

Diabetes Prevention and Control Program

FYI – September, 2011

Happenings

- **South Dakota Diabetes Coalition Partners' Conference:** Come make a difference! Attend the fall conference of the SDDC on Sept. 21st at Cedar Shore Resort. The keynote speaker will be Neil Johannsen, a researcher from Pennington Biomedical Research Center in Baton Rouge, LA. Learn about the HART-D and Fit for Life studies looking at the affects exercise has on chronic disease. To register or for more information, contact Dawn Hahn at 605 336-3505 or email dhahn@sdqio.sdps.org. She can also help you join the Coalition!
- **Conversation Maps Training:** Healthy Interactions, Inc. is putting on a US Diabetes *Conversation Map*® Program training session in Sioux Falls on **Wednesday, October 19th from 6-9pm**. The diabetes education program was developed in collaboration with the American Diabetes Association and “is a structured, interactive education session that uses images, metaphors, and thought-provoking conversation topics to provide a friendly learning experience for patients.” For more information or to register visit <http://www.journeyforcontrol.com>.

Resources

- **SD Healthy Concessions: Do you want your children to eat healthier at home, at school, and at extra curricular activities?** The Nutrition and Physical Activity program in the Department of Health has developed a model healthy concessions policy to help promote healthier choices at non-school youth organization concession stands that are outside of schools. They have also produced a ‘Munch Code’ marketing kit and campaign that includes a Facebook page and online game to help educate kids and parents - www.facebook.com/MunchCodeSD. For more information or to request a free “Munch Code” kit, refer to www.HealthySD.gov under the communities tab.
- **Audio Recordings for the Visually Impaired:** Two recordings, "Diabetes: The Basics and Living with Diabetes" and "Visual Impairment," are available for free on CD or USB drive to people living with diabetes and visual impairment, and free to anyone as an MP3 download. For more information or to order, call the Diabetes Partnership of Cleveland at 216-591-0800 or visit www.diabetespartnership.org/visimpaired.asp.
- **Diabetes Self-Management Education: How to Increase Your Reimbursement Success:** A PRESENT e-Learning Systems presentation describes in detail the latest Medicare coverage guidelines for DSME, including: pre-DSME documentation requirements (physician referral and diagnostic lab criteria); beneficiary and provider eligibility; quality standards; utilization limits and much more. Guidelines for individual providers billing Medicare for DSME are also explained. Continuing education credits are available. www.presentdiabetes.com/lecture_hall/description.php?id=469

Articles/Research

- **Collaborative Approach to Implementing an Adapted Diabetes Prevention Program Lifestyle Intervention** LA Guyse, et al. *Diabetes Spectrum*. 2011; 24 (3): 138-143 (<http://spectrum.diabetesjournals.org/content/24/3/138.abstract>)
The purpose of the study was to evaluate weight loss and cardiometabolic risk reduction achieved through a 16-session lifestyle intervention among adults at high risk for cardiovascular disease and diabetes. The intervention was delivered through a partnership between a diabetes self-management education (DSME) program and the YMCA. Results from the study indicated significant improvements in cardiometabolic risk factors among participants completing the intervention.
- **Relative Muscle Mass Is Inversely Associated with Insulin Resistance and Prediabetes: Findings from the Third National Health and Nutrition Examination Survey** *Journal of Clinical Endocrinology Metabolism* (Srikanthan P, et al.; DOI: 10.1210/jc.2011-0435)
The objective of this study was to determine whether increases in muscle mass at average and above average levels were associated with improved glucose regulation. Very low muscle mass is a risk factor for insulin resistance, which is the basis for type 2 diabetes. The authors concluded that higher muscle mass (relative to body size) is associated with better insulin sensitivity and lower risk of prediabetes or overt diabetes.
- **Effect of Nurse Case Management Compared with Usual Care on Controlling Cardiovascular Risk Factors in Patients with Diabetes: A Randomized Controlled Trial** Ishani A., et al. *Diabetes Care*. 2011 Aug; 34(8):1689–94. Epub 2011 Jun 2 (www.ncbi.nlm.nih.gov/pubmed/21636796)
The objective of this study was to determine whether nurse case management with a therapeutic algorithm could effectively improve rates of control for hypertension, hyperglycemia, and hyperlipidemia compared with usual care among veterans with diabetes. Researchers found that patients assigned to nurse case managers had better blood pressure, glucose, and lipid control than those who were given usual diabetes care.

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

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