

Diabetes Prevention and Control Program

FYI – July 21, 2011

Happenings

- **The AADE Annual Meeting & Exhibition 2011** will be taking place August 3-6, 2011, in Las Vegas. They will also be offering a **Virtual Meeting** that allows those who can't attend to participate and possibly earn CE credit. The complimentary package is **Free** and allows access to the Wednesday General Session panel on "Healthcare Reform Applied to Direct Settings" along with exhibitor information and poster sessions. There is also a full package available for a cost. Get more information or sign up at www.diabeteseducator.org/annual. A link to sign up for the Virtual Meeting is found under the events updates.
- **The Utilization of Patient Navigators in Diabetes Care Management Webinar** was recorded May 18, 2011. Patient Navigators assist patients, caregivers, and families in "bridging the gaps" within the health care system and reducing barriers to care. To view the recording, go to <https://www323.livemeeting.com/cc/chcanys/view> and enter your name and the Recording ID 4F2K3D. No Recording Key is required to view the presentation. To access the slides, go to http://www.nysdiabetescampaign.org/userfiles/file/Patient%20Navigator%20Diabetes_2011%205%2018.pdf.

Resources

- **Patient-Centered Primary Care Collaborative:**
The Patient-Centered Primary Care Collaborative Website (<http://www.pcpcc.net/>) contains information, tools, and resources related to Patient Centered Medical Homes (PCMH). The Federal and State Government section of the website (<http://www.pcpcc.net/federal-and-state-government>) includes information on PCMH pilot projects and promotion among the public payer system.
- **New website makes finding local quality reports easier:**
A new interactive map from the Robert Wood Johnson Foundation (<http://www.rwjf.org/qualityequality/product.jsp?id=71857>) today shows the growing strength of the movement to measure and report on the quality of health care in the U.S. See the press release and map. The tool is designed to make it easy to find reliable information on the care that hospitals and physicians deliver.
- **National Prevention Council releases the National Prevention Strategy:**
America's Plan for Better Health and Wellness. The National Prevention Strategy is intended to help transform the U.S. health care system from a focus on sickness and disease to one that's focused on prevention and wellness. A copy of the National Prevention Strategy is available online at: <http://www.healthcare.gov/center/councils/nphpphc/strategy/report.pdf>.
- **US Department of Ag releases new graphic model for healthier food choices:**
The new food model, which replaces the familiar MyPyramid, is one component of a planned initiative to communicate nutrition information, to consumers. The initiative

will also provide links to a new website (<http://www.choosemyplate.gov/>) with additional information, tools, and other resources.

Articles/Research

- **Physical Activity Advice Only or Structured Exercise Training and Association with HbA1c Levels in Type 2 Diabetes: A Systematic Review and Meta-analysis.** Umpierre D, et al. Journal of the American Medical Association. 2011; 305 1790-1799. (<http://jama.ama-assn.org/content/305/17/1790.abstract?etoc>).
This study was a meta-analysis of randomized controlled clinical trials to assess associations between structured exercise training regimens and physical activity advice with or without dietary co-intervention on changes in A1c in patients with type 2 diabetes. Results indicated that structured exercise training that consists of aerobic exercise, resistance training, or both combined is associated with A1c reduction in patients with type 2 diabetes. Physical activity advice is associated with lower A1c, but only when combined with dietary advice.
- **Prediabetes Awareness, Healthcare Provider's Advice, and Lifestyle Changes in American Adults.** Okosun IS, Lyn R. International Journal of Diabetes Mellitus. Jan. 3, 2011. ([http://www.intldiabetesmellitus.com/article/S1877-5934\(10\)00107-4/abstract](http://www.intldiabetesmellitus.com/article/S1877-5934(10)00107-4/abstract))
The purpose of this study was to examine whether persons who are aware of their prediabetes were more likely than persons with normal glycemia to report lifestyle changes, and to determine the interactive effect of persons aware of their prediabetes and persons reporting doctor/health care provider's (DHCP) advice on overall lifestyle change. The authors concluded that creating diabetes risk awareness in at-risk groups and increased counseling of at-risk groups by doctors/health care providers may be the keys to prevent diabetes.
- **Evidence that EHR's improve care for diabetics:**
Recent data from a Robert Wood Johnson Foundation *Aligning Forces for Quality* community demonstrated that patients with diabetes cared for by doctors who use electronic health records (EHRs) received all of the recommended care for their condition 51% of the time, compared with just 7% of the time for those with paper records. *Reform In Action: Does Use of EHRs Help Improve Quality? Insights from Cleveland* is a brief demonstrating how providers in communities are responding to legislation affecting healthcare:
<http://www.rwjf.org/files/research/72480af4qehr201106.pdf>.

Please send any news or events you would like placed in the DPCP FYI to:

Zach Parsons
Diabetes Prevention & Control Program Coordinator
South Dakota Department of Health
615 East 4th Street
Pierre, SD 57501
P 605.773.7046
F 605.773.5942
Zach.Parsons@state.sd.us

