



ODPCP

OHIO DIABETES PREVENTION & CONTROL PROGRAM

Ohio Diabetes Prevention and Control Program in Review (1998-2003)

The Ohio Diabetes Prevention and Control Program (ODPCP) has completed its four-year grant cycle (June 1998-July 2002) and was given a nine-month extension through March 2003 to assure that all 56 Diabetes Control Programs (DCP) would be on the same timetable. During the past five years, the diabetes program has worked to comply with the Centers for Disease Control and Prevention (CDC) national objectives with the overall goal of improving Ohioans' access to quality diabetes care and services with a priority on reaching high-risk and disproportionately affected populations for the purpose of reducing the burden of diabetes. The following is an overview of the ODPCP's accomplishments as they relate to each objective.

By the end of 1999, establish a measurement of procedures to track program success in reaching the following objectives.

The Ohio Diabetes Prevention and Control Program has had the support of Dr. Rosemary Duffy, CDC epidemiologist who was assigned to Ohio to build chronic disease epidemiology capacity. Dr. Duffy has been instrumental in analysis of data collected by the diabetes program. She has created the *Burden of Diabetes in Ohio* report that has enabled the diabetes program staff to work with health educators and professionals to specifically target diabetes

education and training in Ohio communities where the need is greatest.

The hiring of Jolene DeFiore-Hyrmer into the position of epidemiologist for the diabetes program has made a great impact on the strength of the ODPCP. DeFiore-Hyrmer has worked with Dr. Duffy on the *Burden of Diabetes in Ohio* and her expertise and knowledge of the Behavioral Risk Factor Surveillance System (BRFSS), hospital discharge, Medicare and other relevant data sources has provided the diabetes program the experience to examine the burden of diabetes in these areas. An Ohio Diabetes Monograph will be distributed by summer 2003 which will include all relevant data sources mentioned.

The ODPCP also continues to use data from the CDC BRFSS to analyze trends in diabetes prevalence, co-morbidity and related health behaviors for the State of Ohio. Estimates of the prevalence of diabetes in Ohio are available upon request.

By 2004, demonstrate success in achieving an increase in the percentage of persons with diabetes in the state who received the recommended foot exams, eye exams, and HbA1C tests.

These three objectives were combined to increase efforts to improve in these areas by working with the Diabetes Task Force and also with the 69

Federally Qualified Health Centers (FQHCs) statewide. Utilizing the American Diabetes Association's Standards of Care, the ODPCP worked with the Ohio Primary Care Association, Midwest Clinicians Network and KePRO (State Peer Review Organization) to conduct chart audits at the FQHCs.

The areas of regular foot exams, annual eye exams and number of HbA1c tests were components of random chart audits conducted by the ODPCP on non-Medicare patients with diabetes simultaneously with KePRO who reviewed charts of the Medicare diabetic population. Data from each center was analyzed and results were reported to each participating center. The ODPCP, utilizing task force members, then conducted clerical and professional trainings for each of the centers concentrating on results of the chart audits. Clerical training consisted of basic diabetes education and the professional training consisted of revised diagnostic criteria and current treatment strategies. Follow-up chart audits showed an increase in each of the standards of care.

The ODPCP provided DCA 2000 analyzers, reagent strips and controls to 35 FQHCs. These efforts were a result of monies funded through the Tobacco Settlement Fund for Ohio targeted to diabetes care among minorities. This effort allowed the FQHCs to do on site

Continued on page 2

Ohio Diabetes Program continued

HbA1c testing with immediate results and treatment changes. The following year, the diabetes program provided monies to the FQHCs to purchase educational supplies and materials to enhance diabetes care and education.

By 2004, demonstrate success in reducing health disparities for high risk and disproportionately affected populations with respect to diabetes prevention and control.

The ODPCP continues its efforts to reduce health disparities through several of its program activities. The program utilized the National Diabetes Education Program (NDEP) to accomplish this objective. The NDEP provides culturally sensitive educational material for distribution to all partners statewide. This is supported by the NDEP, Public Service Announcements (PSAs) that are aired on both radio and television annually on the dangers of diabetes and the importance of annual physician visits. Statewide partners included Parish Nurses Association, voluntary diabetes agencies (Central Ohio Diabetes Association, Diabetes Association of Greater Cleveland American Diabetes Association, Juvenile Diabetes Research Foundation) and local churches.

By 2004, demonstrate success in achieving an increase in the percentage of persons with diabetes in the state who received the recommended influenza and pneumococcal vaccines.

The ODPCP has had a contract with the Ohio Association of Broadcasters (OAB) to air its PSAs to heighten awareness of the dangers of flu and/or pneumonia for those with diabetes. The PSAs were broadcast on radio and TV statewide.

The diabetes program met annually with the county health departments, task force members, Appalachian Health Centers, Commission on African American Males, Native American Health Centers, FQHCs, Commission on Minority Health, Hispanic Commission and many others to discuss ways to enhance the awareness of this campaign.

The ODPCP collaborated with the Ohio Department of Health's Immunization Unit regarding availability of flu vaccine, distribution of flu/pneumonia materials and coordination of activities. A toll-free telephone number for the Immunization Unit was placed on all flu material to address any questions. The diabetes program also placed information on all state employee pay check stubs reminding them to get an annual flu shot.

Other efforts included partnering with 91 Kroger pharmacies, 90 independent pharmacies, 184 endocrinologists, 420 primary care physicians and the FQHCs to distribute literature for this campaign. Also, the ODPCP contracted with several transit authorities around the state to place diabetes and flu ads on buses as a reminder.

By 2004, demonstrate success in establishing linkages for the promotion of wellness, physical activity, weight and blood pressure control and smoking cessation for persons with diabetes.

The ODPCP has conducted three Diabetes Today training classes during this grant period (See 2002 Summer Edition – ODPCP Newsletter). This two-day diabetes coalition training has attracted more than 75 participants representing several organizations throughout the state. Many collaborative efforts have resulted from the training sessions.

Key partnerships include the Ohio Diabetes Task Force, as well as programs within the Ohio Department of Health. These programs include Cardiovascular Health, Immunization, Women's Health, Tobacco, School Health, Comprehensive Cancer, Employee Health, Rural Health and many others.

ODPCP Welcomes New Staff Members



**Julie Barrett,
R.N., B.A.
Nurse Consultant**

Julie Barrett, R.N., B.A. has been with the Bureau of Health Promotion and Risk Reduction in Diabetes Prevention and Control Program for 3 months. A native of St. Louis, Missouri, Ms. Barrett has lived in Columbus, Ohio for the past twelve years. She began her work as a nurse at Ohio State University (OSU) as a renal, pancreas and liver transplant nurse and later transferred to OSU East hospital to a medical management unit where she continues to work once per month. In addition to her full time employment as a staff nurse at the hospital, she worked closely with the Program coordinator of the Community Diabetes Partnership Program at OSU as a nurse educator for a program study to provide education about hemoglobin A1C, blood glucose testing, diet and exercise in several local health clinics.

She also is a student online at the University of Missouri-St. Louis and expects to complete her B.S.N. in August 2003.

Nancy Schaefer comes to the ODPCP from the Bureau of Family and Child Health Services at the Ohio Department of Health where she worked as a Public Health Nutritionist for the Family Planning program. A graduate of the Ohio State University's Medical Dietetics Program, Nancy has practiced clinical dietetics in pediatric and adult care settings and has a background in administrative dietetics as well. Her interests are now centered around health education for the diabetic population in Ohio.

Nancy is an Ohio native, a certified aerobics instructor, a thread artist, and has won many national awards for recipe development.



**Nancy D. Schaefer,
RD, LD, DHCFA
Health Education
Consultant**

Diabetes Prevention Efforts

Do you want to keep those statistics down regarding diabetes complications in your community? Concerned about prevention? Are you providing good community service to your area diabetics? These are all important questions pondered by Task Force member Kathy Karas, R.Ph. and the staff at Sand Run Pharmacy. Karas has spearheaded several programs to address these concerns.

Sand Run Pharmacy has launched a program called Living Well with Type 2 diabetes which is offered at the pharmacy for area diabetics and their family members. The six-week course includes plenty of information and time spent learning about the disease, the complications, treatments, care and prevention. Featured with the professional staff at Sand Run are an area podiatrist and a dietician to answer questions and speak on related topics.

In addition to offering education, San Run Pharmacy, with Karas at the lead, offers flu and pneumonia shots. Special priority was made to make sure their patients with diabetes received not only these important vaccines to protect against flu and pneumonia, but also literature and information about diabetes that is important to their care and well being. This program provided about 1300 flu vaccinations and about 50 pneumonia vaccinations during October and November 2002. Living well with Type 2 diabetes in Akron? You bet! If you would like additional information or have concerns about diabetes prevention efforts, please contact Karas at (330) 864-2138.

Introducing the New NDEP Initiative

Statistics show diabetes is rising at epidemic rates. However, the latest scientific studies on diabetes prevention offer great hope for more than 16 million Americans at increased risk for the disease. Secretary Tommy Thompson of the U.S. Department of Health and Human Services is leading a national campaign to encourage Americans to find out if they are at risk for diabetes and to take small steps to delay or prevent the disease and its many complications. ODPCP and other business, health, fitness and nonprofit leaders are joining the *Small Steps, Big Rewards* campaign, the first national diabetes prevention awareness effort and will help disseminate the campaign's messages and lifestyle change tools to the millions of Americans at risk.

Modest lifestyle changes can help people prevent or delay the onset of Type 2 diabetes. The purpose of the *Small Steps Big Rewards* Campaign is to create awareness, motivate and inform the public that small lifestyle modifications can improve the overall health of persons at risk of developing Type 2 diabetes. Working together with health care providers, businesses, communities, and families is one way of decreasing the risk factors for developing Type 2 diabetes. Promoting a healthy lifestyle is an obtainable goal but will, for example, require businesses to provide time for employees to exercise at lunch or to encourage health care professionals to discuss ways in which people can make lifestyle changes to improve their health.

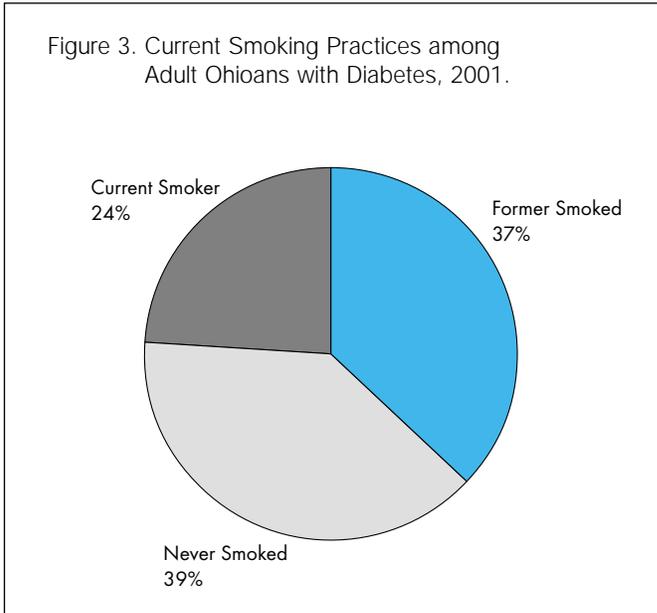
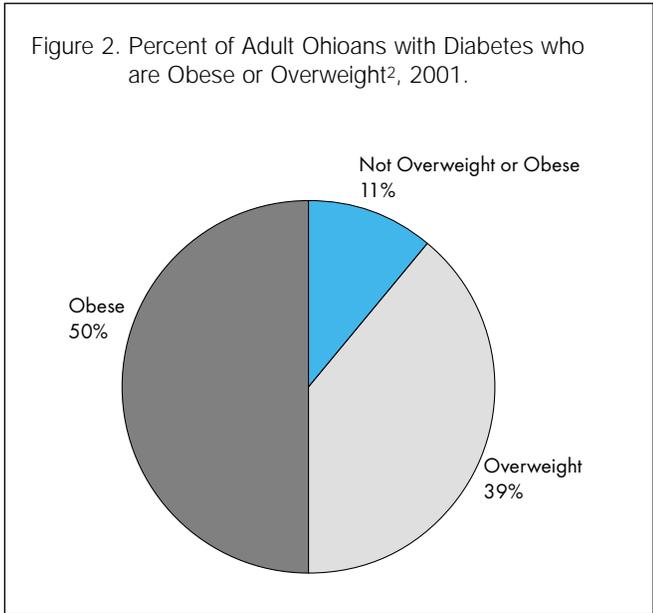
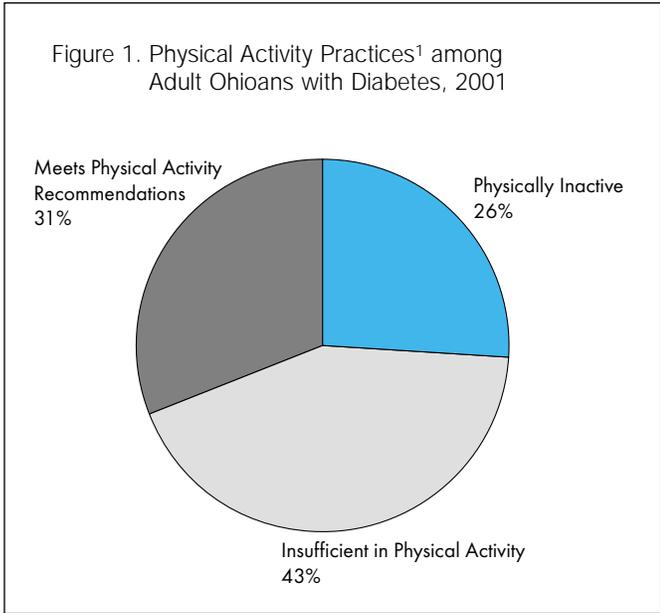
Collaboratively, the National Diabetes Education Program (NDEP), sponsored jointly by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), are sponsoring the *Small Steps Big Rewards* campaign. The centerpiece of the campaign is the lifestyle change "GAME PLAN for Preventing Type 2 Diabetes" that is based on the Diabetes Prevention Program clinical trial, sponsored by NIH. This landmark study showed that millions of overweight Americans at high risk for Type 2 diabetes can delay or prevent the disease by losing 5 to 7 percent of their body weight with moderate changes in diet and increased physical activity.

NDEP has developed materials for health care providers and people at risk to help them get moving and eat healthier. The GAME PLAN toolkit for health care providers includes evidence-based suggestions for identifying patients at risk and reviews appropriate tests and diagnostic procedures. It also includes a plan that providers can follow to assist patients toward lifestyle modification. Patient materials, designed to help people take the small steps needed to prevent diabetes, include a fat and calorie counter, a food and activity "tracker" for monitoring and recording behavior and tips for starting and maintaining a walking program.

For more information on the *Small Steps Big Rewards* campaign or to obtain materials to get started on the GAME PLAN, visit www.ndep.nih.gov or call 1-800-438-5383.

Diabetes and Cardiovascular Disease in Ohio, 2001

Cardiovascular disease is the leading cause of death in Ohio. Diabetes is a known risk factor for cardiovascular disease. Persons with diabetes are two to four times more likely to die of cardiovascular disease than persons without diabetes. Persons with diabetes have a high prevalence of modifiable risk factors for cardiovascular disease as indicated in figures 1-4, twenty-four percent of persons with diabetes currently smoke, 26 percent are physically inactive, 50 percent are obese and 76 percent do not eat the recommended daily allowance of five servings of fruits and vegetables per day. Reducing the prevalence of these modifiable risk factors is an important way to reduce diabetes and cardiovascular morbidity and mortality.



Persons with diabetes are more likely to have high blood pressure and high cholesterol as shown in figure 5. Persons with diabetes have 2.5 times

the risk of high blood pressure, and twice the risk of high cholesterol compared to Ohioans without diabetes. Both of these conditions are risk fac-

tors for cardiovascular disease. Persons with diabetes also have a greater risk of coronary heart disease and stroke or myocardial infarction.

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Figure 4. Fruit and Vegetable Consumption among Adult Ohioans with Diabetes, 2001.

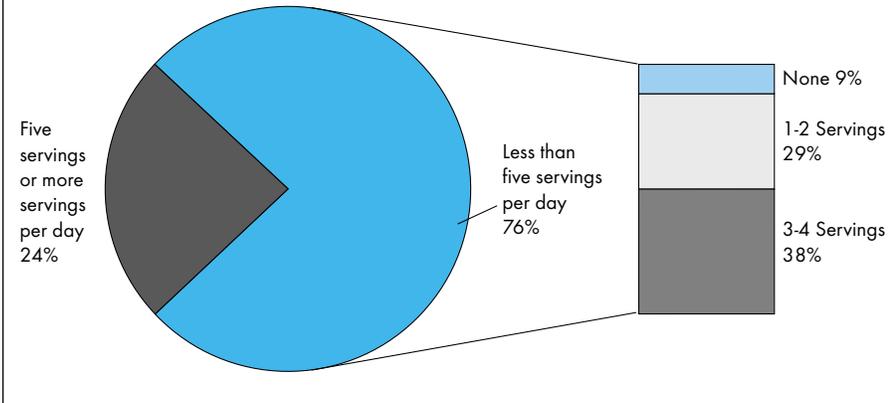
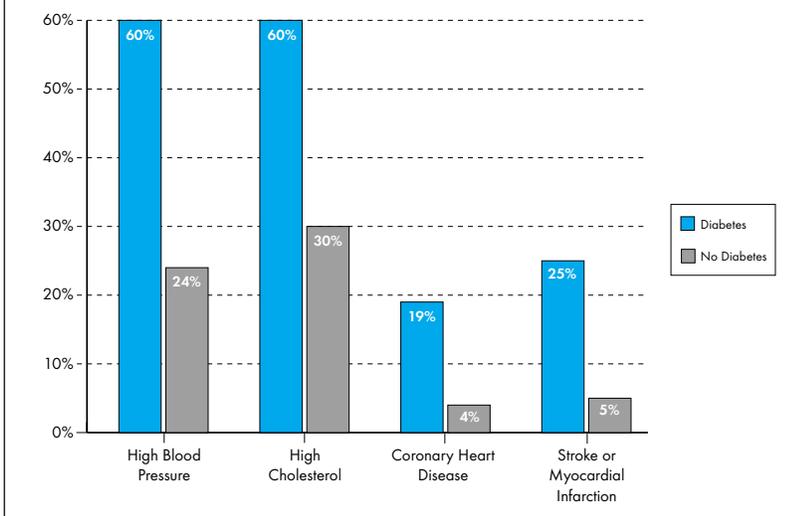


Figure 5. Selected Cardiovascular Conditions/Diseases by Diabetes Status for Adult Ohioans, 2001.



The above data, collected by the Ohio Behavior Risk Factor Surveillance System, demonstrates the clear association between cardiovascular disease and diabetes among Ohioans. It also emphasizes the importance of reducing the prevalence of diabetes and also cardiovascular disease.

Source: Source: Ohio Behavioral Risk Factors Surveillance System, Community Health Assessments Section BHSIOS- Prevention Ohio Department of Health, 2003.

1. The Following categories are defined as: Physically Inactive = Reported no

physical activity. Insufficient Physical Activity = Moderate physical activity done less than five days per week for 30 minutes, or vigorous physical activity done less than three days per week for 20 minutes. Meets Physical Activity Recommendations = Moderate physical activity done for five or more days per week for 30 minutes, or vigorous physical activity done for three or more days per week for 20 minutes.

2. The Following categories are defined as: Normal weight = BMI 18.5-24.9
Overweight = BMI 25.0-29.9
Obese = BMI 30.0 or greater



Website on Overweight in Childhood

The Food and Nutrition Section of the American Public Health Association (APHA) has developed a website on overweight in children to coincide with National Public Health Week April 13-17. The website www.aphafoodandnutrition.org/overwt.html is a compendium of information and links to resources and tools on overweight in children and teens. These materials can be used to promote awareness and education, improve public health practice, and strengthen public policy. Subject links include Advocacy and Education, APHA Overweight in Children Policy, Funding Resources, International Resources, Policy and Legislation, and Resources.

Update on the DCRA

On March 25, the American Diabetes Association sponsored an advocacy day in Columbus to generate support for the Diabetes Cost Reduction Act. Over 125 advocates from around the state gathered together to inform legislators of the need to pass health insurance legislation for people with diabetes. In Ohio 100,000 people do not have their basic diabetes needs covered by their health insurance and Ohio is one of four states who has failed to pass this legislation during the last ten years.

The DCRA day was a great success. Both bills were introduced on March 25. Bill numbers are HB 146 and SB 61. Both can be accessed at www.legislature.state.oh.us

Healthy Ohioans *Small Steps, Big Strides*

Making Ohio a healthier state became a mission of Governor Bob Taft in 2000 when he learned that Ohio had the fifth highest percentage of adult smokers in the U.S., that more than 57 percent of Ohio adults were overweight, and that the state ranked 37th in the percentage of adults who consumed the recommended five daily servings of fruits and vegetables. More importantly, the five leading causes of death in Ohio--heart disease, cancer, stroke, chronic obstructive pulmonary disease and diabetes--are directly linked to unhealthy lifestyles.



To start the state on a healthier path, Taft met with Ohio Department of Health Director J. Nick Baird, M.D., and Healthy Ohioans was born. Healthy Ohioans is a multi-year, statewide initiative to encourage Ohioans to adopt healthier behaviors and lifestyles. The Small Steps, Big Strides tagline of the program illustrates the concept that achieving a healthier lifestyle is within everyone's reach by taking a series of small steps which ultimately add up to big strides toward a healthier life. The long term goal of the initiative is to lower Ohio's chronic disease rates by improving nutrition, increasing physical activity and reducing tobacco use.

The Healthy Ohioans initiative is focused on four fronts: with schools through the Governor's Buckeye Best Healthy Schools Awards program in partnership with the American Cancer Society, Ohio Division; with businesses through the Governor's Healthy Ohioans Business Council; with state

employees through the State Agency Wellness Committee and the State Employee Health and Fitness Taskforce; and in communities through cardiovascular and demonstration health grants. In 2003, Healthy Ohioans will expand its partnership efforts and place a greater focus on preventing chronic disease through healthier lifestyles.

Business Efforts:

Seventeen Ohio businesses with exemplary workplace health and wellness programs were appointed by Taft to the first Healthy Ohioans Business Council in 2002. Council members meet monthly and are formulating a plan containing model workplace programs to encourage other Ohio businesses to adopt similar practices. Through the **Ohio Chamber of Commerce, the council is surveying other Ohio companies to ascertain the extent of health and wellness programs already in existence.**

School Efforts:

The Governor's Buckeye Best Healthy Schools Awards Program, in partnership with the American Cancer Society, Ohio Division, was launched in 2001 to recognize schools with policies and practices which place a high priority on healthy outcomes for children.

Based on the Healthy People 2010 objectives, schools are encouraged to utilize a multidisciplinary team to complete a self-assessment of their building's level and effectiveness of pro-

gramming in the areas of tobacco prevention, nutrition and physical activity. The application was designed to measure a school's progress over time. Once a benchmark of activity is established, schools are encouraged to work toward a higher standard in subsequent years.

In the first year of the awards program, 603 schools applied with 53 receiving gold awards, 227 silver and 230 bronze. The Buckeye Best program also offers technical assistance to any school wishing to improve in the focus areas. The assistance includes a "tool kit" of best practices or an on-site consultation from one of ODH's health educators.

State Employee Efforts:

The Benefits Administration Section of the Department of Administrative Services has worked with ODH and other state agencies since 1998 to develop and promote wellness programs for state employees. Among the accomplishments of this group are an annual fitness challenge event each May on the Statehouse lawn, a dedicated state employee blood donor center, health and wellness related articles in the state employee newsletter and numerous health fairs, screening events and educational seminars. On May 16, 2001, Taft took the state employee wellness program a step further by issuing an executive order directing each state agency to develop a wellness program by March 31, 2003.

Community Efforts:

As executive director of Healthy Ohioans, former Ohio Sen. Dick Schafrath traveled to all 88 counties in 2001-2002 sharing the Healthy Ohioans message with local health



Continued on page 8

News From CODA

CODA Capital Campaign Headed for Success

In January 2002, the Central Ohio Diabetes Association (CODA) launched a \$3 million capital campaign to provide for expansion of services and a new teaching facility. Through generous support from local contractors and the community and the hard work of a dedicated capital campaign committee, more than \$2.8 million toward the campaign goal was raised.

The capital campaign was initiated to meet the rising challenge of battling diabetes in central Ohio. Campaign dollars will support new programming and a new facility that will serve as a central headquarters for coordinating diabetes services and outreach work. This center will enable CODA to transform itself from a voluntary health agency to a community diabetes center that will:

- Train the trainers so there will be more qualified people delivering diabetes services;
- House resources for healthcare workers, people with diabetes and other non-profit organizations;
- Deliver more services to the community;
- Serve as a center for community planning related to diabetes;
- Serve as the home base for increased community outreach programs.

New programming includes innovative approaches to diabetes education such as:

- A Multi-cultural Diabetes Resource Center which will provide culturally

specific and foreign-language diabetes education materials. The center will also offer interpreter/translator services, two computer workstations and a library lounge;

- The Multi-cultural Diabetes Resource Center will support a training program that will increase the number of minority educators in the community and result in increased minority participation in diabetes education and detection programs;
- A diabetes education classroom and teaching kitchen will be the primary location for on-site client services including education classes and cooking demonstrations;
- A detection lab which will increase our ability to serve the community through free screenings.

The center will stay focused on direct services to all people regardless of ability to pay and it will serve as CODA's vehicle to save lives and prevent the preventable – the complications of diabetes. With the new diabetes center and program endowment to support it, CODA projects the number of clients served will rise from 300,000 to 400,000 over the next 10 years. That is 100,000 more lives impacted – a 25 percent increase in the number of people served. We could never achieve this without the continued support and generosity of the central Ohio community.

The new facility was donated by the Osteopathic Heritage Foundation and was dedicated at a public kickoff in June. The renovations for the building began on Oct. 23.



CODA Sponsors Swim for Diabetes

Amanda Adkins, a member of the 2000 U.S. Olympic Swim Team joined hundreds of swimmers throughout central Ohio in the fight against diabetes on March 9.

For the past 27 years thousands of volunteers have dived in to raise funds for the Central Ohio Diabetes Association's Swim for Diabetes. This year was no different as swimmers and walkers created a tidal wave of support for the Central Ohio Diabetes Association (CODA) when they participated in the UnitedHealthcare & NewsCenter Swim for Diabetes. Held at 43 area pools in central Ohio, the swim offered a chance for participants to make a difference in the lives of more than 171,500 central Ohioans with diabetes.

This year's swim marked the 28th year the event has been held to raise funds to support diabetes research, educational programs, nutritional counseling, community detection, youth and camp programs and the many other services provided by the Central Ohio Diabetes Association. All of the funds raised by the UnitedHealthcare & NewsCenter Swim for Diabetes remain in central Ohio.

In 2002 the Swim raised more than \$175,000 for the Central Ohio Diabetes Association with more than 1,500 participants.

Upcoming Events

Combined Public Health Conference
 "Achieving Success for Public Health and You"
 May 12 - 14, 2003
 Marriott North Hotel
 Columbus, Ohio

Ohio Primary Care Association's
 11th Annual Conference for FQHC's
 "The Emerging System of Care"
 May 19 - 21, 2003
 Cherry Valley Lodge
 Granville, Ohio
 For information,
 call OPCA 614-224-1440

American Diabetes Association's 63rd Scientific Sessions
 June 13 - 17, 2003
 New Orleans, LA

American Association of Diabetes Educator's
 30th Annual Meeting/Exhibits
 August 6 - 9, 2003
 Salt Lake City, UT

American Public Health Association's 131st
 Annual Meeting and Exposition
 November 15 - 19, 2003
 San Francisco, CA

Healthy Ohioans *continued*

departments, community leaders, businesses, schools and various community groups.

In the area of community planning, ODH awarded 21 cardiovascular health (CVH) grants in 2001 to 14 rural health departments and seven urban health departments. Through collaborative efforts, these grants cover 42 counties. The goal is to increase the number of heart-healthy communities in high-need areas of Ohio through population-based CVH programs addressing prevention and risk reduction of those CVH risk factors linked to lifestyle including obesity, physical inactivity, diabetes and tobacco use.

Healthy Ohioans Readiness Demonstration projects were awarded to 21 county health departments that did not receive CVH grants. These communities completed self-assessments covering community health improvement assessment and planning; identification of priority health issues, and creation of a plan for implementation of the Healthy Ohioans initiative in the future.

Healthy Ohioans Website

Additional information about the Healthy Ohioans program is located at www.healthyohioans.org. Or you may contact the Healthy Ohioans staff at (614) 644-1113.



If you would like to contribute an article for the next newsletter or if you are aware of other upcoming educational opportunities and internet resources, please send us your ideas.

****DEADLINE - for submitting news for the Summer Newsletter is: May 30, 2003**

Use this form to report a change in address or to be removed from our mailing list and/or to share information.

Name
Agency
Old Address
New Address

Please remove my name Please update my address



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