-Ahead Diabetes and Obesity Prevention Programs

- Early Childhood and School Health Programs
- WellSpot Designation Program
- Health Care System Interventions
- Diabetes Management and Prevention Programs



Patient Programs for Treatment and Prevention of Type 2 Diabetes

- DSME – Diabetes Self-Management and Education (57)
- DPP/NDPP – National Diabetes Prevention Program (8)
- Louisiana is one of only 11 states to offer DPP as a covered benefit to state employees through an online platform (Omada)
- Centers for Medicare and Medicaid Services (CMS) determined DPP provided enough of a cost benefit to cover the program starting in January 2018



Connecting the Pieces: Collaborative Efforts



Louisiana Diabetes Collaborative

Vision Statement: To improve the lives and health outcomes of those at risk for and living with diabetes in Louisiana.

Mission Statement: The Louisiana Diabetes Collaborative is a group of dedicated individuals working to improve health outcomes related to diabetes through advocacy work including increasing health literacy, connecting patients to programs and services, and increasing awareness of prediabetes and diabetes. The Collaborative will work to make a meaningful impact through a coordinated effort of diabetes prevention, diabetes management and policy change.



Louisiana Diabetes Collaborative

- Meets quarterly
- Dedicated stakeholders working in diabetes prevention and control efforts
- Three workgroups:
 - **Prevention:** working on centralized referral system to DPP programs
 - **Management:** working on increasing access to DSME & resource “hub”
 - **Policy:** working on increasing LA Medicaid reimbursement rate for DSME to match MS and national levels
- Always recruiting additional members



Louisiana Diabetes Collaborative

- Members from Humana, Merck, YMCAs, Novo Nordisk, Baton Rouge General, CDE's, Louisiana Business Group on Health, LSU HSC, ADA, AADE, Pennington, LSMS, Health Care Quality Forum, etc.
- Accomplishments include revamping vision and mission statements, researching other states referral systems to DSME/DPP to see if they can be modeled to fit LA, attending a State Engagement Meeting in April and helping to create the Action Plan.

<http://wellaheadla.com/Programs/Diabetes>

LaDEN: Louisiana Diabetes Educators Network

- 117 members, both certified and non-certified diabetes educators and program coordinators
- Provides CEU's to RD's and RN's
- Popular topics include billing/coding, motivational interviewing and diabetes medications
- Networking opportunities for diabetes educators and DSME/DPP coordinators
- Information sharing
- Always recruiting additional members

<http://wellaheadla.com/Programs/Diabetes>





Well-Ahead LA Provider Education Network

Goal is to keep healthcare professionals up to date and to advance chronic disease prevention and management by offering workforce development:

- Free regularly scheduled webinars for clinical and non-clinical professionals
- Topics include clinical innovations, team-based care, self-monitoring of various chronic diseases

<http://wellaheadla.com/healthcareprovidertrainings>



Louisiana Obesity Prevention and Management Commission

Legislation Commission to improve obesity prevention and management.

- Priority Area 1: Educate Payers and Healthcare Providers on Obesity Prevention and Treatment Best-Practices
- Priority Area 2: Provide Community Resources for Obesity Prevention Best-Practices
- Priority Area 3: Improve Data Tracking for Obesity in Louisiana
- Priority Area 4: Inform and Education Legislators of the State's Obesity Burden, Community Interventions and Policy Recommendations

<http://www.wellaheadla.com/ObesityCommission>

COMMUNITY RESOURCE GUIDE

SEARCH RESOURCES

Add

IF YOU WISH TO SUBMIT A RESOURCE, PLEASE DO SO VIA SAFARI, FIREFOX, OR CHROME.

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TYPE

- Breastfeeding
- Diabetes Self-Management
- Healthy Eating
- Physical Fitness
- Stress Management/Mental Health
- Tobacco Cessation

ZIP CODE

PARISH

Search

Resource List Choices Coordinated Care Solutions

Resource Types:

Stress Management/Mental Health

Address:

Helen Bryant - Community Resource Coordinator
Choices Coordinated Care Solutions
2620 Centenary Blvd. Suite

Description:

Choices is a national non-profit organization committed to supporting youth with significant behavioral and emotional challenges in community settings by using evidence-informed methods that build on the strengths of everyone involved.

We partner with families, schools, providers, government agencies, health

Well-Ahead Louisiana Media and Communications

@WellAheadLA
 Well-Ahead LA encourages people & groups to make small healthy lifestyle changes so we can all enjoy our great state for years to come. Plan by #LA_Health_Day

599 Tweets 378 Following 319 Followers 264 Likes

Tweets Tweets & replies Media

@WellAheadLA *WellAheadLA* · Oct 30
 The hard work doesn't scare him. The pressure doesn't either. Smoking should. #FridayFights #BoyofFall



@WellAheadLA *WellAheadLA* · Oct 30
 We love @MoyCabal of @EAT@HOLA's healthy Halloween treat! What are you giving to your trick-or-treaters?

Well-Ahead Louisiana
 Published by Hillary Simpson Sutton (H) · April 19 at 10:00am

The trick to staying healthy with high blood pressure is monitoring your salt intake. When grocery shopping, choose low-sodium or no salt added options.



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WellAheadLouisiana Well-Ahead Louisiana encourages people & groups to make small healthy lifestyle changes so we can all enjoy our great state for many years to come. www.facebook.com/WellAheadLA




1710
 DESIGNATIONS
 and counting!

Well-Ahead Louisiana
 Is your organization designated as a WellSpot? More and more organizations statewide are being recognized for putting the health and wellness of Louisiana's residents first! Help your community live well, visit www.wellaheadla.com to get started.

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WELL-AHEAD



Fighting Chronic Disease One
WELLSPOT  **LA** at a Time!



Questions or Comments?

Email Kate Andrus at Kate.Andrus@la.gov

Thank you for your attention!!