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MEASURING THE PUBLIC HEALTH IMPACT OF DIABETES

APRIL 22, 2016

FINANCIAL DISCLOSURE STATEMENT

“I do not have any financial relationships relative to the content of this program.”

Objectives

1. Describe the current impact of diabetes nationally, statewide and in Palm Beach County.
2. Understand the Department of Health's role in diabetes prevention and control.
3. Discuss the framework for diabetes programs provided by the Department of Health.

OVERVIEW



TYPE 1

- Body does not make enough insulin
- Can develop at any age
- Common in children and young adults
- No known way to prevent it

TYPE 2

- Most common
- Body cannot use insulin properly
- Can develop at any age
- Most cases can be prevented
- 8.1 million unaware they have it

OVERVIEW



PREDIABETES

- Glucose levels elevated
- Not high enough for diagnosis
- Red flags include darkened skin, increased thirst, frequent urination, fatigue and blurred vision

GESTATIONAL

- Occurs during pregnancy
- Caused by change in body's response to insulin
- Results in elevated levels of blood glucose
- Increases risk for type 2 diabetes

RISK FACTORS FOR TYPE 2



**BEING
OVERWEIGHT**

**FAMILY
HISTORY**

**GESTATIONAL
DIABETES**

NATIONALLY



29.1
MILLION

LIVING WITH
DIABETES

1.7 M

NEW CASES EVERY YEAR

? ? ? ?

1 OUT OF 4 DON'T KNOW
THEY HAVE IT

IN ADULTS



By Race/Ethnicity

- **7.6%** of non-Hispanic whites
- **9.0%** of Asian Americans
- **12.8%** of Hispanics
- **13.2%** of non-Hispanic blacks
- **15.9%** of American Indians/Alaskan Natives

IN YOUTH



About **208,000** Americans under 20 are estimated to have diagnosed diabetes

PREDIABETES

Without weight loss
and moderate
physical activity

15-30%

with prediabetes will
develop type 2
diabetes within
5 years

86
MILLION

More than
1 out of 3
people have
prediabetes

?????????????

9 out of
10

don't know they
have prediabetes



COST

\$245 BILLION

TOTAL COSTS

2.3x

MEDICAL COSTS
TWICE AS HIGH

50%

HIGHER RISK OF
DEATH

HIGHER RISK OF

BLINDNESS
KIDNEY FAILURE
HEART DISEASE
STROKE
LOWER LIMB AMPUTATIONS

NATIONALLY



7th leading cause of death in the United States

69,071 deaths with diabetes as the
underlying cause of death

FLORIDA ADULTS



1,708,500

WITH DIABETES

1,083,000

WITH PREDIABETES

FLORIDA ADULTS



FL DIABETES BY RACE/ETHNICITY

Non-Hispanic White: **11.4%**

Non-Hispanic Black: **12.3%**

Hispanic: **10.8%**

PREDIABETES BY RACE/ETHNICITY

Non-Hispanic White: **7.9%**

Non-Hispanic Black: **8.3%**

Hispanic: **4.8%**

FLORIDA



7th leading cause of death
5,324 total deaths

PALM BEACH COUNTY



119,000

ADULTS WITH DIABETES

48,600

ADULTS WITH PREDIABETES

PALM BEACH COUNTY



DIABETES BY RACE/ETHNICITY

Non-Hispanic White: **12.6%**

Non-Hispanic Black: **13.1%**

Hispanic: **8.9%**

PREDIABETES BY RACE/ETHNICITY

Non-Hispanic White: **6.2%**

Non-Hispanic Black: **3.7%**

Hispanic: **0.4%**

DEPARTMENT OF HEALTH



The Florida Department of Health operates under a strategic plan in order to define the direction of the agency and to position the department to operate as a sustainable integrated public health system.

DEPARTMENT OF HEALTH



The Florida Department of Health supports evidence-based diabetes prevention and control programs:

- The **Diabetes Prevention Program (DPP)** is for people who are at increased risk for Type 2 diabetes.
- The **Diabetes Self-Management Education (DSME)** program helps people with diabetes prevent or delay complications of the disease.

STRATEGIC PLAN



DPP and **DSME** align with the following strategies in the Agency Strategic Plan:

- Increase the healthy weight of children and adults
- Improve the cardiovascular health of adults

1305



State Public Health Actions - 1305



DIABETES PREVENTION PROGRAM



DPPs:

- We work with the American Diabetes Association (ADA) to provide mini-grants to DPPs that are on the CDC registry of recognized programs.
- The **purpose** of the mini-grants is to increase provider referrals to DPPs.
- Currently, **14 DPPs** in Florida are receiving mini-grants totaling **\$131,065**.

DIABETES SELF MANAGEMENT EDUCATION



DSME mini-grants:

- We work with three health councils to provide mini-grants to increase access to recognized or accredited DSME programs.
- DSME programs are either recognized by the ADA or accredited by the American Association of Diabetes Educators (AADE) to ensure quality services.
- The mini-grants provide funding to programs on a continuum of need, from training on how to begin a DSME to application fees for programs who are ready to apply for accreditation or recognition.

DIABETES SELF MANAGEMENT EDUCATION



- Florida's mini-grants provide mentors with experience in the ADA recognition process or the AADE accreditation process.
- Mentors assist programs in preparing for accreditation or recognition.
- **10 programs** in Florida are receiving mini-grants totaling **\$62,890**.
- Additional funds of **\$12,600** support mentors who provide expert guidance to programs based on their level of readiness to apply.
- The National Association of Chronic Disease Directors is highlighting Florida's DSME mini-grant program in their new emerging practices for diabetes prevention and control document.

DIABETES ADVISORY COUNCIL



The **Diabetes Advisory Council (DAC)** is legislatively mandated to provide statewide leadership to continuously improve the lives of Floridians with diabetes and reduce the burden of diabetes.

The **DAC's** main goals are to:

- Prevent diabetes
- Prevent complications among people with diabetes
- Ensure a safe environment for children with diabetes

DIABETES PREVENTION PILOT – MY HEALTHY TURNAROUND



DIABETES PREVENTION PILOT



PILOT PARTICIPANTS

STATE GROUP EMPLOYEES	18+
BMI \geq 24	ARE AT INCREASED RISK FOR DEVELOPING TYPE 2

PERFORMANCE MEASURES

1. Participation 6 months or more
2. Weight Loss \geq 5%
3. Increase of physical activity to 150 minutes per week

LOCAL EFFORTS IN PBC



- Registered and licensed dietitians provide Medical Nutrition Therapy for clients in our health centers
- Facilitate diabetes prevention classes
- Provide diabetes education and screenings in partnership with the Diabetes Coalition and other Federally Qualified Health Centers.
- Collaboration with Palm Healthcare Foundation and the Diabetes Coalition for WPEC Channel 12's Let's Move Commit to Change Challenge

32 counties address diabetes in their community health improvement plan by providing:

- clinical testing and health screenings
- diabetes self-management education classes
- diabetic testing supplies to low-income people with diabetes
- educational campaign to encourage residents with diabetes to get two A1C tests yearly
- linking patients with diabetes to health care systems in the area for treatment
- community health and wellness fairs to inform and educate the community

