

## Quality Improvement Report

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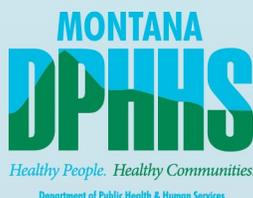
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## Montana Diabetes Program

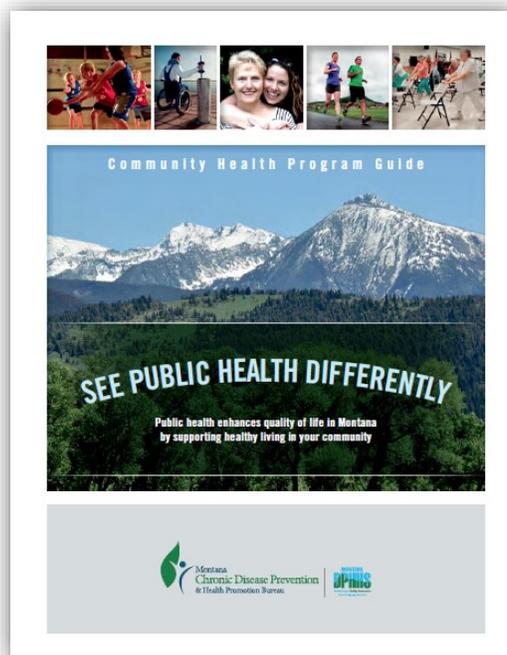
1400 E Broadway  
Helena, Montana 59620-2951  
[www.diabetes.mt.gov](http://www.diabetes.mt.gov)



## See Public Health Differently

The DPHHS *Community Health Program Guide* makes it easier to find and access health programs in communities across Montana

DPHHS has produced the *Community Health Program Guide* and an interactive map listing the programs found in each county. It can be viewed at: <http://dphhs.mt.gov/publichealth/chronicdisease/CommunityBasedPrograms>.



Included programs address arthritis, asthma, cancer, diabetes, falls, fitness, tobacco use, and both living and working with a disability. These programs promote healthy lifestyles and successful self-management of disease to prevent or delay illness and premature death. They focus on reducing gaps and disparities in health, such as those faced by people with disabilities.

“These programs have the potential to address inequalities experienced by people who live with disabilities or chronic diseases,” says Todd Harwell, DPHHS Public Health and Safety Division Administrator. “Community-level initiatives can lead us to a healthier Montana by reaching people directly.”

According to the Centers for Disease Control and Prevention (CDC), 75 percent of health care dollars in the U.S. goes toward the treatment of chronic diseases.<sup>1</sup> Americans with chronic diseases or disabilities report more unhealthy days than those without these diseases or disabilities.<sup>2</sup>

Six out of every 10 adults in Montana report having at least one chronic condition, and three out of 10 reported having two or more chronic conditions.<sup>3</sup> The risk of chronic disease is increased by unhealthy lifestyles, mainly obesity, lack of physical activity, and tobacco use.

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# Diabetes Care Indicators

## Primary Care Practices and Diabetes Education Programs

Figure 1. Diabetes care indicators from primary care practices in Montana participating in the DQCMS, 3rd Quarter (July—September 2015). N = 17 practices; 3,054 patients.

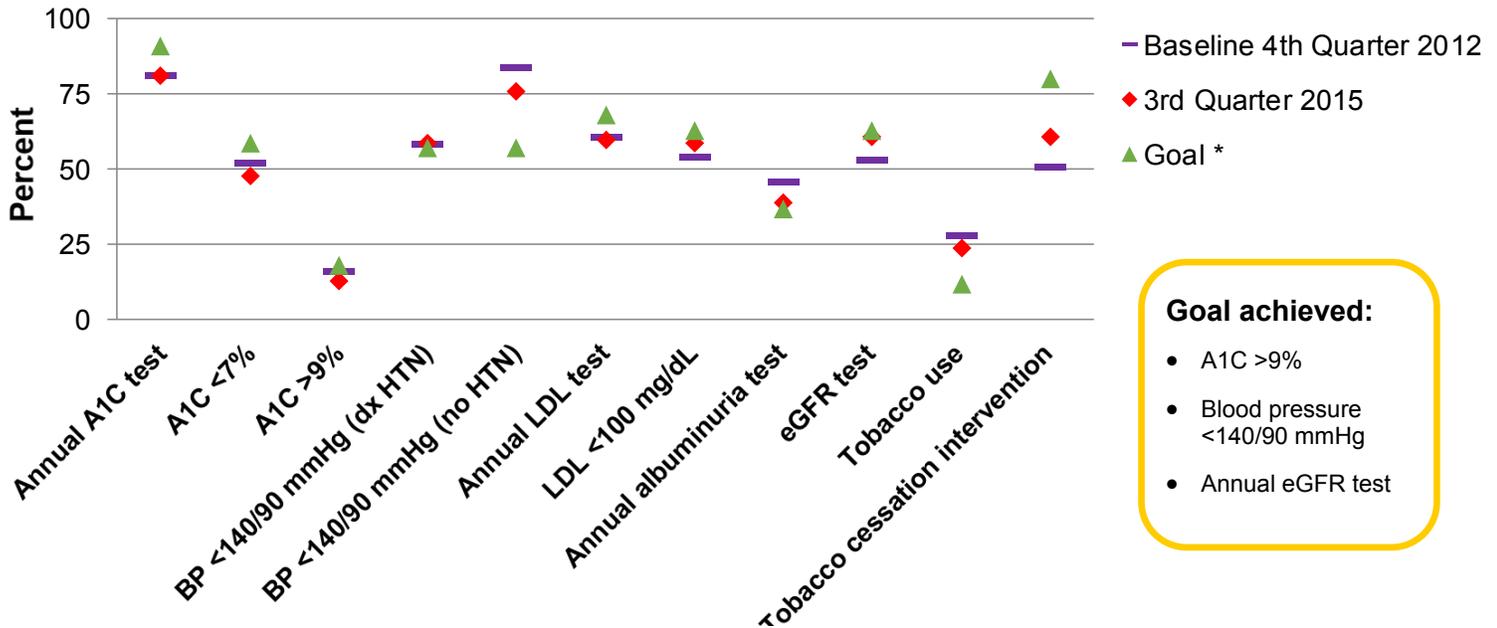
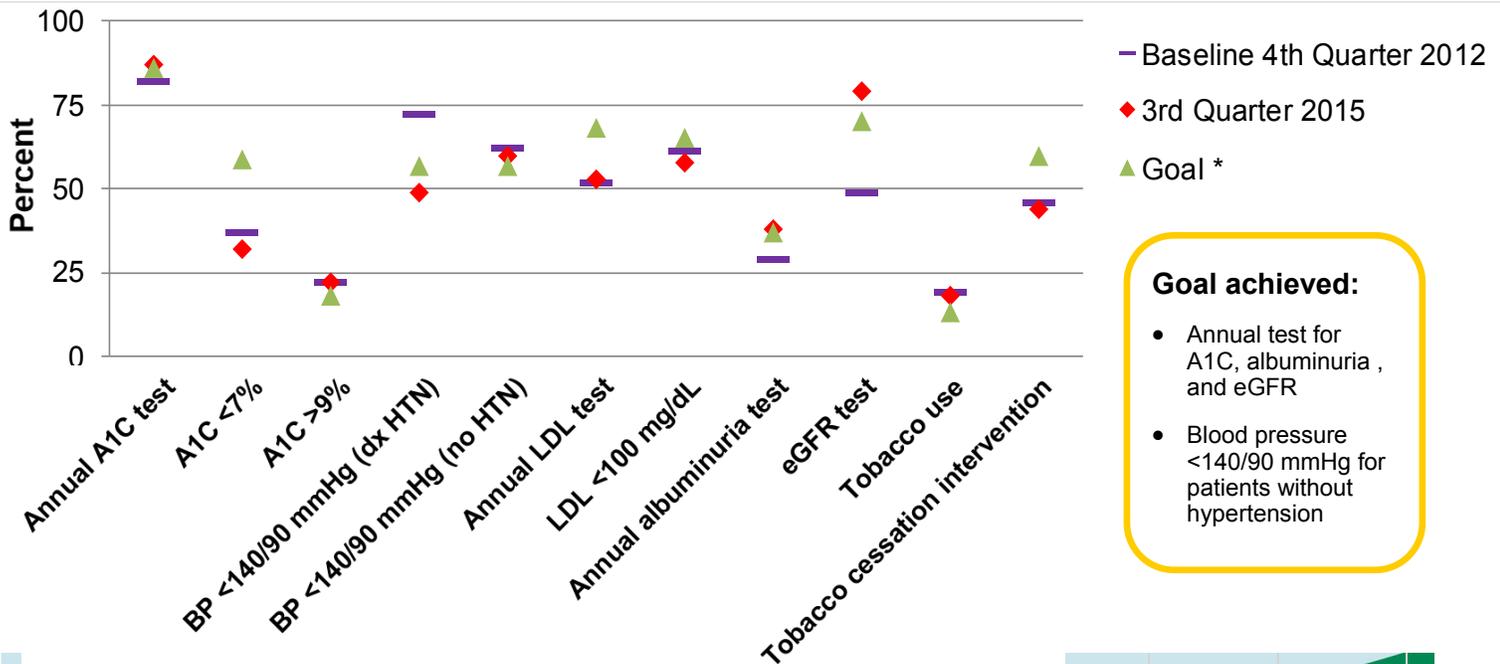


Figure 2. Diabetes care indicators from diabetes self-management education and support programs in Montana participating in the DQCMS, 3rd Quarter (July—September 2015). N=6 programs; 2,378 patients.



DQCMS = Diabetes Quality Care Monitoring System. Data presented are for adult patients with diabetes seen within the last year. Montana's statewide quality improvement goals for diabetes were updated in 2015 based upon Healthy People 2020 targets or a 10% improvement from baseline.

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One recent participant in the DPHHS Diabetes Prevention Program said the program has made a huge difference. “I am striking a much healthier balance between my weight, healthy eating and exercise than would have been possible without the education and tools that the program gave me.”

Professional lifestyle coaches educate, empower, and motivate participants in the DPP to establish healthy eating behaviors, identify enjoyable physical activity, lose weight, and gain confidence. There are 19 organizations in Montana that offer the DPP to adults at high risk for developing type 2 diabetes plus 2 satellite sites and up to 7 telehealth sites. Two of these organizations received full recognition from the Centers for Disease Control and Prevention, and an additional three are in the process of being evaluated for full recognition.<sup>4</sup>

For people with diabetes, Montana has 90 Certified Diabetes Educators (CDEs) that provide high quality diabetes self-management education (DSME) and support.<sup>5</sup> Educators provide training to people with diabetes in healthy eating, being active, monitoring health, taking medication, problem solving, reducing health risks and complications, and healthy coping.

A man with diabetes stated, “My diabetes educator is understanding and gives me hope.” Another woman commented that

There are 28 DSME programs recognized or accredited by the American Diabetes Association and American Association of Diabetes Educators, 4 expansion sites, and 12 Indian Health Service Community-Directed Special Diabetes Programs.<sup>6,7,8</sup>

In addition to chronic diseases, disability is also common. The CDC also reports about 50 million Americans, or 1 in 5 people, are living with at least one disability.<sup>9</sup>

Almost 40 percent of adults with disabilities in Montana report having fair or poor health, as opposed to about 7 percent of adults without disabilities. Also, Montana adults with disabilities report higher rates of obesity, cigarette smoking, and diabetes compared to Montana adults without disabilities.<sup>3</sup>

In order to support Montanans living with chronic diseases or disabilities, the *Community Health Program Guide* raises awareness about resources available from DPHHS and its partners.

“The community programs offered through DPHHS are not what people typically think public health is involved in,” continues Harwell. “We are really encouraging people to

start to see public health differently, and realize what we can bring to the table in terms of their overall health and well-being.”

The guide highlights programs available in communities across Montana that support health promotion and healthy lifestyle opportunities. These initiatives provide a variety of services for the prevention and management of chronic disease, such as self-management education, lifestyle coaching, and skills development.

The guide has a table of contents that lists and describes the programs or interventions available, the time commitment for each participant, target audience, and website for more information. Each page of the guide is a fact sheet with more detail.

We encourage providers to review this guide and make referrals for their patients.

#### References

1. Anderson G. Chronic conditions: making the case for ongoing care. Baltimore, MD: John Hopkins University; 2004.
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3. Montana Behavioral Risk Factor Surveillance System, 2013.
4. Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. Available online at [https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx). October 22, 2015.
5. National Certification Board for Diabetes Educators. September 2015.
6. American Diabetes Association. Available online at [http://professional.diabetes.org/erp\\_list.aspx](http://professional.diabetes.org/erp_list.aspx). October 22, 2015.
7. American Association of Diabetes Educators. Available online at <http://diabeteseducator.org>. October 22, 2015.
8. Billings Area Indian Health Service. July 22, 2015.
9. U.S. Census Bureau, Survey of Income and Program Participation, May–August 2010.

## Research Funding

### The American Diabetes Association offers research funding opportunities

We encourage you to apply for diabetes research funding. Multiple opportunities include:

- Core Research
- *Pathway to Stop Diabetes*
- Research Co-Support
- Collaborative Targeted Research

Funding opportunities are announced at <http://professional.diabetes.org/HomeResearchGrantsAndFunding.aspx?hsid=2>

Visit [diabetes.org/pathway](http://diabetes.org/pathway) to learn more.

## Report Highlights

- See Public Health Differently:
  - **The DPHHS Community Health Program Guide makes it easier to find and access health programs in communities across Montana**
- **Diabetes Care Indicators**

## Upcoming Events

### Montana Diabetes Advisory Coalition Meetings

January 22, 2016  
DoubleTree Inn, Missoula, MT

April 22, 2016  
The Holiday Inn, Helena, MT

July 22, 2016  
Red Lodge, MT

### Annual Diabetes Quality Improvement Coordinators Meeting

October 27, 2016  
Best Western Premier Helena Great Northern Hotel, Helena, MT

### 18th Annual Montana Diabetes Professional Conference

October 27-28, 2016  
Best Western Premier Helena Great Northern Hotel, Helena, MT

*For more information on the above events, please contact Susan Day at (406) 444-6677*



We proudly support National Diabetes Month this November to draw attention to diabetes and its effect on thousands of Montanans.

There is a need for ongoing diabetes education and support for people with diabetes and those who care for them to successfully manage the disease.

Help your patients learn more about the importance of diabetes self-management education and support. Make a referral to a diabetes educator, and include educators on your care team.

Visit the National Diabetes Education Program for resources for people with diabetes, health care professionals, family/caregivers, and their community—all of whom play a role in diabetes education and support.

<http://ndep.nih.gov/partners-community-organization/national-diabetes-month/2015.aspx#health-care-professionals>

## Online Resources

[www.diabetes.mt.gov](http://www.diabetes.mt.gov)

- Diabetes Quality Improvement Reports
- Data and statistics on diabetes
- Resources for clinicians, diabetes educators, other health care professionals, school staff, and people with diabetes



[www.risprojects.org/dqcms](http://www.risprojects.org/dqcms)

- User Manual
- Training Videos
- Helpful Hints
- Help Sheets