Expanding Diabetes Prevention and Management Through Health Center Outreach

Session 1: Diabetes 101 – Resources for Community Health Workers

National Center for Health in Public Housing

March 22, 2021

Housekeeping Items

- All participants muted upon entry
- Cameras on (if possible)
- Engage in chat
- Raise hand if you would like to unmute
- Meeting is being recorded
- Slides and recording link will be sent via email within a week after session

Access to Moodle

- Materials related to LC will be available through this platform

- Visit Moodle.nchph.org select "Expanding Diabetes Prevention and Management Through Health Center Outreach Learning Collaborative"

- Create account

- Detailed instructions on how to access materials included in our "Welcome Packet"

ABOUT US

National Center for Health in Public Housing

Training and Technical Assistance

Research and Evaluation

Outreach and Collaboration

Increase access, quality of health care, improve health outcomes,
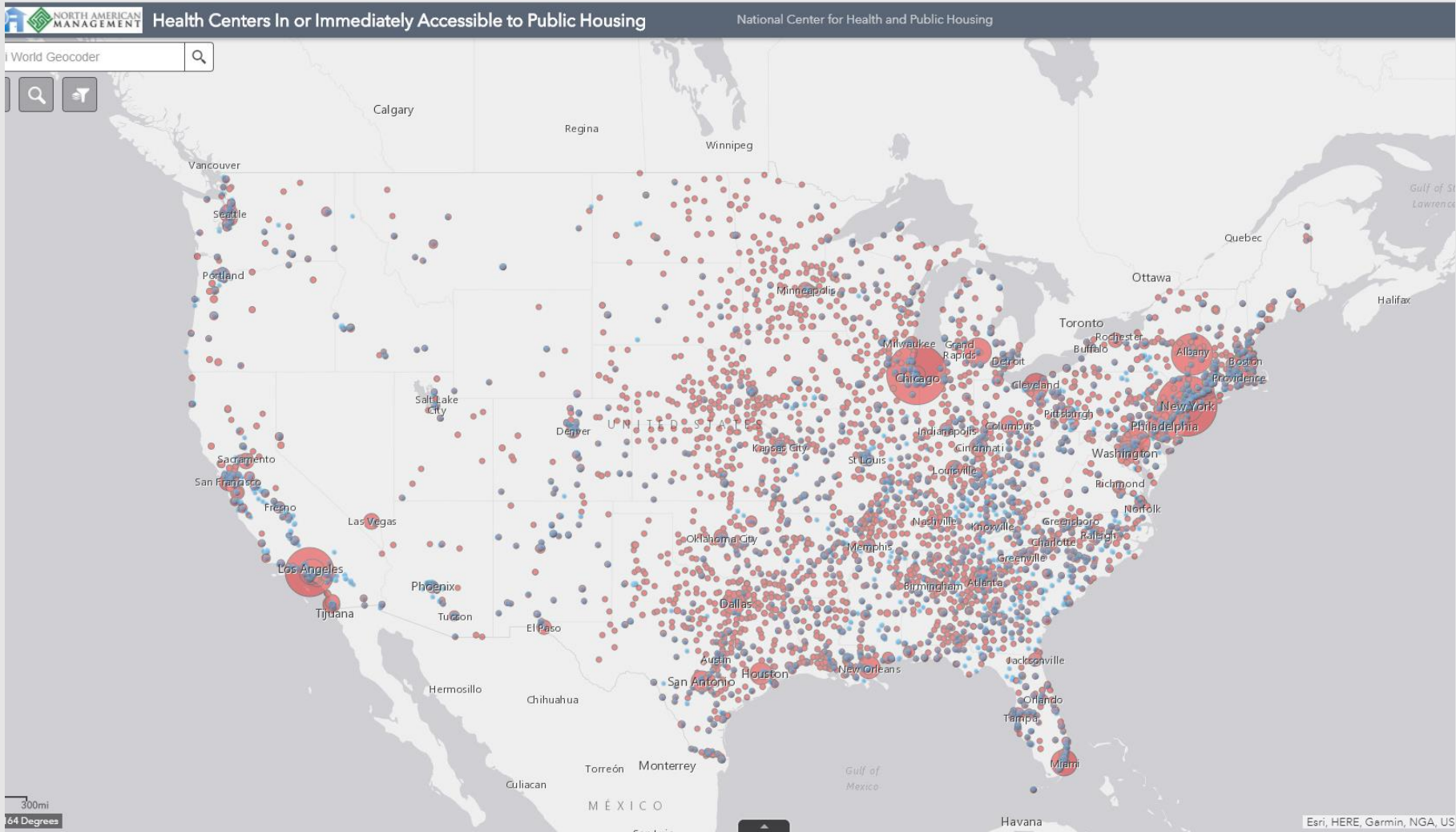and improve health equity for public housing residents

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Chat Icebreaker:

- Name and role

- Health center name

- Health center location and number of sites

Today's Agenda

- Review pre-diabetes and diabetes
- Discuss a case study
- Explore diabetes resources
- Question and Answer

Health Centers In or Immediately Accessible to Public Housing — National Center for Health and Public Housing
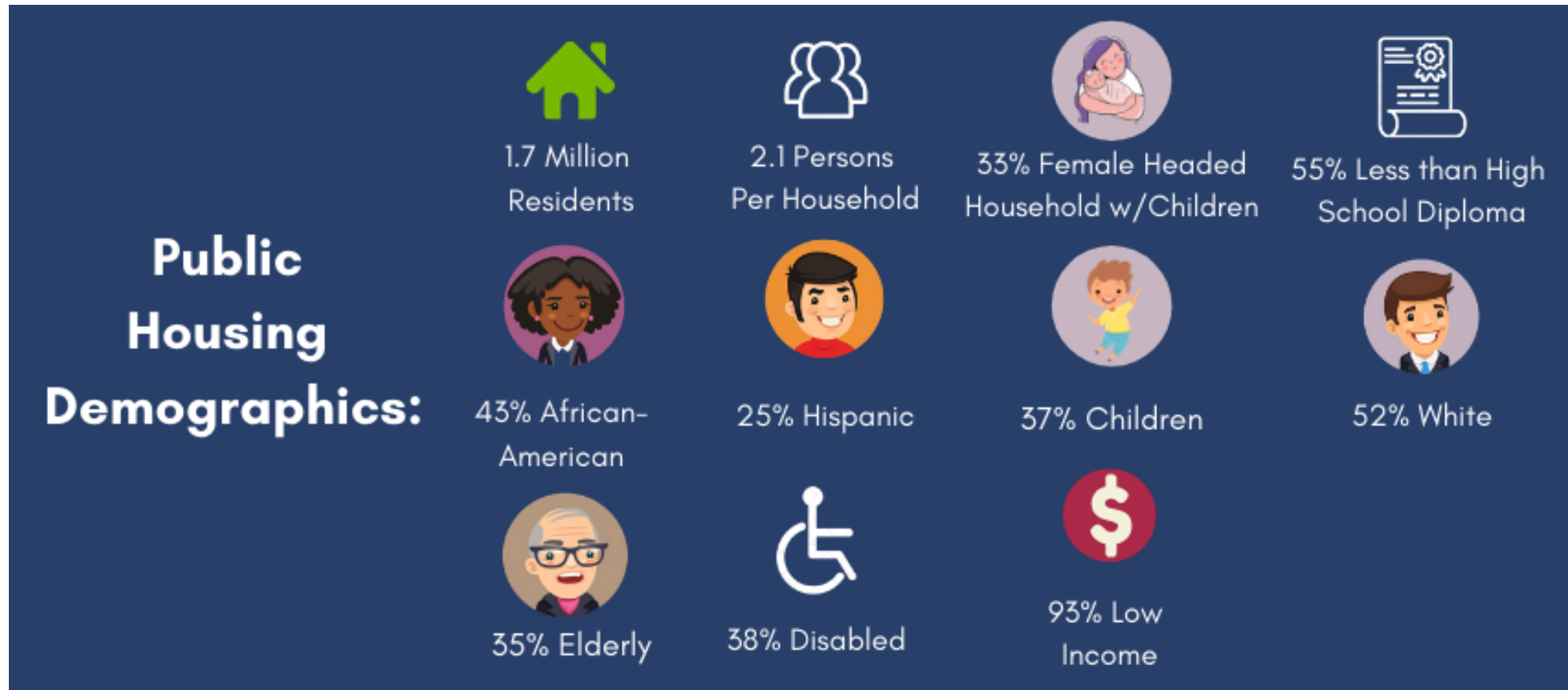
1,400 Federally Qualified Health Centers (FQHC)=30 million

433 FQHCs near Public Housing= 5.2 million patients

108 Public Housing Primary Care (PHPC) = 856,191 patients

www.nchph.org

In 2020, there were roughly 1.7 million residents of public housing. Approximately 93% were living below poverty, 33% were headed by a single female, 37% of the households had children, and 38% had a member that was disabled. (Source: HUD)

Public Housing Demographics:

- 1.7 Million Residents
- 2.1 Persons Per Household
- 33% Female Headed Household w/Children
- 55% Less than High School Diploma
- 43% African-American
- 25% Hispanic
- 37% Children
- 52% White
- 35% Elderly
- 38% Disabled
- 93% Low Income

Source: HUD Resident Characteristics 2020

Diabetes in Health Centers

- 2,709,755 (9.08 %) Health Center (HC) patients with diabetes

- 82,351 (9.6%) of Public Housing Grantee patients with diabetes

Source: 2019 National Health Center Data

Diabetes 101

What you need to know

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Learning Objectives

Participants will learn:

- ✓ **What is diabetes?**
- ✓ **Why immediate care is required?**
- ✓ **Basic components of diabetes care**
- ✓ **Short and long-term consequences of diabetes**

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Case Study

- J.M., a 48-year-old Hispanic man, was seen in the primary care clinic for routine follow-up of hypertension, for which he had been treated for the past 8 years. His only medication was lisinopril, 20 mg/day. Home blood pressure monitoring averaged 128/82 mmHg. He had a family history for hypertension, type 2 diabetes, and coronary artery disease. J.M. reported a 20-lb weight gain over the past year, along with a sedentary lifestyle with no regular exercise routine. Other medical history was negative, including symptoms of fatigue, polyuria, or polydipsia. He denied past or current tobacco use.

Raise your hand if you know someone with diabetes.

1 in 11

AMERICANS HAS DIABETES TODAY

Source: CDC. National Diabetes Statistics Report, 2017

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Diabetes: a public health crisis

Compared to non-Hispanic whites, American Indians and Alaska Natives are twice as likely to be diagnosed with diabetes.

Compared to non-Hispanic whites, Blacks and Hispanics are more than 50% more likely to be diagnosed with diabetes.

Compared to non-Hispanic whites, Asian Americans are 10% more likely to be diagnosed with diabetes.

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Diabetes kills more Americans every year than AIDS and breast cancer combined.

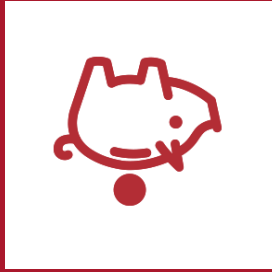**Every 21 seconds, someone in the U.S. is diagnosed with diabetes.**

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Nearly

200,000

American youth have diabetes

Nearly

18,000

youth are diagnosed with type 1 diabetes every year

With more than

5,000

new cases a year, type 2 diabetes is becoming more common in children

Diabetes: a public health crisis impacting children

The annual health care costs for a person with diagnosed diabetes are **2.3x HIGHER** than for a person without.

$1 in $7 health care dollars is spent on treating diabetes and its complications.

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So what is prediabetes and diabetes?

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What is prediabetes?

Prediabetes is when your blood sugar levels are higher than normal but aren't high enough to be diabetes.

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84 MILLION
American adults have prediabetes

90%
of Americans with prediabetes don't know they have it

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Prediabetes can lead to type 2 diabetes and its many serious complications.

Learn your risk for prediabetes and type 2 diabetes and steps to lower your risk at **diabetes.org/risktest**.

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What is diabetes?

When you have diabetes, your blood sugar levels rise higher than normal. There are three types of diabetes.

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes

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How is food related to diabetes?

1. Your body breaks down food into glucose and sends it to the blood.

2. Insulin helps move glucose from the blood into your cells.

3. Glucose moved into your cells is either used as fuel for energy or stored for later use.

4. If you have diabetes, there is a problem with insulin, but not everyone has the same problem.

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What are they symptoms of diabetes?

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Symptoms include:

Urinating often

Feeling very thirsty

Feeling very hungry—even though you are eating

Extreme fatigue

Blurry vision

Cuts/bruises that are slow to heal

Weight loss—even though you are eating more (type 1)

Tingling, pain, or numbness in the hands/feet (type 2)

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The types of diabetes

What is type 1 diabetes?

In type 1 diabetes, your immune system mistakenly destroys the beta cells in your pancreas that make insulin.

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What causes type 1 diabetes?

Scientists aren't sure what causes type 1 diabetes. It is not contagious and it is not caused by consuming sugar.

Research is under way to find the exact causes of type 1 diabetes and how it might be prevented.

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What is type 2 diabetes?

If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance.
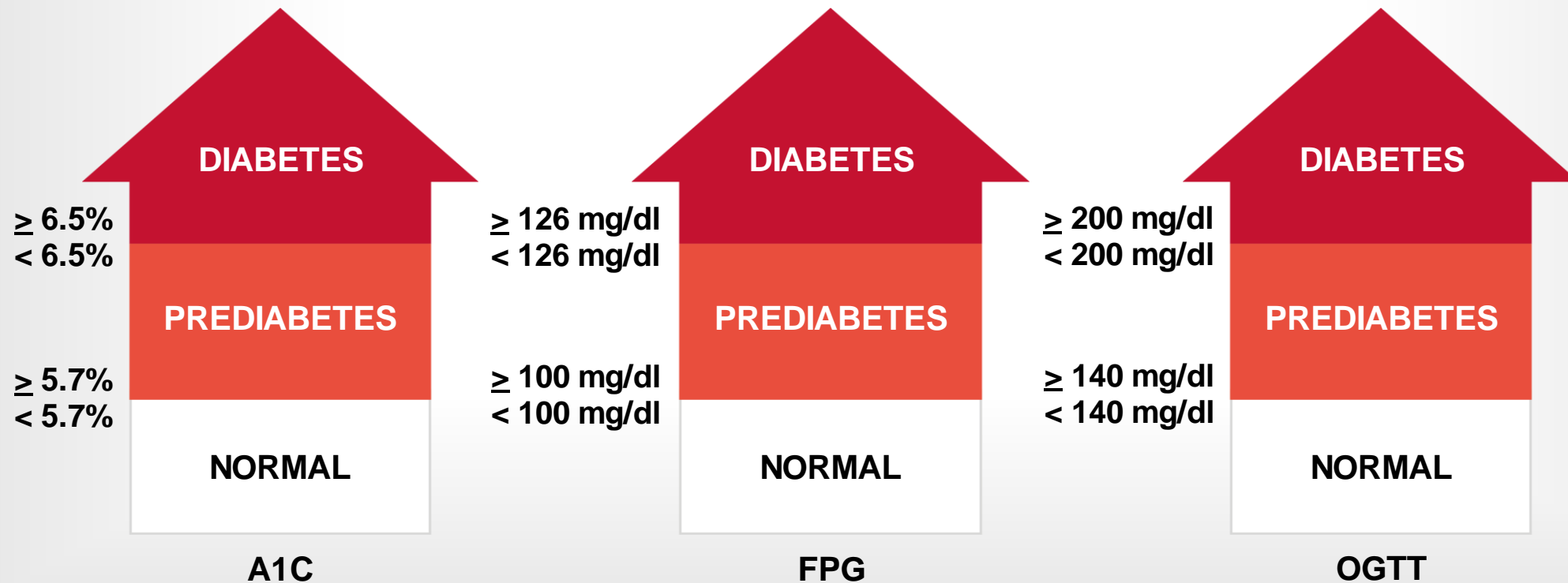
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What puts you at risk for type 2 diabetes?

Risk factors include:

- History of high blood glucose, prediabetes, and/or gestational diabetes (GDM)

- Overweight and obesity

- Physical inactivity

- Genetics

- Family history

- Race and ethnicity

- Age

- High blood pressure

- Cholesterol problems

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What is gestational diabetes (GDM)?

GDM is diabetes that develops during pregnancy.

- If your blood glucose levels return to normal after giving birth, you are at higher risk for developing type 2.

- If your blood glucose doesn't return to normal, you will be diagnosed with type 2 diabetes.

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Diabetes complications, treatments and what you can do

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How is diabetes treated?

Diabetes may be treated with meal planning, exercise, oral medications, insulin and other injectables.

Over time, it can lead to several complications, such as:

- Nerve damage
- Kidney damage
- Eye problems
- Amputation
- Heart disease and stroke

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What can you do if you have prediabetes or diabetes?

Things you can do:

- Weight loss, if needed

- Daily physical activity

- Follow a meal plan

- Take your medication(s)

Be sure to talk to your doctor about the steps you can take to stay healthy.

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How does staying active help?

When you are active:

- Your body is more sensitive to insulin, so the insulin can work better.

- Your cells take glucose out of the blood during exercise, which is good.

- Exercise can improve your mood.

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What types of activity should I do?

Types of activity you can try:

- Lifestyle activities

- Aerobic exercise

- Strength training

- Balance training

- Flexibility training (stretching)

Where to begin with meal planning

Talk to a registered dietitian nutritionist (RDN)
or certified diabetes educator (CDE) about the best
meal plan for you. The plate method can be a
place to start.

1. Fill 1/2 of your plate with nonstarchy vegetables.

2. Fill 1/4 of your plate with protein.

3. Fill 1/4 of your plate with grains or starchy vegetables, fruit and/or milk/yogurt.

4. Add water or a no-calorie beverage.

Plan Your Portions

Water or
no-calorie
drinks

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Diabetes
Association
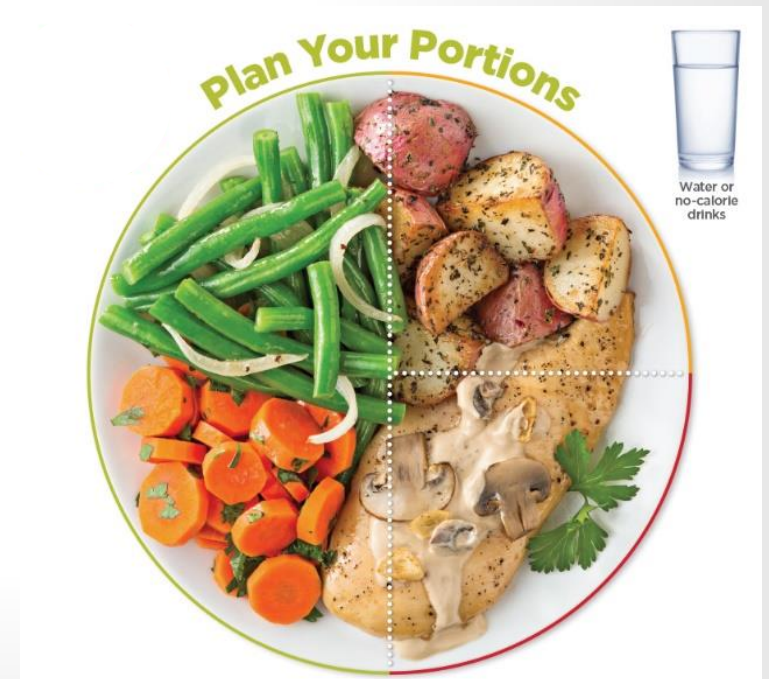
What should I know about medications?

Talk to your diabetes care team about the medications you're taking and what they do. There are three types of medications for diabetes.

1. Diabetes oral medications (pills)

2. Insulin

3. Other injected medications

Be sure to take your medications as prescribed.

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How to make the best choices for you

Setting "S.M.A.R.T." goals can help you reach your health goals. S.M.A.R.T. goals can also help you manage your time and track your progress.

S.M.A.R.T. goals are Specific, Measurable, Attainable, Realistic, and Time-specific.

Next steps

At-Risk/Prediabetes

Take the Risk Test

Talk to provider

If diagnosed, register for local DPP

Visit Diabetes Food Hub

Contact 1-800-DIABETES for additional resources

Diabetes

Register for Living With Type 2 program

Register for Ask the Experts Event

Register for Diabetes Self-Management Education

Visit Diabetes Food Hub

Contact 1-800-DIABETES for additional resources

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Case Study

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Case Study

- J.M. presented with a waist size of 42 inches, BMI of 34 kg/m², and blood pressure of 125/80 mmHg. A subsequent lipoprotein profile demonstrated the common pattern associated with pre-diabetes, including a low HDL cholesterol (30 mg/dl) and a high triglyceride level (185 mg/dl). The LDL was mildly elevated (132 mg/dl), and total cholesterol was 199 mg/dl. His fasting glucose was 111 mg/dl, with a repeat value of 115 mg/dl one week later.

- **Questions**
1. What would you recommend to your patient to address his diabetes and other chronic conditions?
2. What preventives services would you offer him?
3. What educational resources would you use and where would you get them?

Role of CHWs in Diabetes Prevention

Strengthen Connections

Health Center and the Community

Translation Services

Culturally-Appropriate Materials

Informal Counseling

Referral   to Health Center

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Resources

American Diabetes Association

https://www.professional.diabetes.org/content-page/resources-community-health-workers-chws

Centers for Disease Control

https://www.cdc.gov/diabetes/professional-info/toolkits/faith-leaders.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdiabetes%2Fndep%2Ftoolkits%2Froad-to-health.html

ADA Risk Calculator

https://www.mdcalc.com/american-diabetes-association-ada-risk-calculator#use-cases

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Next Session

- Session 2: Community Health Workers (CHWs): Strong Evidence-base for Embracing CHWs into the Public Health and Healthcare Workforce

- March 29, 2021 at 1pm EDT through Zoom

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