

Reducing Disparities in Diabetes Care: Everyone with Diabetes Counts!

Partners in Practice for Healthy Communities

In the U.S., nearly 13 percent of adults age 20 and over have diabetes, according to the National Institutes of Health and the Centers for Disease Control and Prevention. Nearly one-third of persons 65 years and older have diabetes.

Diabetes in South Carolina

Diabetes is the seventh-leading cause of death in SC behind cancer, heart disease, chronic lower respiratory disease, stroke, accidents, and Alzheimer's.¹ The quality-of-life issues are great, and the financial burden enormous.

- In 2012, total hospital charges related to a diagnosis of diabetes were \$250 million. Medicare and Medicaid paid for more than two-thirds of this cost.
- In 2012, SC ranked 7th-highest in the nation in the percentage of adults with diabetes.

Approximately one in seven African-Americans in SC has diabetes, which ranks SC as the 5th-highest state for diabetes among African-Americans in the nation.

The Affordable Care Act (ACA) mandates developing programs that address, identify, and reduce health care disparities among principal at-risk subpopulations, including Medicare fee-for-service (FFS) beneficiaries who are African-American, Hispanic/Latino, Native American, Asian Pacific Islander, and any ethnicity/race living in a rural area.

Join Us in Reducing Diabetes Disparities

The Carolinas Center for Medical Excellence, a member of the Atlantic Quality Innovation Network (AQIN), is recruiting communities and physician practices/providers to participate in the Partners in Practice for Healthy Communities Learning and Action Network (LAN) with the patient populations diagnosed as having "pre-diabetes," Type 1, or Type 2 diabetes.

Better Living and Lives Saved

through
Diabetes Self-management Education Programs

DSME is an **effective intervention** for people with diabetes or at high risk



High-risk person's chance of diabetes
11% LESS

Body weight

7% LOSS



Chance of serious complications

8% LESS



Chance of dying from diabetes

2.3% LESS

Almost **5,400** lives could be saved *each year*

Strategic Goals:

- Improve clinical outcomes for HBA1c, Lipids, Blood Pressure and Weight control
- Decrease number of beneficiaries who require lower extremity amputation due to complications from poorly controlled diabetes
- Improve health literacy of Medicare and dual-eligible beneficiaries with diabetes

AQIN SC's goal over the next five years is to work directly with communities, community leaders and physician practices to provide Diabetes Self-Management Education (DSME) to your Medicare patients with "pre-diabetes" and diabetes. This education will provide people with diabetes and their families with the skills and knowledge necessary to manage their diabetes and reduce the risk of complications. The Medicare participants must:

- Represent the target population: African American, Hispanic/Latino, American Indian, Asian/Pacific Islander, or live in a rural area
- Have diabetes Type I or II, or be "pre-diabetes"
- Complete a registration form along with a pre-training survey and a post-training survey
- Complete at least 80% of the five class

Diabetes Self-management Education Training

Diabetes self-management education (DSME) is a proven intervention for empowering persons with diabetes to take an active role in controlling their disease.

We will work with you and your community to schedule and plan DSME training classes. These classes are five weeks in length. Participants will complete a pre-training survey and a post-training survey. If your participants agree to have their physician submit clinical data related to their diabetes, it will be analyzed to determine the effectiveness of DSME training. To be counted as participant in the study, DSME participants must complete 80 percent of the training program (four of the five classes).

In addition to teaching the actual DSME classes for your community participants, we can train you to provide DSME training for your community members to ensure sustainability of DSME in your community to assist in achieving better health for all.

Next Steps

To learn more about participating in Reducing Disparities in Diabetes Care: Every Diabetic Counts, please contact **Sharon Eubanks, MBA, BSN, RN**, at **seubanks@thecarolinascenter.org** or **803.212.7554**.

About Atlantic Quality Innovation Network (AQIN)

The Carolinas Center for Medical Excellence (CCME) is a member of the AQIN, a Quality Innovation Network-Quality Improvement Organization (QIN-QIO), offering health care quality improvement learning opportunities, technical assistance, and resources across New York, South Carolina, and the District of Columbia. CCME serves as the QIN-QIO for South Carolina.

¹SCDHEC Fact Sheet, 11/2013 and 2012 Burden of Diabetes in SC, Office of Chronic Disease Epidemiology and Evaluation, 01/09/2013

Infographic Source: American Association of Diabetes Educators

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