



ODPCP

OHIO DIABETES PREVENTION & CONTROL PROGRAM
BUREAU OF HEALTH PROMOTION & RISK REDUCTION

EyeCare America® Ophthalmologists Provide Care to People with Diabetes

The Medicare population, especially those with diabetes, is at risk for serious eye problems, which makes obtaining comprehensive eye exams such an important component of preventive care. Eye exams can identify problems early and reduce the number of new cases of blindness and severe vision loss caused by such diseases as diabetic retinopathy, age-related macular degeneration, cataracts and glaucoma.

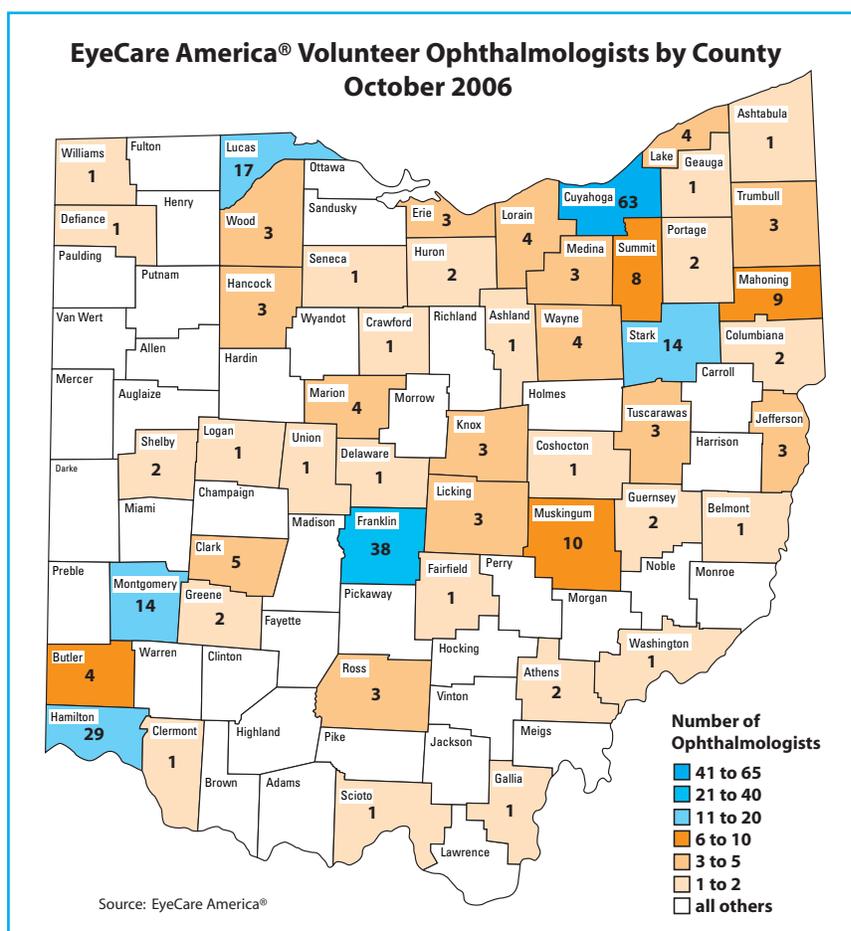
EyeCare America® is a public service foundation of the American Academy of Ophthalmology founded in 1985. Its mission is to reduce the incidence of blindness and severe visual impairment by raising awareness of eye disease and care, providing free eye health educational materials and facilitating access to medical eye care.

EyeCare America® is currently partnered with Ohio KePRO, Medicare's Quality Improvement Organization, to promote this program in Ohio to Medicare beneficiaries with diabetes, especially in statistically underserved populations. According to Medicare claims data, more than 11,000 African-American beneficiaries aged 18-75 in Ohio need a dilated eye exam as part of recommended standards of care.

When patients call EyeCare America®, they are screened to determine if they qualify and which program would provide them with the most benefit. If the patient qualifies for a program - diabetes, glaucoma or senior EyeCare - he or she will be sent a letter

indicating the closest volunteer ophthalmologist's name, address and phone number. The letter instructs the patient to call for an appointment. The ophthalmologist's office is

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Diabetes Cases Skyrocket Across the Country, Leading to Record Vision Loss

Nearly 21 million Americans, both adults and children, have diabetes. In 2005, 1.5 million Americans aged 20 and older were diagnosed with the disease. And, the American Diabetes Association estimates that diabetes costs in 2002 totaled \$132 billion including medical care, disability and lost work costs. That translates to about one out of every \$10 spent on health care.

Alarming, there are 54 million Americans who have pre-diabetes, meaning their blood glucose levels are higher than normal. Without effective treatment, those cases can eventually develop into diabetes. Besides high blood pressure, heart disease and stroke, diabetes can also cause blindness. Persons with diabetes are 60 percent more likely to develop cataracts and 40 percent more likely to develop glaucoma than those without diabetes. Diabetic retinopathy is the leading cause of new cases of blindness in adults.

"New treatments and medications are constantly being developed to try and battle the disease, but unfortunately, there is still no cure," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "Saving sight must be made a national priority. Without dedication of resources and access to effective new treatments and therapies, diabetic eye disease will continue to take a devastating economic and social toll."



Diabetic retinopathy weakens the small blood vessels in the retina. Retinal blood vessels can break down, leak or become blocked, impairing vision over time. Without treatment, it can result in permanent vision loss and in some cases, blindness. Once vision is lost, it can never be restored.



There are two stages of diabetic retinopathy. The first stage, non-proliferative retinopathy, occurs when the blood vessels in the retina are damaged and begin to leak into the eye. Once these blood vessels become weak, they could collapse. Almost all Type 1 diabetes patients will develop this form of diabetic retinopathy.

Without treatment, non-proliferative retinopathy can develop into the second stage, proliferative retinopathy. To compensate for the damaged blood vessels, new blood vessels begin to grow in the retina. Unfortunately, the new vessels are weak and leak blood, which can block vision, or cause scar tissue to grow which can eventually lead

to a detached retina.

"Diabetic retinopathy is a very frightening disease because many people may have it and not even know it," Garrett added. "The only way you can tell for certain is to visit your eye doctor and get a complete exam."

Prevent Blindness America also recommends that everyone take the following steps to protect their eyesight:

- See an eye doctor at least once a year if you have diabetes or if you are at high risk.
- Maintain a healthy weight - if you are overweight, even a modest weight loss can help prevent Type 2 diabetes.
- Increase your physical activity - exercising 30 minutes a day, five times a week can cut your risk of Type 2 diabetes by more than half. It is important to check with your doctor before starting an exercise program.
- Watch and control your blood sugar levels and blood pressure.
- All women who are pregnant or who are planning to become pregnant and have been diagnosed with diabetes should get a full, dilated eye exam.
- Quitting smoking can help reduce your risk of developing diabetic retinopathy, age-related macular degeneration, glaucoma and cataracts.

Near Eastside Healthy Lifestyle Center

Columbus' near eastside has the highest diabetes mortality rate in the state of Ohio (Healthy Neighborhood Report, Columbus City Health Department (CCHD), July 2004). In fall 2006, the Central Ohio Diabetes Association opened the Near Eastside Healthy Lifestyle Center to help address this problem. Located at 1530 Mt. Vernon Ave., the center is designed to provide neighborhood residents a resource to make positive and lasting lifestyle changes that will impact not just their diabetes, but their overall health as well. The center's mission is to support families and individuals in making these changes through education, physical activity and better nutritional choices. The program is designed to be community based and community driven with an emphasis on addressing the significant health disparities in the African-American community.

Services provided at the Near Eastside Healthy Lifestyle Center include free blood sugar screenings, medical and nutrition education, the Walking in the Neighborhood club, diabetes support groups, blood glucose meter training and foot checks. Major funding for the project is provided by the Ohio Department of Health and the Columbus Medical Association Foundation. Collaborative partners are the Columbus Neighborhood Health Centers, Columbus Public Health (CPH), Central Community House, the Eldon Ward YMCA and Ohio State University Hospital East.

The Near Eastside Healthy Lifestyle Center is also one of the founding members of the Near Eastside Diabetes Partnership. The partnership is comprised of the following agencies: Columbus Neighborhood Health Center, Inc., CPH, Central

Community House, Eldon Ward YMCA and the Central Ohio Diabetes Association. The Partnership coordinates services between the participating agencies in order to provide neighborhood residents the best possible chance of improving their physical well-being and reducing the effects of chronic illness. The partnership's "get HIP!" project provides residents with incentives for healthy behavior and encourages them to use the resources available through the five partners. HIP, which stands for Healthy Incentives Program, gets positive feedback from its participants, who receive pedometers, T-shirts and baskets of fresh produce for taking part in cooking classes, seeing their physicians exercising and attending diabetes education.



Steering Committee: Near Eastside Healthy Lifestyle Center Medical Director Dr. Leon McDougle (far right) leads a discussion with the center's steering committee.

The Near Eastside Healthy Lifestyle Center sends a message of hope to a neighborhood that suffers disproportionately from chronic disease. The Central Ohio Diabetes Association is committed to helping residents of the area detect their condition, prevent onset and complications and learn to live well with the challenge of diabetes.

-Roy Bobbitt, LISW
Director of Programs and Services
Central Ohio Diabetes Association

Reading Food Labels

Reading food labels can help people with diabetes manage their diet, an important part of their treatment plan.

Start with the list of ingredients:

It is important to keep an eye out for heart-healthy ingredients such as whole wheat flour, soy and oats as well as monounsaturated fats such as olive, canola and/or peanut oils that also promote heart health. It is also important to use food ingredient lists to detect unhealthy ingredients such as hydrogenated or partially hydrogenated oils.

Consider carbohydrate content:

Food labels can become an essential tool in meal planning when counting carbohydrates. It is important to:

- Examine the **total grams of carbohydrate** which includes:
 - Sugar
 - Complex carbohydrates
 - Fiber

All count when determining the carbohydrate content of each meal or snack consumed.

Put sugar-free products in their place:

Sugar-free foods may play a role in planning a diabetes diet - but sugar free does not mean carbohydrate free. When choosing between standard products and their sugar-free counterparts, it is important to compare the food labels side by side. If the sugar-free product has noticeably fewer carbohydrates, the sugar-free product might be the best choice. But if there is little difference in carbohydrate grams between the two foods, let taste or price be the guide.

Beware of fat-free products:

Per gram, fat has more than twice

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Steps to a Healthier Cleveland

Steps to a Healthier Cleveland (Steps), a program of the Cleveland Department of Public Health, is a citywide program designed to engage all Clevelanders to live longer, better and healthier lives. The program is part of Steps to a HealthierUS, which is funded by the U.S. Department of Health and Human Services through the Centers for Disease Control and Prevention. The Steps program encourages active living, healthy eating and tobacco-free choices. These efforts are intended to reduce the burden of asthma, diabetes and obesity in Cleveland.

Why does Cleveland need Steps? A growing number of Clevelanders have - or are at risk of developing - serious chronic illnesses such as diabetes. Persistent health problems weaken our community and prevent

us from realizing our vision of Cleveland as a safe, healthy place to live, work and play. To combat these problems, Steps to a Healthier Cleveland provides information, resources, support and services to Clevelanders seeking to make healthy lifestyle changes - big or small.

The Steps program is active in many areas of community life. Steps to a Healthier Cleveland works with strong community partners and leaders such as the Diabetes Association of Greater Cleveland, to educate Clevelanders about the risks of physical inactivity, poor nutrition and tobacco use and exposure. Steps also seeks to engage schools, teachers and parents to provide healthy meals, fun and safe physical activities,



tobacco prevention education for students; build and support worksite wellness programs; train and support health care

providers and community health workers to prevent, diagnose and treat diabetes, obesity and asthma; and encourage communities to build healthy neighborhood improvements such as bike lanes, walking trails, community gardens, safe routes to school and markets for fresh produce.

Submitted by: Jennifer Scofield, M.A., Director of Health Promotion and Steps to a Healthier Cleveland • Cleveland Department of Public Health • visit www.clevelandhealth.org/steps or www.cdc.gov/steps for more information.

Chronic Kidney Disease Education-A Pilot study

Each year more than 100,000 people are diagnosed with kidney failure, a serious condition in which the kidneys fail to rid the body of wastes. Kidney failure is the final stage of kidney disease. Diabetes and high blood pressure are the most common causes of kidney failure. African American men and women, who constitute only about 12 percent of the general population, represent about 30 percent of our dialysis population. About 11.5 percent of the Ohio population is African American and this group is at high risk for kidney disease and kidney failure. It is important we recognize this and take preventive action to reduce risk of renal failure in individuals already diagnosed with chronic kidney disease.

The Division of Nephrology at The Ohio State University (OSU) is conducting a pilot study throughout 2007 to test whether a patient education program will benefit people who have been diagnosed with kidney disease that is due to high blood pressure or diabetes. Education about kidney disease and the consequence of poor management of this disease is expected to help patients understand their medical condition better and what they can do to take better care of themselves. It is hoped that disease education will help patients make appropriate and timely life style changes to protect their kidneys and delay progression to kidney failure. This study is funded by the National Kidney Foundation (NKF) of Ohio through a research grant to Leena

Hiremath, Ph.D., a researcher at OSU.

The study is seeking participants who are above the age of 18 years, have either high blood pressure or diabetes with a diagnosis of chronic kidney disease and an estimated Glomerular Filtration Rate between 40-90 ml/min. The study involves three clinic visits plus an educational session. This will occur over a period of eight months. Participants will receive compensation for their travel and parking expenses and educational materials from NKF of Ohio and a patient handbook developed by the researchers. More information about the study can be obtained by calling the research staff at 1-800-293-5081.

Emergency Plan Developed for Students with Diabetes in Trumbull County

In fall 2005, the Trumbull Heart Healthy Community Coalition (THHCC), as part of the Trumbull County Cardiovascular Grant Project, surveyed school nurses to find the greatest need for dealing with students who have diabetes. It was reported there was no comprehensive emergency reference guide for school staff to use in the event of a diabetic emergency.

A team from the Trumbull County Coordinated School Health Coalition, a sub-group of the THHCC, made a goal of developing an emergency guide, based on the Coordinated School Health model. The team was composed of school nurses and diabetes educators. Also present were representatives from Gateway Health Plan, the coach's association, the American Cancer Society, the Children's Hunger Alliance, school food service, The Ohio State University Extension, the Trumbull County Medical Society Alliance, Youngstown State University, Ashtabula Health Department and Trumbull County Health Department.

The team reviewed current resources available to schools. It was found that most of them were directed only to the school nurse. Most were multiple pages and not user friendly in an emergency situation. Special consideration was given to the U.S. Department of Health and Human Services publication titled, *Helping the Student with Diabetes Succeed*, which all school nurses throughout the state received from the Ohio Department of Health. This publication was used as a guide in the

development of the emergency guide.

After many months of work, and multiple revisions, the final emergency guide was approved by ODH in June 2006. The guide is an 8½ x 14 inch, front and back emergency resource. One side deals with **hyperglycemic** emergencies, the other deals **hypoglycemic** emergencies. The guide has a quick reference of symptoms for emergencies and a list of needed actions. Tips for the teacher, food service personnel, nurse, coach, bus driver and staff in general are given. The guide can be displayed in an office or folded up and put in a first aid kit or desk.

In October 2006, the guide was distributed to school nurses during a scheduled county-wide meeting. A follow-up survey was done to determine how the guide was being used. Nurses reported the guide was posted in all clinics, most offices and cafeterias. It was distributed to all teachers, some band directors and physical education teachers. Athletic coaches, bus drivers and PTA/PTO groups will be targeted in 2007.

The guide is so comprehensive the United Auto Workers/General Motors (UAW/GM) Community Healthcare Initiatives Diabetes Workgroup asked permission to modify it as a workplace emergency resource. Permission was granted and the guide is in the second draft as a workplace emergency guide.

The project was funded by the Preventive Health and Health Services

Block Grant from the Centers for Disease Control and Prevention and administered by the ODH, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program.

For more information call Mel Milliron, Trumbull County Health Department, at 330-675-7807.

Reading Food Labels *continued*



the calories of carbohydrate or protein. If weight loss is a goal, fat-free foods might appear to be an appropriate choice. But fat-free foods may have more carbohydrates and contain nearly as many calories as the standard version of the same food.

Free foods:

Food labels can also serve as a guide to free foods. A free food is one with less than 20 calories and five grams of carbohydrate per serving. People with diabetes can include some free foods such as diet sodas, sugar-free gelatins and sugar-free gum as often throughout the day as they would like. Other items such as hard candy, fat-free cream cheese and fat-free salad dressing may be used up to three times each day.

Dining with Diabetes

A School for People with Diabetes

With diabetes on the rise nationwide, The Ohio State University Extension has responded with a statewide program called Dining with Diabetes. In Cuyahoga County, one of every 14 residents has diabetes and the numbers are higher in minority populations. The program is a partnership between OSU Extension, the Diabetes Association of Greater Cleveland and the Cuyahoga County Board of Health. Since 2003, the program has reached more than 300 residents in Cuyahoga County. One of the goals of the program is to encourage participants to improve self-management skills.

One individual who stands out is Darryl, a young African-American male who attended Dining with Diabetes classes at Care Alliance. Care Alliance is a health clinic that serves low-income individuals in the Woodland neighborhood of Cleveland. Darryl learned new information about diabetes and the important role nutrition plays in diabetes management. As a result of his participation in the workshop, he lost 15 pounds over a three-month period and his blood glucose levels are well managed.

The food demonstration and tasting sessions are popular with participants. Darryl is now preparing



healthy meals at home for himself and his family with the recipes he received in class. He continues his medical treatment at Care Alliance and has participated in a variety of community-based walking programs. Funding for this Dining with Diabetes series was made possible through the Cardiovascular Health grant administered by the Ohio Department of Health.

Diabetes Month in Lima



The Community Diabetes Center (St. Rita's Medical Center) in Lima, Ohio, launched an awareness campaign in Allen County November 2006 to recognize Diabetes Awareness Month. Two billboards were placed on one of the busiest roads in Allen County. For two weeks, the billboard showed a police officer standing with his hand out, with the message, "Keep It Below 150." Community members

were encouraged to guess what the message meant through notices in the newspaper and on radio and television. Two weeks later, the message was changed to say, "Keep Blood Sugar Below 150 to protect eyes, heart, kidneys and feet." Other diabetes awareness activities included community Walk and Talk [Diabetes] Updates, risk assessment screenings, a mayoral proclamation of Diabetes Month for the City of Lima, and a five-day focus on diabetes during the evening news on the local Fox/ABC channels.



Sugar Byte

Use the Nutrition Facts label on foods that have them to check out whether the food should be in your shopping cart or be left on the shelf. Remember the Nutrition Facts are for one serving of the food.

50 Percent of Americans with Diabetes Rate their Health as Poor to Fair

Half of the estimated 21 million adult Americans with diabetes now rate themselves as having only "fair" or "poor" health, and people between 18 and 44 years of age are increasingly affected, a new report from the U.S. Centers for Disease Control and Prevention (CDC) finds. In fact, people with diabetes are three times more likely than others to say their health is flagging, the CDC report found.

The news is troubling because "fair or poor health among persons with diabetes is also associated with the presence of diabetes-related complications such as lower extremity amputation, blindness, kidney failure and cardiovascular disease," noted the editors of the CDC journal, *Morbidity and Mortality Weekly Report*. In the study, CDC researchers looked over 2005 data from the federal Behavioral Risk Factor Surveillance System, an ongoing survey of adult Americans' health and health risk factors. Among the poll's questions: "Would you say that, in general, your health is excellent, very good, good, fair, or poor?"

According to the survey, almost half (49.3 percent) of those with diabetes said they were in only "fair" or

"poor" health - a number three times higher than that of people without diabetes. The rate of fair/poor health among people 45 and older with diabetes has remained stable over the past 10 years, hovering around 50 percent. But the CDC noted that health

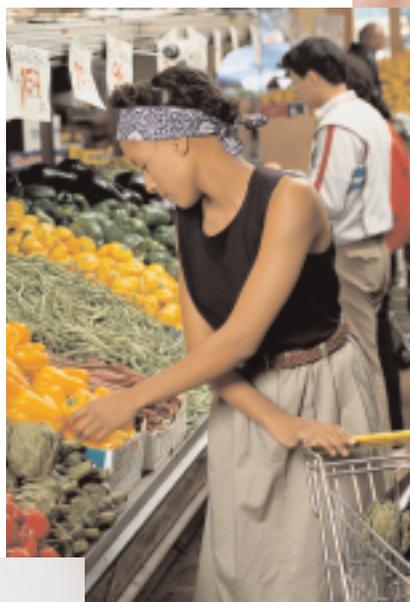


of health insurance boosted the likelihood of poorer health by 70 percent.

The new diabetes statistics come on the heels of good and bad news from the federal government's

annual Health, United States report for 2006. That report found diabetes continues to be a growing threat, especially among older adults. Eleven percent of adults aged 40 to 59, and 23 percent of those 60 and older, have diabetes. The report also focuses on the problem of chronic pain. According to the report, 25 percent of adults say they've experienced pain that lasts at least one day, and 10 percent say they've lived with pain that persists a year or more. "We are living longer, and we have more chronic conditions," said lead author Amy Bernstein, chief of the analytic studies branch at the CDC's National Center for Health Statistics. "Diabetes rates are increasing, obesity rates are increasing and as people live longer, they get more chronic conditions including pain."

According to the report, 21 percent of adults aged 65 and older said they had experienced pain in the past month that lasted for more than 24 hours. And almost three-fifths of adults 65 and older said their pain had lasted one year or more.



complaints are rising among younger Americans. Among people with diabetes aged 18 to 44, reports of fair/poor health rose from about 36 percent in 1996 to 43.4 percent by 2005.

Race and availability of insurance were also key to health. Hispanic Americans are 60 percent more likely than whites to note poor health linked to diabetes, and a lack

Save the Date

Global Diabetes Summit

Dates

11/30/2007 to 12/1/2007

Location

Hilton Easton, Columbus, Ohio

Contact

Amy Ehrlich: 614-293-9326

Accreditation Statement

The Ohio State University Medical Center, Center for Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. The Ohio State University Medical Center designates this educational activity for a maximum of 21 *AMA PRA Category 1 Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

EyeCare America® *continued from front*

also sent a letter informing them that the patient has been referred for services. The accompanying map shows the number of volunteer ophthalmologists in Ohio by county.

initial exam. The ophthalmologist will accept Medicare and/or other insurance reimbursement as payment in full. Uninsured patients will receive the above care at no charge.

Diabetes EyeCare Program Eligibility

(must meet all the following):

- U.S. citizen or legal resident
- Age 65 or older
- Have not seen an ophthalmologist in three or more years
- Have diabetes
- Do not have eye insurance through an HMO or the VA

Patients can take advantage of these programs by calling 1-800-222-EYES (3937) 24 hours a day, seven days a week, 365 days a year. For more information visit <http://www.eyecareamerica.org>.

Editorial Staff
 Eddie Joyce, M.A.
 Daniel Moffat, M.P.A.
 Nancy D. Schaefer, R.D., L.D.
 Sandra Aguilar Scott
 Susan L. Williams, R.N., B.S.N.

Graphic Designer
 Robert Hill

If eligible, participants receive a comprehensive, medical eye exam and up to one year of treatment at no out-of-pocket expense for any condition diagnosed during the



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 Spring Newsletter is: June 1, 2007**

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



Return to: Sandra Aguilar Scott
 Ohio Diabetes Prevention and Control Program
 Bureau of Health Promotion & Risk Reduction,
 Ohio Department of Health,
 P.O. Box 118,
 Columbus, OH 43266-0118
 Phone: (614) 644-8311

