

A Public Health Approach to Diabetes and Obesity Prevention

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

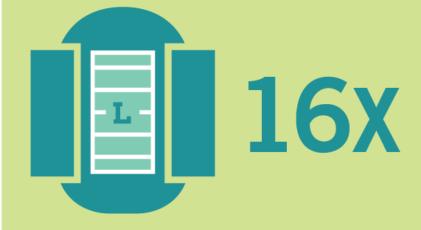
Source: America's Health Rankings, 2016

36.2%

of Louisiana adults are obese

that fills

TIGER STADIUM



of Louisiana adults 21.9% smoke SUPERDOME







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!



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





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ABOUT WELLSPOTS LIVING WELL-AHEAD PROGRAMS CONTACT

COMMUNITY RESOURCE GUIDE

IF YOU WISH TO SUBMIT A RESOURCE, PLEASE DO SO VIA SAFARI, FIREFOX, OR CHROME. We are currently troubleshooting an issue with Internet Explorer. We apologize for this inconvenience. TYPE Breastfeeding PARISH PARISH Physical Fitness Stress Management/Mental Health	H RESOURCES				
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□ Tobacco Cessation	etes Self-Management hy Eating ical Fitness s Management/Mental Health	PARISH	¥		

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.

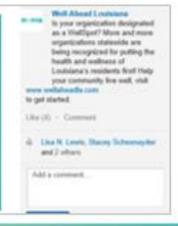
We partner with families, schools, providers, government agencies, health

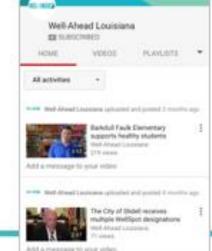
Well-Ahead Louisiana Media and Communications



















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!!