The background features a dark blue grid pattern. A white line graph with small circular markers is overlaid on the grid, showing a fluctuating upward trend from left to right. The text is centered and rendered in a clean, white, sans-serif font.

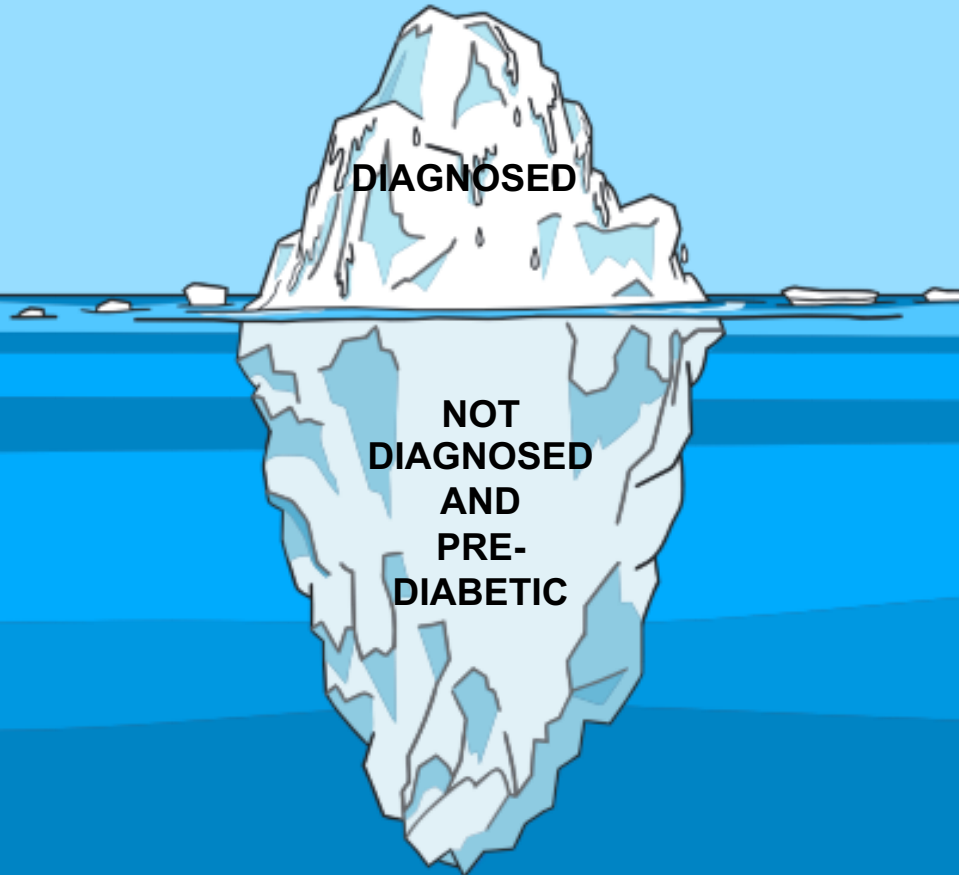
The Diabetes Coalition of Palm Beach County: What Role Can You Play in the Prevention, Identification and Treatment of Diabetes Within Our Families and Our Communities?

Presented by Barbara H. Jacobowitz, MS in Public Health, Keiser University West Palm Beach; Chair of the Diabetes Coalition of Palm Beach County – April 26, 2019

Barbara Jacobowitz,
Masters of Science in
Public Health,
DOES NOT HAVE ANY
FINANCIAL
RELATIONSHIPS
RELATIVE TO THE
CONTENTS OF THIS
PROGRAM



Why Are We So Concerned?





Who Are We?

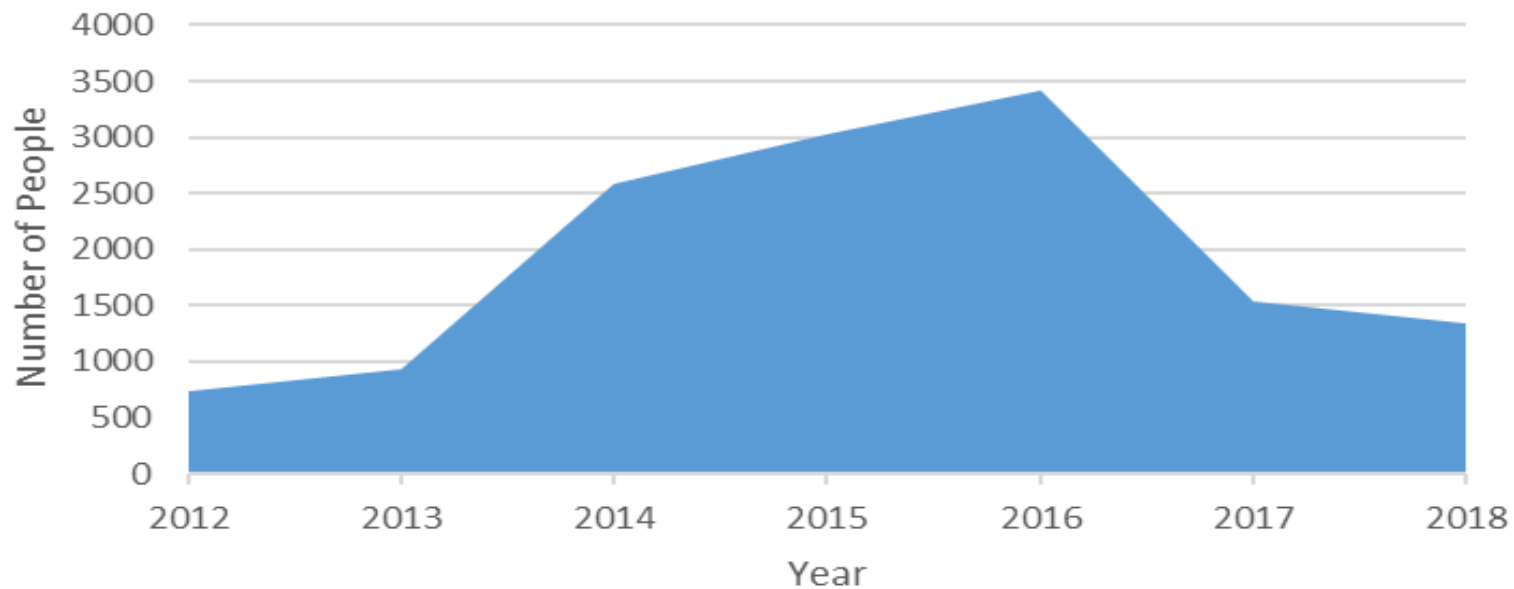
Mission Statement:

To prevent diabetes and improve the lives of people living with the disease and those touched through awareness, education, advocacy, and access to care.

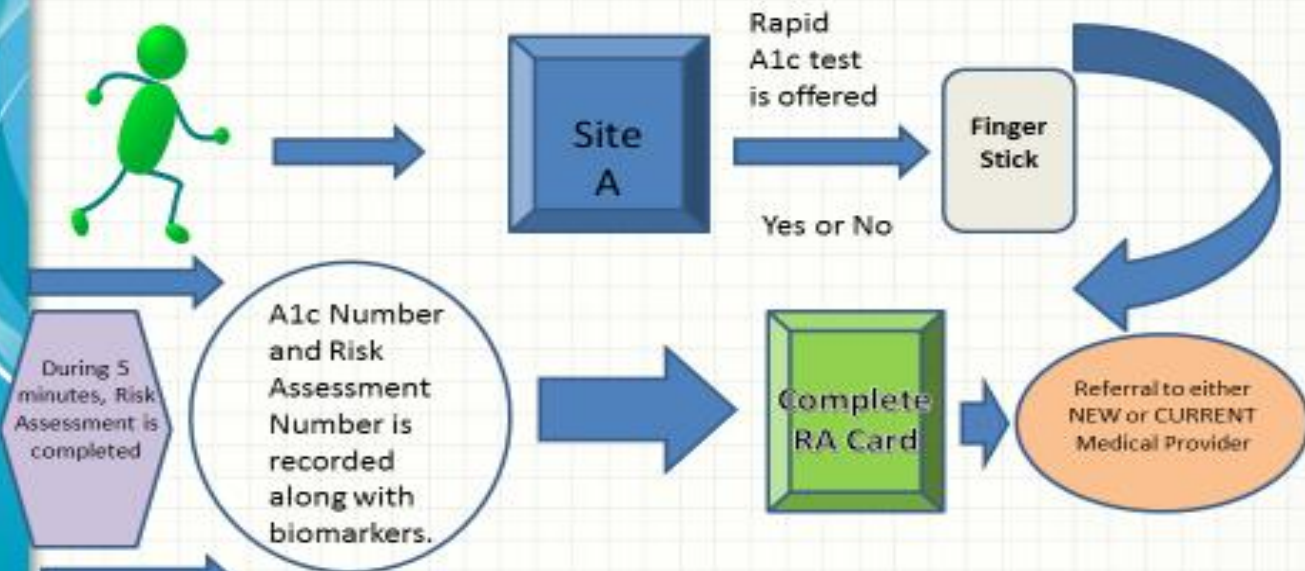
After This Presentation, Participants Should Be Able To:

- 1) Understand the importance of screening for pre-diabetes and diabetes, and the importance of prevention activities for pre-diabetics and treatment for people living with the disease.**
- 2) Review of the Coalition's previous goals from last year's Symposium and highlight what has been successful and where we can improve for the future, such as the selection of biomarkers and technological improvements.**
- 3) Highlight the importance of both current and future partnerships inclusive of the expansion of Coalition volunteer membership and the identification of new funding sources that will allow the Coalition to reach more people in PBC as this epidemic continues to grow.**

Total Risk Assessments Conducted Per Year: Totaling 13,574



New Screening Flow Chart Initiated in October, 2017



Changes include capturing information on exact weight and height; whether those screened have health insurance; if they have ever had a health provider give them a diabetes diagnosis previously; if they want assistance with lifestyle coaching; and giving them a card with their results to take to their physician.

**"Know Your
Numbers" Card**



Unique Identifier(# on form):

Diabetes Assessment
Screening Site Location:

Screening Date:

Diabetes Risk Assessment Screening Results

Diabetes Risk Assessment
Score (0-10):

Body Mass Index (BMI):

Glucose:

A1c:

Lipids: CHOL/HDL: LDL-C:

CHOL: HDL-C:

**PLEASE BRING THESE RESULTS TO YOUR MEDICAL PROVIDER
FOR FURTHER EVALUATION OF YOUR CURRENT HEALTH STATUS.
Visit our website at: www.diabetescoalitionpbc.org**

Back of Card

Diabetes is Diagnosed at an A1c of
Greater Than or Equal to 6.5%

Normal	less than 5.7%
Prediabetes	5.70/oto 6.4%
Diabetes	6.5% or higher

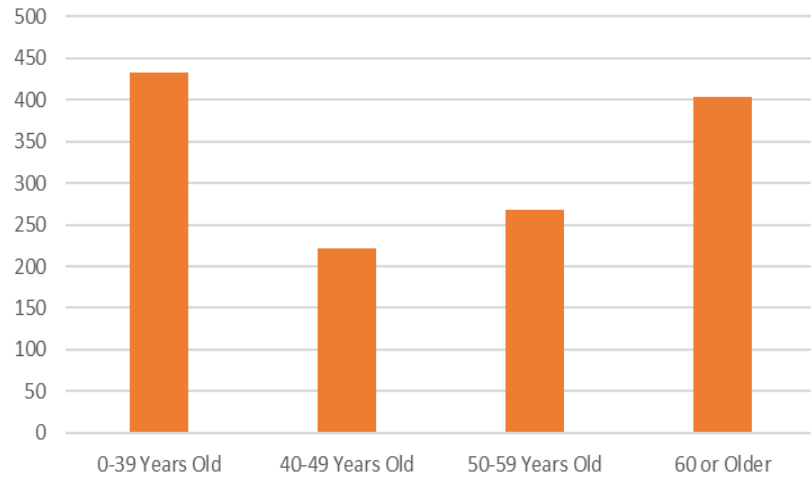
Source: American Diabetes Association

Highlights of 2018:

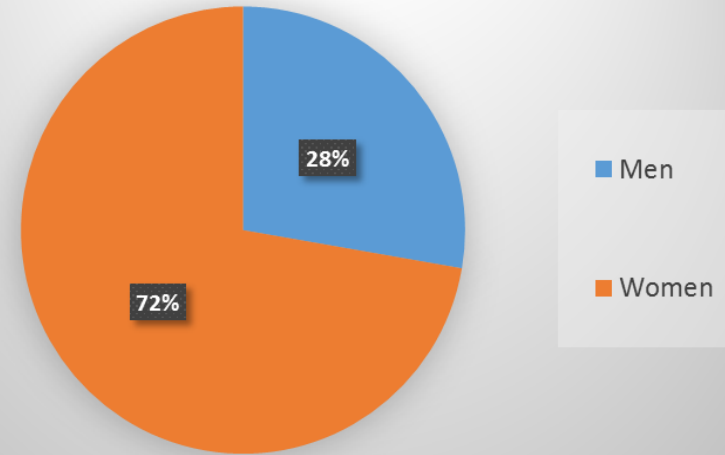
**There were 781
out of 1,336 who
scored 4 or higher
on the risk
assessment
(58.5%)**



Ages of Those Screened in 2019



Gender: 2019



CURRENT A1C METER USED AT SCREENINGS



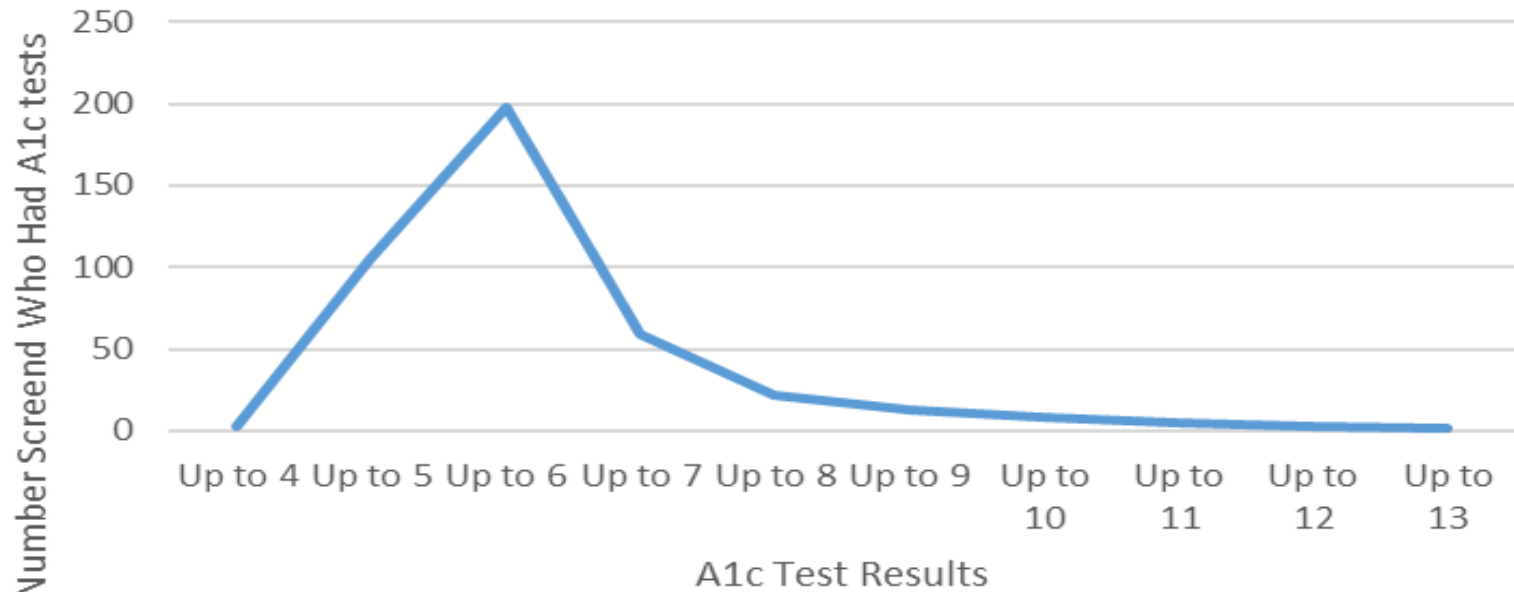
During 2018, 432 A1c tests were taken at screenings.

During 2017, 342 A1c tests were offered and 167 were completed.

Cardio-Chek Meter for Measuring Cholesterol

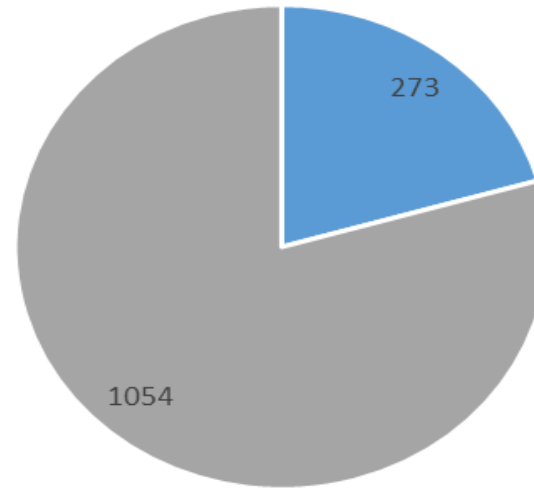


A1c Ranges on Those Tested At Screening Sites: 2018



Fourteen tests were deemed to be inaccurate in their results. The highest A1c was 12.8

Those Screened with Diabetes and without
Diabetes: 2019 (1327 total)



Legend:

Gray: w/o
diabetes
diagnosis

Blue: with
diagnosed
diabetes

In 2018, 20.6% of those screened had been previously diagnosed by a health professional.

Highlights of the Results continued:

- Only 216 did not have insurance coverage out of 1,298 that responded. (16.7%)
- Out of the uninsured 216 people, only 142 wanted to be contacted about health insurance coverage available. (65.7%)
- 504 people out of a total of 1,299 wanted to learn about prevention/education programs about diabetes. (38.8%)
- 262 people did NOT have a primary care provider out of a total of 1,273 who answered this question (#22). (20.6%)
- 893 people agreed to follow-up with their health care providers with their results, while 240 said that they would not follow-up. Interestingly, 203 did not answer this question (#23). (78.8%)
- 90 women had gestational diabetes when they were pregnant. (9.4%)
- 591 people screened out of a total of 1,303 had a close relative with diabetes. (45.4%)
- 453 out of a total of 1,321 have high blood pressure/hypertension. (34.3%)

Comparison of High BMI and Scores of 4 or Higher on the ADA Risk Assessment in 2018

BMI	Total Screened	4 or Higher on ADA Risk Assessment	Percent of Total Screened with 4 or Higher
25 or Higher	961	664	69.1%
30 or Higher	517	410	79.3%
35 or Higher	203	166	81.8%

Key: Below 24.9 is considered a healthy weight. 25 or higher is considered overweight, while 30 or higher is considered obese.



A 55 year old African-American woman, who had previously been diagnosed with diabetes and has close relatives with diabetes, came to a screening. She has high blood pressure, a score of 6 on the ADA Risk Assessment and a 37 BMI. She has health insurance and would like to know more about keeping healthy and is interested in attending diabetes education programs. Her A1c was 9.5 and she agreed to bring her results to her primary care doctor. Her information was given to the YMCA for their educational program and follow-up.



A 59 year old Hispanic White man who has not been diagnosed with diabetes and has no close relatives with this disease, no hypertension, and a normal weight was born in Honduras. He does not have health insurance and is not interested in finding health insurance. He does not have a primary care doctor but is willing to go see one if he gets a referral. His A1c number was 7.7 at the screening. He agreed to allow us to locate a clinic that he could go to and bring his results card with him to the appointment.

Screening Locations in 2018: February 2018 through January 2019: 34 Sites

AMPOWER - Hanger Clinic

Belle Glade Communitywide Health & Wellness Festival

Caridad Family Festival

Delray Community Wellness Center Diabetes Support Group Screening Program

“Diabetes Awareness Day” – Our Signature Event – Palm Beach Outlets

Diabetes Health Fair – The Glades – Pahokee High School

Food Pharmacy Demonstration Pilot Project – MyClinic - Jupiter

“Great American Smoke-Out” Palm Beach State University – Lake Worth Campus

Don’t Sugar Coat It – West County Senior Center – Belle Glade

Don’t Sugar Coat It – United Community Methodist Church – Belle Glade

Health Care District of Palm Beach County Employee Health Fairs

- Belle Glade
- E J Healey Rehab Center – Riviera Beach
- West Palm Beach

Keiser University – Diabetes Awareness Day

Jupiter Medical Center Urgent Care

Jupiter Medical Center Employee Benefit Fair

My Clinic

Palm Beach County Employee Appreciation Picnic

Palm Beach County Library Branches:

- Belle Glade
- West Boynton Beach
- Greenacres
- Jupiter
- Royal Palm Beach
- West Palm Beach -- Okeechobee

Palm Beach County School District “Fit &Five” Transportation/Maintenance Staff

Diabetes Screenings

- Belle Glade
- Riviera Beach
- West Palm Beach – Summit Hub
- Boynton Beach

Palm Beach County School District Police Wellness Fair

Palm Beach State College Diabetes Awareness Day – Boca Raton

Pahokee Back to School Health Fair

St. John's Baptist Church Back to School Health Fair

St. Peter Catholic Church

The Garden's Mall – Mall Walkers Group



GOALS FOR 2018

- ❖ Purchase additional tablets that will enable the Coalition to automate the data collection process. **COMPLETED**
- ❖ Expand the membership to include additional active volunteers for the purposes of educating physicians and other health professionals about Coalition screenings and how to coordinate the referral process. **ONGOING BUT NEED MORE HELP**
- ❖ Monitor the progress of potential new technological advances that will allow screenings for cholesterol at the same time as A1c testing. **CARDIO-CHEK PILOTED**
- ❖ Seek additional funds to expand the infrastructure of the Coalition once the 501(c)(3) designation is complete.

WE ARE A 501(c)(3) AND WE ARE SEEKING FUNDING FOR STAFF EXPANSION

You are adding a survey for: Palm Beach Outlets X

[Step 1](#) / [Step 2](#) / [Step 3](#) / [Step 4](#) / [Step 5](#) / [Step 6](#) / [Step 7](#) / [Finished](#)

Have you even been diagnosed with high blood pressure (hypertension) by a health care professional?

Yes
 No

Are you physically active? Defined as 150 minutes per week of physical activity

Yes
 No

What is your weight (in pounds)?

lbs

How tall are you?

feet inches

Previous

Next





You are adding a survey for: Palm Beach Outlets



Step 1 / Step 2 / Step 3 / Step 4 / Step 5 / Step 6 / Step 7 / Finished

What race best describes you?



White



Black/African American



Asian



Bi-Racial



American Indian/Alaska Native



Native Hawaiian/Other Pacific Islander

What ethnicity best describes you?



Non-Hispanic/Latino



Hispanic/Latino

Previous

Next



The American Hospital Association Has Recognized the Importance of Diabetes Prevention and Treatment Education in Areas Such As:

- Recognizing the Importance of the Social Determinants of Health
- Highlighting Hospital-Based or Hospital-Supported Programs such as “Food Farmacies”
- Partnering with Community-Based Efforts to Reach Diabetics in their homes and churches

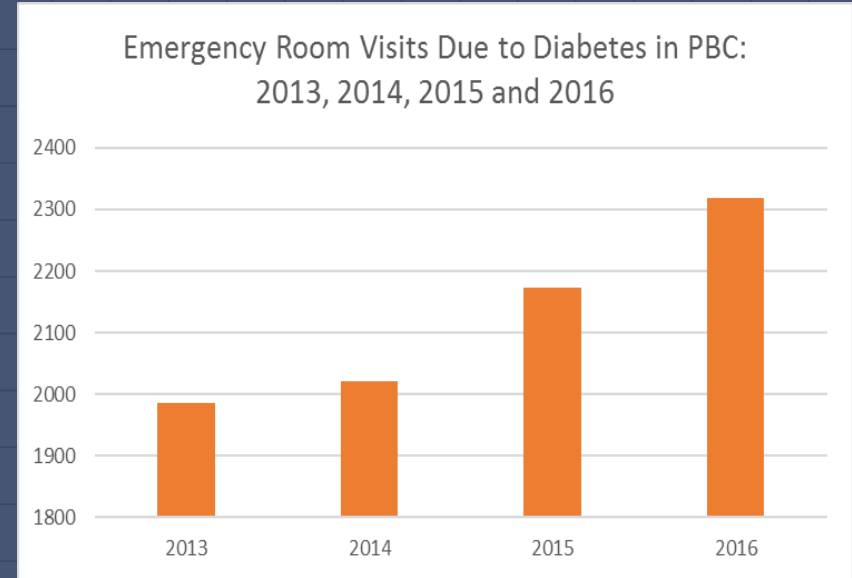
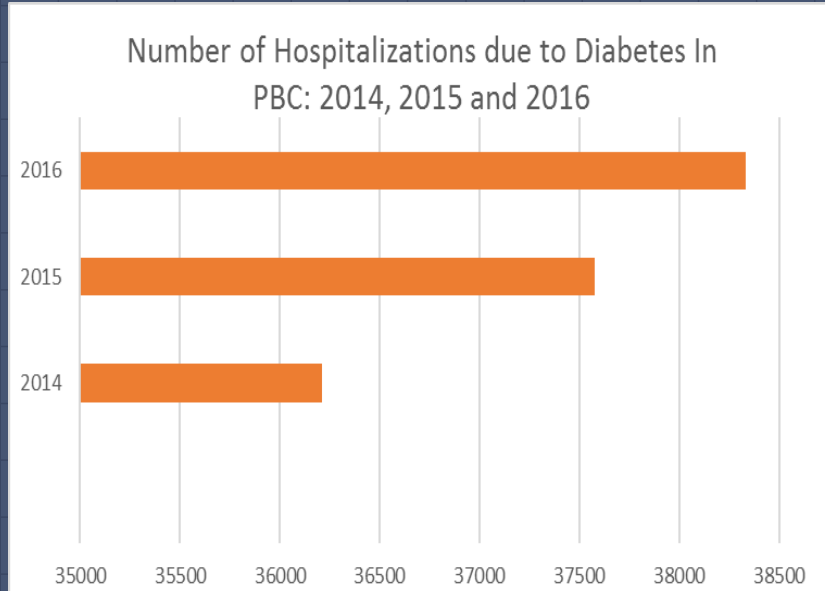
Excerpt from Harvard Business Review article on Geisinger Health System’s Food Farmacy:

This program, our [Fresh Food “Farmacy,”](#) has had clinical impacts superior to those provided by medications that cost billions of dollars to develop, and has done so at dramatically lower cost. Finding effective, less expensive treatments for diabetes is critical because of its enormous social and financial costs and its growing prevalence: One in 10 people currently has diabetes, and it is estimated that by 2050 the figure will rise to one in three.

Visiting High-Risk Patients at Home

Sinai Hospital of Baltimore's Diabetes Medical Home Extender Program helps participants learn to manage their diabetes and become active participants in their overall health. Community health workers and a registered nurse visit high-risk diabetic patients at home, educate clients about their diabetes, and make referrals to available community resources in the process.

In one recent fiscal year, program leaders served 84 clients, 53 percent of whom showed clinical improvement. At least 32 percent of participants showed improvement on a behavioral measure, such as taking medication more regularly. Participants also showed a 24 percent reduction in inpatient admissions and a 47 percent reduction in emergency department visits.



Source: Agency for Healthcare Administration Data, 2016.



CURRENT ENVIRONMENT

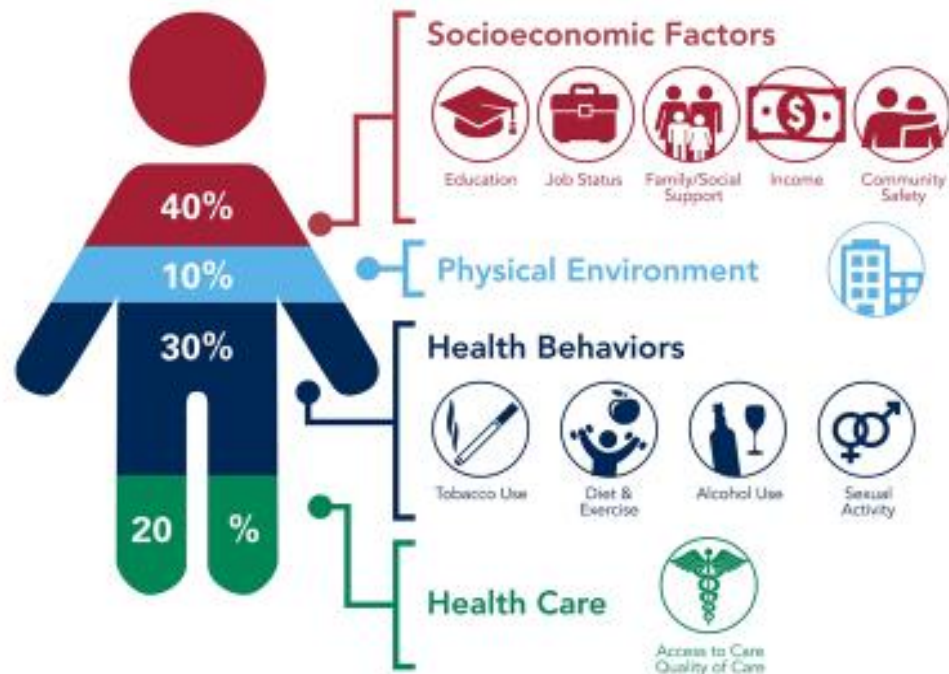
Social determinants of health are the circumstances in which people are born, grow up, live, work and age, and the systems put into place to deal with illness.

➤ Each Year In The U.S...

- ➔ **1.48 million** individuals are homeless
- ➔ **3.6 million** people cannot access medical care due to lack of transportation
- ➔ **42 million** people face hunger, and
- ➔ **12.7 percent** of households are food insecure

IMPACT OF SOCIAL DETERMINANTS OF HEALTH

Social determinants of health have tremendous affect on an individual's health regardless of age, race, or ethnicity.



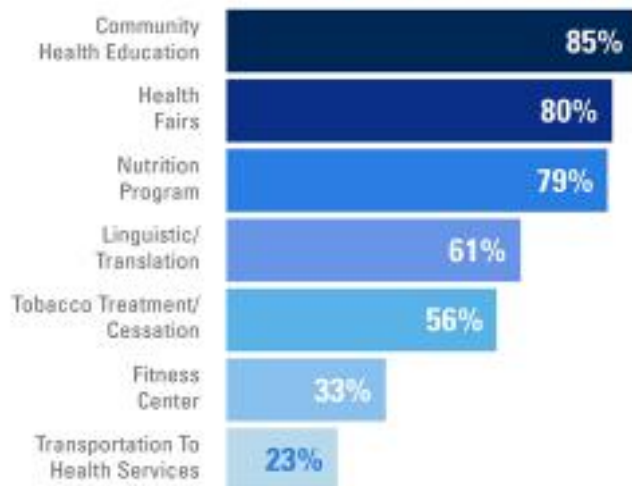
SDoH Impact

- ➔ **20%** of a person's health and well-being is related to **access to care and quality of services**
- ➔ **The physical environment, social determinants and behavioral factors drive 80%** of health outcomes

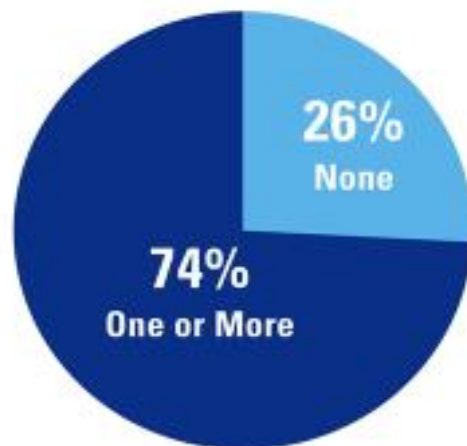
Source: Institute for Clinical Systems Improvement: Going Beyond Clinical Walls: Solving Complex Problems, 2014 Graphic designed by ProMedica.

THE ROLE FOR HOSPITALS AND HEALTH SYSTEMS

We know many hospitals and health systems are already addressing the social determinants of health in their communities.



Hospitals that provide non-medical services



Hospitals that have entered into at least one type of community partnership



©2018 American Hospital Association

Excerpts from *Lakeside Medical Center: 2015-2018 Implementation Strategy*, Adopted May 1, 2018 by the Lakeside Health Advisory Board

At the Lakeside Health Advisory Board (LHAB) meeting in May, 2017, the Glades Region Health Assessment was reviewed...and the top five causes of death in the Glades community were identified. Among these were heart disease, cerebrovascular disease and **diabetes**. Discussions ensued about adopting one of the conditions and the LHAB unanimously approved a motion for staff to develop an initiative to address **diabetes** in the Glades community.

...Plans are underway for Lakeside Medical Center to collaborate with the **Diabetes Coalition of Palm Beach County** to educate residents and promote wellness, nutrition and fitness in the Glades.

Excerpts from Bethesda Health Community Health Implementation Plan: FY 2019 - 2021

Goal 3: Promote Healthy Lifestyles Through Emphasis on Prevention, Wellness and Education

Strategy 3.1: Increase residents' knowledge of diabetes and diabetes resources.

Hold educational sessions to increase awareness of resources.

The Diabetes Coalition of Palm Beach County, YMCA, Jewish Community Center, Mandel Jewish Community Center

Recognition and Thank You's to the Following Schools, Associations and Individuals:

Keiser University – Vista Parkway Campus –
Chiropractic Students and Faculty – Medical
Assistant Students and Faculty

Keiser University – Flagship Campus – Nursing Students and Faculty

Nova Southeastern University – Palm Beach Gardens – College of Pharmacy Students and Faculty

Health Career Institute – Nursing Students

Palm Beach Atlantic University– Volunteer Nurse Corps

Black Nurse Practitioners of Palm Beach County

Patricia Dittman, PhD, Florida Atlantic University – (The Lords Place Men's Residential Campus
Event)

Goals for 2019:

- 1) Automate the entire risk assessment process, improving the error rate and speed of results reporting.
- 2) Apply for infrastructure funding for the coalition.
- 3) Increase partnership efforts with the local hospitals.
- 4) Educate more health professionals about the role of the Diabetes Coalition.



