



Provider Education Network Webinar Welcome!

November 2020

Louisiana's Health Initiative



Improving Diabetes Outcomes in Louisiana



Facilitators

- **Marcy Hubbs, RDN, CHC, CDE**
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 - Well-Ahead Louisiana
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 - Diabetes Prevention Manager
 - Well-Ahead Louisiana
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Agenda

- Webinar Objectives
- National Diabetes Prevention Program (National DPP) Overview
- Diabetes Self-Management Education and Support (DSMES) Program Overview
- Diabetes Prevention and Management Panel Discussion
- Diabetes prevention and management resource review
- Closing



Learning Objectives

- At the conclusion of this webinar participants will:
 - understand when to refer to DSMES and National DPP
 - understand the benefits of DSMES and National DPP participation
 - understand the barriers/challenges of diabetes programming and learn tips to overcome these challenges
 - be able to list resources available in assisting development and improvement of DSMES and National DPP

A map of the United States where the state of Louisiana is highlighted in a bright red color, while the rest of the country is shown in a light gray. The map is centered within a light blue rectangular area.

Louisiana has the **9th**
highest diabetes rate in the
nation, affecting **12.6%**
of the population.

According to the American
Diabetes Association, **1.27**
million people in Louisiana
have prediabetes.

that fills the
SUPERDOME

17X 

**NATIONAL DIABETES
PREVENTION PROGRAM
(National DPP)**

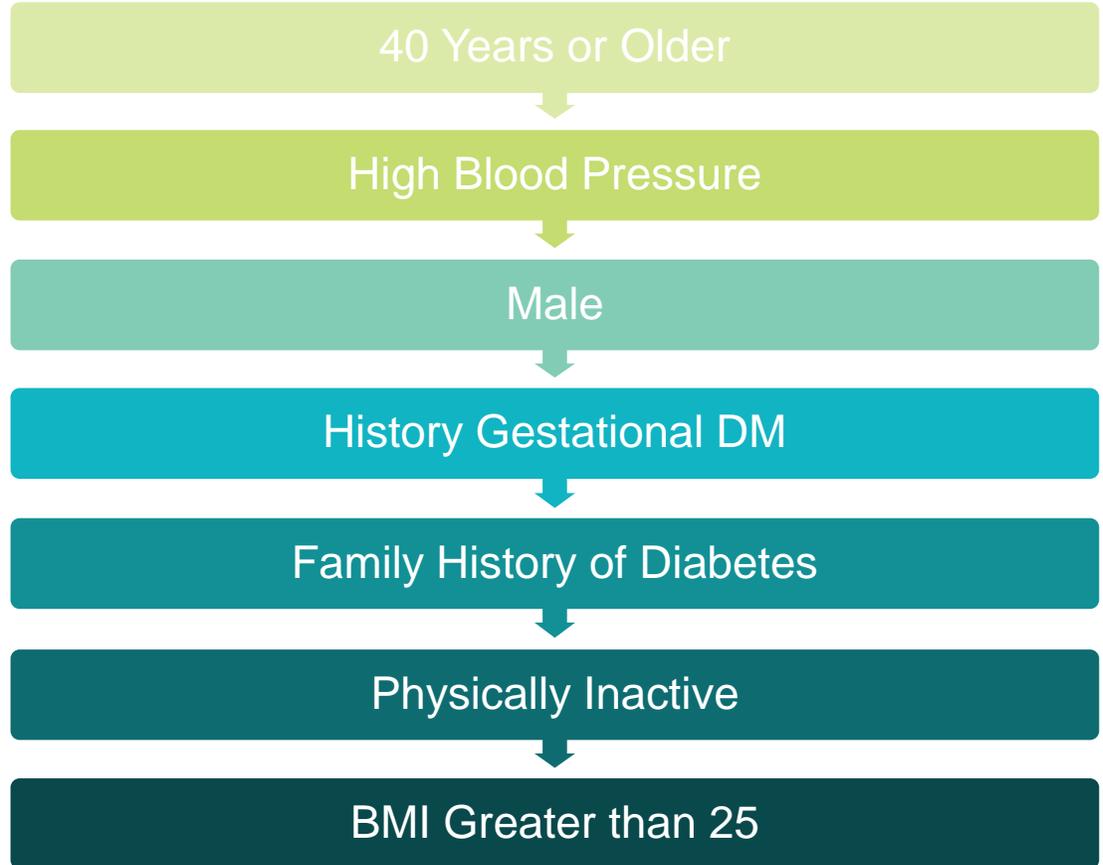
Why National DPP?

- Evidence-based lifestyle intervention program
 - Targets those at high risk for developing Type 2 Diabetes
- Core Elements:
 - CDC approved curriculum
 - Motivational interviewing with trained lifestyle coach
 - 12 months of group lead classes
 - Topics include healthy eating, physical activity, and stress management



Screening Populations at Risk

- With 3 or more of the shown risk factors, patients are more likely to have prediabetes and are at high risk for type 2 diabetes
- Best practice is to screen all non-diabetic patients 18 years and older
- Program eligibility requirements





Benefits of National DPP

- **Significantly decreases risk of developing type 2 diabetes**
 - Lifestyle changes of 5-7% loss of body weight and addition of 150 minutes of exercises per week **cut risk of developing Type 2 diabetes by up to 58%**
 - Even a decade later, program participants **were one-third less likely to develop type 2 diabetes** than individuals that did not join a program
- **Lowers risk of having a heart attack or stroke**
- **Improves quality of life**

**DIABETES SELF-MANAGEMENT
EDUCATION AND SUPPORT
(DSMES) PROGRAM**



Why Accredited or Recognized DSMES?

- Individualized
- Evidence-based education
- Empowers patients to make behavioral changes
 - Informed decision making
 - Self-care behaviors
 - Problem solving
- Accredited/Recognized programs can be reimbursed

When to Refer to DSMES?

- A referral must come from the treating physician or treating mid-level provider who is managing the clients diabetic condition and certifies such services are needed.

1

At Diagnosis

2

Annual
Assessment

3

Complicating
Factors

4

Transitions



Benefits of DSMES

- Lowers A1C by as much as 1% in people with Type 2 diabetes¹
- Reduced health risks with 1% decrease in A1C²
 - 21% Diabetes Related Deaths
 - 14% Heart Attacks
 - 37% Microvascular Complications- Eyes, Kidneys, Nerves
- Reduces Diabetes Distress
- Saves Money by reducing
 - Hospital admissions
 - Readmissions
 - Healthcare costs related to diabetes complications

TRANSITION FOR THE PANELISTS

Meet our Panelists



Lindsay
Barleycorn, MS,
RDN, LDN, CDE

Diabetes Educator
Our Lady of the
Lake/LSU Health
System- Baton Rouge



Cindy Couvillion,
RN, CDE

Diabetes Educator
and Lifestyle Coach
MLK Health Center-
Shreveport



Janet Mentasane,
MSW

Executive Director of
MLK Health Center
and Pharmacy-
Shreveport



Alexis Motley, MS,
RDN, LDN

Dietitian and Lifestyle
Coach at Healthy
Lives of FMOLHS-
Statewide



Candace Phillips,
RDN, LDN,
CDCES

Dietitian and Diabetes
Educator LSU Lallie
Kemp Regional
Medical Center-
Independence



National Diabetes Prevention Program (National DPP)

- Overview
- Benefits
- Barriers/Tips
 - Program
 - Participants
- Telehealth
- Other Services



Diabetes Self-Management Education and Support (DSMES) Program

- Overview
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QUESTIONS?

Resources

- **CDC Customer Service for National DPP**

- <https://nationaldppcsc.cdc.gov/s/>

- **Pre-Diabetes Risk Test**

- <https://www.cdc.gov/prediabetes/takethetest/>

- **S/T/R Tool Kit**

- <https://amapreventdiabetes.org/tools-resources>

- **DSMES Tool Kit**

- <https://www.cdc.gov/diabetes/dsmes-toolkit/index.html>

- **ADCES**

- <https://www.diabeteseducator.org/>

- **ADA**

- <https://www.diabetes.org/>



Thank You for Joining Us!

Louisiana's Health Initiative