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

<table>
<thead>
<tr>
<th>Measures</th>
<th>State Ranking</th>
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<tbody>
<tr>
<td>Overall Health</td>
<td>49&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Outcomes</td>
<td>47&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Determinants</td>
<td>49&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Diabetes</td>
<td>45&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Current Smoking Rate</td>
<td>43&lt;sup&gt;rd&lt;/sup&gt;</td>
</tr>
<tr>
<td>Obesity</td>
<td>50&lt;sup&gt;th&lt;/sup&gt;</td>
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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

Source: 2015 BRFSS
12.7% of Louisiana residents have diabetes.

5.3% of Louisiana residents have heart disease.

21.9% of Louisiana residents smoke.

About 60% of these diabetics are obese.

About 50% of those with heart disease are obese.

Almost 33% of these smokers are obese.

Source: 2015 BRFSS
Prediabetes

• What is Prediabetes?

• Increased risk for developing type 2 diabetes, heart disease and stroke.

• Increasing awareness is key!

Source: American Diabetes Association, 2015 BRFSS
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
Search Resources

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
- 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

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.

1710 Designations and counting!
Fighting Chronic Disease One at a Time!
Questions or Comments?

Email Kate Andrus at Kate.Andrus@la.gov

Thank you for your attention!!