Diabetes Continuum of Care: Association between Health Literacy, diabetes knowledge, and self-care behaviors

Tuesday, February 16th, 2021
8 am HT / 11 am PT / 1 pm CT / 2 pm ET

Welcome!
We will begin in a few minutes
Zoom Features
Diabetes Continuum of Care: Association between Health Literacy, diabetes knowledge, and self-care behaviors

Dinamica/Ice breaker
Diabetes affects more than 34 million people in the United States. Multi-tiered efforts to prevent, treat and manage diabetes are critical in reducing the burden of diabetes, particularly for special and vulnerable populations, which have unique characteristics that affect culturally and linguistically competent health care access and utilization. According to 2018 Uniform Data System (UDS), diabetes poses a unique challenge for the HRSA Health Center Program because 1 of 7 patients has diabetes and nearly 1 in 3 of those has uncontrolled diabetes.

To elevate the national conversation around diabetes, 14 National Training and Technical Assistance Partner (NTTAP) organizations formed the Special and Vulnerable Populations Diabetes Task Force to engage health centers, Primary Care Associations (PCAs), and Health Center Controlled Networks (HCCNs) to increase knowledge of effective strategies that address diabetes among people experiencing homelessness, residents of public housing, migratory and seasonal agricultural workers, school-aged children, older adults, Asian Americans, Native Hawaiians and Pacific Islanders, LGBTQIA+ people, and other health center patients.

This Fall's national learning series is sponsored by HRSA and will take a deeper dive into issues related to patient health literacy, community engagement, and team-based care.

For information about the Diabetes National Learning Series, visit chcdiabetes.org today.
Special and Vulnerable Populations Task Force Members:

AAPCHO
Association of Asian Pacific Community Health Organizations

CSH
Farmworker Justice

Health Outreach Partners
Healthy People. Equitable Communities.

Migrant Clinicians Network

National Center for Equitable Care for Elders

NCFH
National Center for Farmworker Health, Inc.

NCHPHA
National Center for Health in Public Housing

National Health Care for the Homeless Council

Nurse-Led Care Consortium
A PHMC affiliate

School-Based Health Alliance
Redefining Health for Kids and Teens

For more information on our NTTAP Partners, visit chcdiabetes.org
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OUTCOMES-DRIVEN  
EXPERIENCED  
INNOVATIVE
Learning Collaborative Overview
Diabetes Continuum of Care: Association between Health Literacy, diabetes knowledge, and self-care behaviors

Overview of the LC

- Participants are expected to attend all sessions. Everyone will have access to the slides, and resources. An email will be sent out shortly after the first session.
- CME/CNE credits are available. You need to attend all sessions to qualify for CMEs/CNEs.
- After each session, participants will be provided with reflection questions to prepare for the next session.
- You will receive a reminder for the next session the Friday before.
- Learning collaborative sessions will be 1.5 hours with opportunity for small group discussion.
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Timeline

Session #2: Association between Health Literacy, Diabetes Knowledge, and Self-care Behaviors - Feb. 16th, 2021

Session #3: Health Literacy: Diabetes Prevention and Self-management - March 2nd, 2021

Session #4: Opportunities for Technology: Internet and Telehealth - March 16th, 2021
Association between Health Literacy, diabetes knowledge, and self-care behaviors
Impact of Health Literacy on Patients’ Diabetes Management and Self-Care

LEARNING OBJECTIVES

1. Understand health literacy, self-care, and the impact on diabetes
2. Identify barriers for health literacy, and self-care
3. Provide tools for assessing diabetes
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Diabetes

Numbers according to the Center for Disease Control and Prevention (CDC)

- 34.2 million US adults have diabetes, and 1 in 5 of them don’t know they have it
- More than 88 million US adults (over 1 out of 3) have pre-diabetes, and more than 84% of them don’t know it
- Diabetes is the #1 cause of kidney failure, lower limb amputations and adult blindness
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled
- African Americans, Hispanics, American Indians, and some Pacific Islanders and Asian American have higher risk of developing diabetes

Costs of having Diabetes according to the CDC

- Medical costs and lost work and wages for people with diagnosed diabetes total $327 billion yearly.
- Medical costs for people with diabetes are twice as high as for people who don’t have diabetes

https://www.cdc.gov/diabetes/basics/quick-facts.html
What is Diabetes?

- Scientific name- Diabetes Mellitus
- Commonly known as “la azucar” or “sugar”
- Your body has trouble moving glucose (sugar) from your blood into your cells
- Your cells use glucose as fuel
- Your body doesn’t make enough insulin or can’t use its own insulin
- This leads to high levels of glucose in the blood and not enough for your cells
- It is the seventh cause of death in the USA

https://www.youtube.com/watch?v=wmOW091P2ew - Youtube video
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Types of Diabetes

❖ **Type 1 - Juvenile diabetes or insulin dependent diabetes**
  - It is inherited - appears in children and young adults
  - Less common than type 2 diabetes
  - 5 - 10% of people with diabetes have type 1

  ➢ **Risk Factors**
    - Genetics - if you are from a high risk race/ethnicity
    - Your body produces very little or no insulin
    - The pancreas is attacked by your immune system

  ➢ **Symptoms**
    - Frequent urination
    - Extreme hunger, thirst or fatigue
    - Unintended weight loss or weight gain

  ➢ **Treatment**
    - Take insulin shots/wear insulin pump
    - Manage blood sugar levels
    - Exercise/ be physically active
    - Manage stress

❖ **Type 2 - Insulin resistance**
  - More than 34 million Americans have diabetes (1 out 10)
  - 90 - 95% of people with diabetes have type 2
  - Usually suffered by older people

  ➢ **Risk Factors/ Causes**
    - Obesity is the prime risk factor
    - Results of poor lifestyle, dietary and exercise habits
    - Your body becomes resistant to your insulin

  ➢ **Symptoms**
    - Symptoms can take years to manifest
    - Blurred vision
    - Poor wound healing

  ➢ **Treatment**
    - Medication to help manage blood sugar, cholesterol and blood pressure levels
    - Exercise/ be physically active
    - Manage stress
    - May get insulin prescribed

https://www.cdc.gov/diabetes/basics/type1.html
https://www.cdc.gov/diabetes/basics/type2.html
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Types of Diabetes

❖ Pre-Diabetes - impaired glucose tolerance
  ■ If left untreated, can turn to type 2 diabetes
  ■ 1 out of 3 Americans suffer of it
  ■ Approximately 88 million people in the USA have it.
  ➢ Risk Factors/ Causes
    ■ Being overweight
    ■ Parent or sibling has type 2 diabetes
    ■ If you are from a high risk race/ethnicity
    ■ Your body becomes resistant to your insulin
  ➢ Symptoms
    ■ Same symptoms as type 2 diabetes
    ■ Frequent urination
    ■ Extreme hunger, thirst or fatigue
    ■ Unintended weight loss or weight gain
  ➢ Treatment
    ■ It is reversible
    ■ Eating healthy foods
    ■ Exercising/ at least 3 times a week
    ■ Lose weight

❖ Gestational diabetes
  ■ Appears in pregnant women
  ■ Usually in the 3rd trimester
  ■ 50% of women with gestational diabetes go on to develop type 2 diabetes
  ➢ Risk Factors/ Causes
    ■ High levels of glucose due to insulin resistance
  ➢ How it affects your baby
    ■ Being very large (9 pounds or more)
    ■ Induce early child birth
    ■ Increases the chances your child will develop type 2 diabetes later in life
  ➢ Symptoms
    ■ Doesn’t have any symptoms, a test is needed
  ➢ Treatment
    ■ Attend all your prenatal appointments
    ■ Check your blood sugar
    ■ Follow a healthy eating plan
    ■ Be active
    ■ May get insulin prescribed

https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278
https://www.cdc.gov/pregnancy/diabetes-gestational.html
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Risk of having diabetes

➢ Long term damage or failure to your body’s:
  ○ Heart
  ○ Kidney
  ○ Feet
  ○ Nerve
  ○ Eye diseases
➢ Can lead to amputations
➢ Some studies show it doubles the risk of depression
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Good news! It can be managed

➢ With the right care people can live long and healthy lives
  ◦ Regular follow-up with health care provider
  ◦ Develop or maintain healthy life habits
  ◦ Manage stress
  ◦ Take medicine
  ◦ Stop smoking/tobacco problems
  ◦ Health literacy
  ◦ Self-care

It isn’t just about controlling the sugar levels but preventing complications, amputations, loss of sight, etc.

➢ Screening and diagnosing
  ◦ Through measuring levels of sugar in the blood
  ◦ Fasting glucose test
  ◦ Oral glucose
  ◦ HbA1c
  ◦ C-peptid
  ◦ Gestational diabetes

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3599009/
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What are normal sugar levels?

<table>
<thead>
<tr>
<th>Age 6-12</th>
<th>Age 13-19</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fasting</strong></td>
<td>80-180</td>
</tr>
<tr>
<td><strong>Before Meal</strong></td>
<td>90-180</td>
</tr>
<tr>
<td><strong>Before Exercise</strong></td>
<td>at least 150</td>
</tr>
<tr>
<td><strong>Bedtime</strong></td>
<td>100-180</td>
</tr>
</tbody>
</table>

**A1c** less than or around 8.0% for Age 6-12, less than or around 7.5% for Age 13-19

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What is health literacy?

The capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.
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Low health literacy

Low health literacy is a barrier to effective patient care

➢ Red Flags for Low Health Literacy:
  ○ Frequently missed appointments
  ○ Incomplete registration forms
  ○ Non-compliance with medication
  ○ Unable to name or identify medications
  ○ Ask fewer questions to health professionals
  ○ Lack of follow-through on tests or referrals

https://www.ahrq.gov/health-literacy/quality-resources/tools/literacy-toolkit/tool3a/index.html
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Cognitive and Social Factors Influencing Diabetes Health Literacy

- Communication Skills (Language Proficiency)
- Reading/Literacy Level
- Knowledge of health, and health topics
- Culture
- Relationship between patient and provider
- Social Support
- Ability to navigate the healthcare and health insurance industries
- Situational Context

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Self-care behaviors

What is it?
- Self-care is a commitment by the patient to avoid health complications in absence of a medical provider
  - Must individuals struggle with motivation and support
  - It is necessary to limit potential organ damage
  - Reduces the likelihood of hospitalizations
  - Lowers ER visits due to Diabetes complications

A study conducted by the Journal of Diabetes & Metabolic Disorder discovered seven self care behaviors proven to help with diabetes:
- Healthy eating
- Being physically active
- Monitoring blood sugar levels
- Complying with medications
- Using problem-solving skills
- Developing healthy coping skills
- Practicing risk reduction behaviors (nursing.usc)

https://nursing.usc.edu/blog/self-care-with-diabetes/
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Self-care behaviors

- Other practices
  - Attending annual eye exam
  - Caring for feet
  - Reporting symptoms (numbness and tingling)
  - Practice good oral hygiene
  - Checking the skin
  - Reducing stress
  - Relying on social circles

https://nursing.usc.edu/blog/self-care-with-diabetes/
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CHW and how they can help

➢ How do CHW-led diabetes interventions positively impact individual patients?
  ● Provide social support and education (family activities)
  ● Improvements in A1C levels
  ● Increased physical activity
  ● Improved mental health and decreased diabetes distress
  ● Greater patient understanding of their disease

➢ How do CHW-led diabetes interventions positively impact organizations and communities?
  ● Reducing ER utilization and medical costs:
  ● Improving patient/provider satisfaction and coordination
  ● Reducing disparities:

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CHW and how they can help

How Has MHP Salud Addressed Diabetes through CHW Programs?

- Salud y Vida


- The Road to Health Guided Implementation Project (RTH)

This guide provides organizations with an overview of practical tools used to create and/or improve written materials. It includes information, tips, and resources on readability, writing style, layout and design, and how to adapt writing documents to different audiences.

Link: https://mhpsalud.org/portfolio/a-guide-to-developing-easy-to-understand-materials-for-any-audience/
The purpose of this guide is to assist health centers and partners in identifying the roles of CHWs in addressing diabetes. This guide will provide access to information that will facilitate the identification of CHWs in their Health Centers and their roles in addressing diabetes self-management and prevention in their communities.

Link: https://mhpsalud.org/portfolio/the-role-of-community-health-workers-addressing-diabetes/
Breakout Sessions
Zoom Features
Impact of Health Literacy on Patients' Diabetes Management and Self-Care

Breakout Session Questions

➢ What are some self-care practices your organization teaches?
➢ How do you obtain educational material for your organizations (federal, local health department, state health center, university, etc.)?
➢ What are some tools you are using to combat diabetes?
➢ Do you all provide diabetes self-management or are they referred to a second party for service?
➢ Do you all provide self-monitoring devices to your patients?
Take-home Questions
Impact of Health Literacy on Patients’ Diabetes Management and Self-Care

Reflection Questions

Between now and the next session (March 2nd), reflect on the following questions:

➢ What health literacy tools are you familiar with to assess diabetes knowledge among your patients?
➢ Are you familiar with educational material for patients with prediabetes?
➢ What online resources do you use to educate your patients?
THANK YOU!

For information about the Special and Vulnerable Populations Diabetes Learning Collaborative, visit chcdiabetes.org today.

Feel free to contact our NTTAP collaborating partners and speakers from today’s webinar:

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At the end of this webinar, please complete the evaluation form. Your feedback is greatly appreciated.