Nonadherence and Behavioral Interventions in Diabetes
Diabetes in PHPC Settings

Percentage of Patients with Diabetes served by PHPCs

<table>
<thead>
<tr>
<th>Year</th>
<th>PHPCs</th>
<th>All Health Center Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>8.42</td>
<td>8.42</td>
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<tr>
<td>2013</td>
<td>8.66</td>
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<td>2015</td>
<td>8.72</td>
<td>9.1</td>
</tr>
<tr>
<td>2016</td>
<td>8.83</td>
<td>9.2</td>
</tr>
</tbody>
</table>

Legend:
- Orange: Public Housing Primary Care
- Blue: All Health Center Programs
HBA1c>9 in PHPC Settings

Percentage of Patients with Uncontrolled Diabetes in PHPC Settings

- HbA1c>9: 32%
- HbA1c<9: 68%
Barriers to Successful Management of Diabetes

- Clinical limitations
- Clinical inertia
- Underutilization of team support
- Treatment nonadherence:
  * psychosocial
  * environmental
  * interpersonal
  * socioeconomic
  * treatment-related
Modifiable Risk Factors

- Obesity
- Diet
- Physical activity
- Stress
- Smoking
- Alcohol
- Sleep
- Related conditions: High cholesterol, hypertension
Factor Contributing to Medication Nonadherence

- Side effects
- Too many medications
- Forgetfulness
- Cost of medication
- Denial of disease severity
- Absence of disease symptoms
- Low health literacy
- Mistrust of/poor communication with clinician
- Mental illness
- Lifestyle
Programs to Address Modifiable Risk Factors

COMMUNITY-LEVEL INTERVENTIONS

PROVIDED-ORIENTED INTERVENTIONS

FAMILY-SPECIFIC INTERVENTIONS

EDUCATIONAL INTERVENTIONS
Nonadherence: Domains of Issues

SELF-CARE ISSUES

EMOTIONAL ISSUES:
DISTRESS, DEPRESSION
Behavior Change Interventions

- Goal Setting
- Motivational Interviewing
- Problem-Solving
- Coping Skills
- Environmental Change
- Use of Incentives
- Rewards
- Social Support
Emotional Support - All clinicians should be able to:

- Identify patients who are suffering from psychiatric disorders
- Apply effective treatments to relieve diabetes-related distress
- Identify patients who are suffering from diabetes-related distress
- Refer patients for specialized mental health care when appropriate