

Chronic Disease Prevention & Health Promotion Webinar Series

www.hss.state.ak.us/dph/chronic

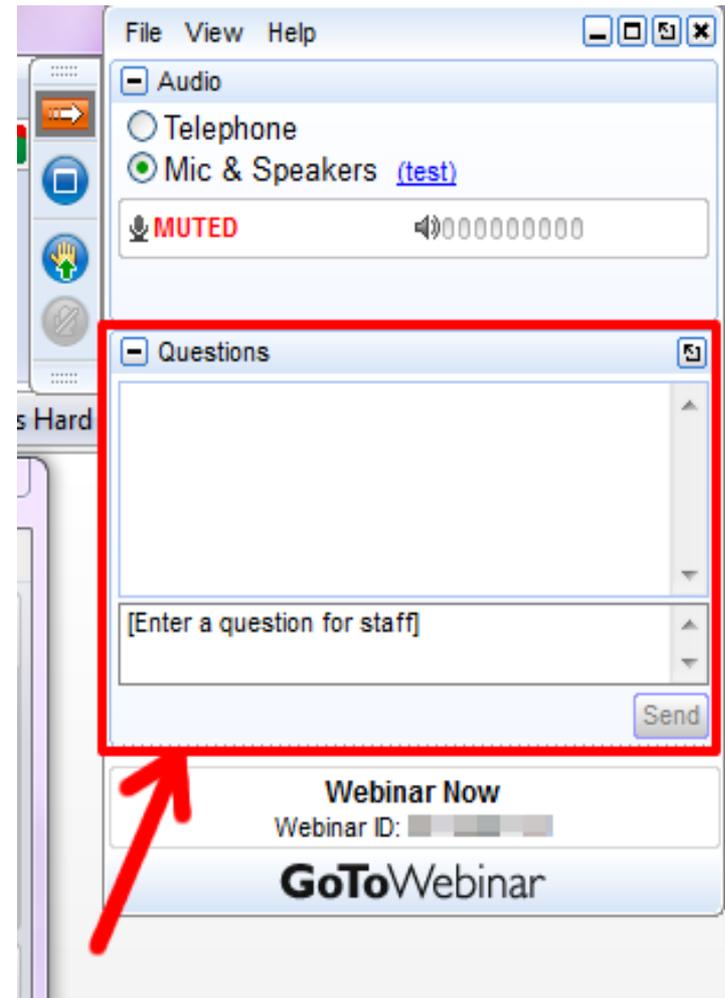
CDPHP

Health Promotion Chronic Disease Prevention Data/Surveillance



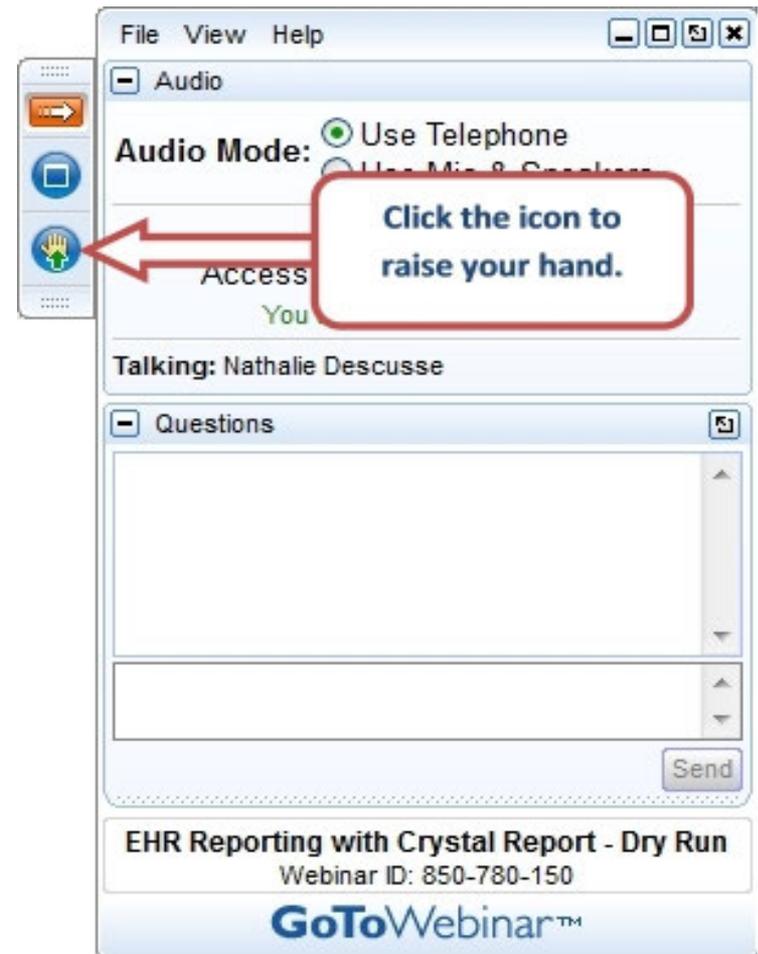
About this Webinar

- Audio for this webinar will come through your computer. Another option is to call this number: (562) 247-8321.
- If you have technical difficulties, please let us know by using the Question function on the GoToWebinar control panel.



About this Webinar

- ❑ You will need a microphone on your computer or you will need to call into the number provided to ask a question out loud.
- ❑ Please hold questions until the end of the presentation.
- ❑ To ask a question, please “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.



Helping Alaskans Manage Diabetes:
Self-Management Programs –
*Chronic Disease Self-Management Program
(CDSMP)*
&
Diabetes Self-Management Education (DSME)

Nelly Ayala, RN, MSN
Program Manager

E-mail: Nelly.Ayala@alaska.gov | Telephone: 907-269-8035

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www.diabetes.alaska.gov

Learning Objectives

- Learn about the different self-management programs offered by our office:
 - Chronic Disease Self-Management Program (CDSMP)/Living Well Alaska
 - Diabetes Self-Management Education (DSME)
- Learn how you can implement a self-management program within your community/organization/clinic/etc.
- Learn how you can be a trained leader: Upcoming 4-day training 02/29 to 03/03

Diabetes in the United States



Diabetes in the United States

1.7
MILLION

People
20 years
and older
diagnosed
in 2012

\$245
BILLION

Total medical costs and lost
work and wages for people
with diagnosed diabetes

People who have diabetes are at higher risk
of serious health complications:



BLINDNESS



**KIDNEY
FAILURE**



**HEART
DISEASE**



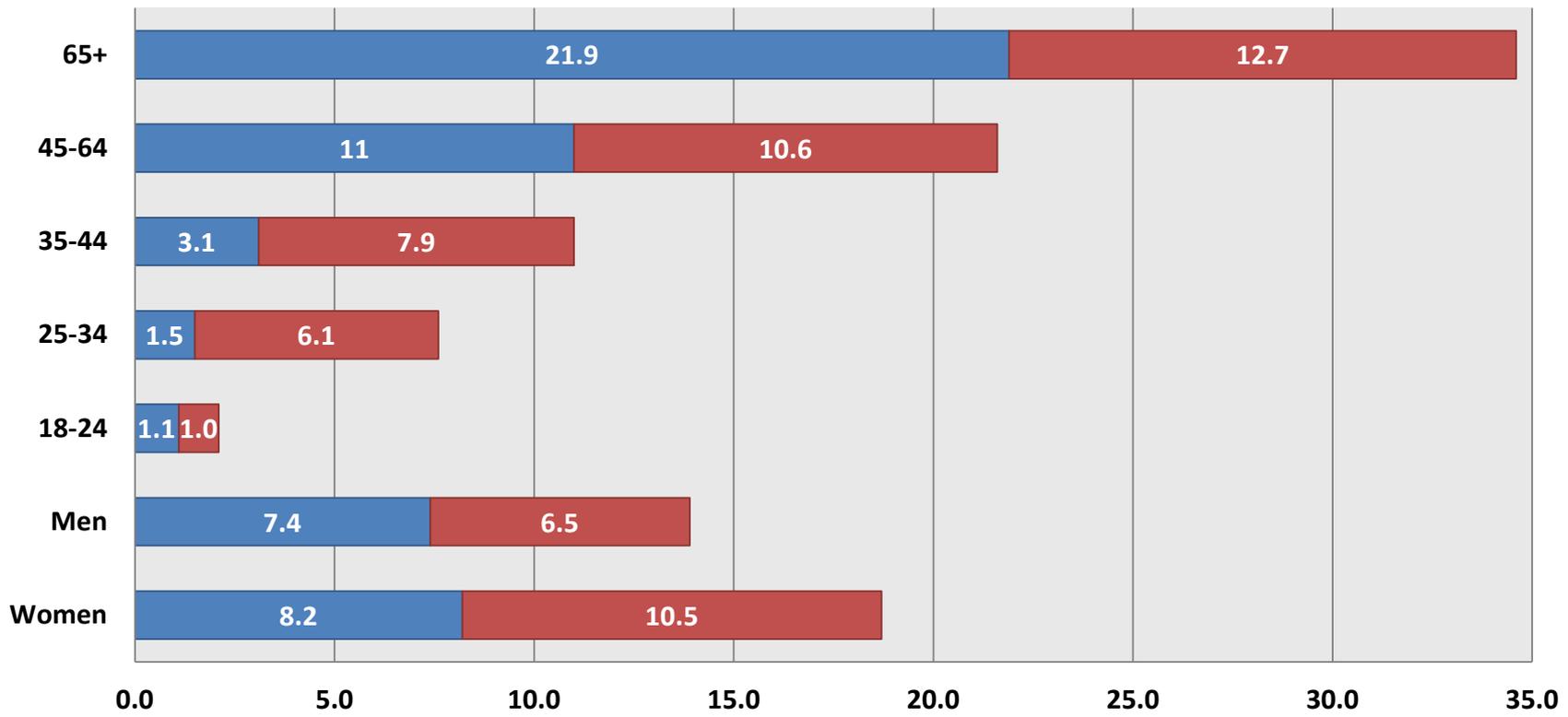
STROKE



**LOSS OF
TOES, FEET,
OR LEGS**

Diabetes and Prediabetes Prevalence 2014 (Percentage %)

Data Source: AK BRFSS www.ibis.dhss.alaska.gov



	Women	Men	18-24	25-34	35-44	45-64	65+
■ Diabetes	8.2	7.4	1.1	1.5	3.1	11.0	21.9
■ Prediabetes	10.5	6.5	1.0	6.1	7.9	10.6	12.7



Cost of Diabetes in AK

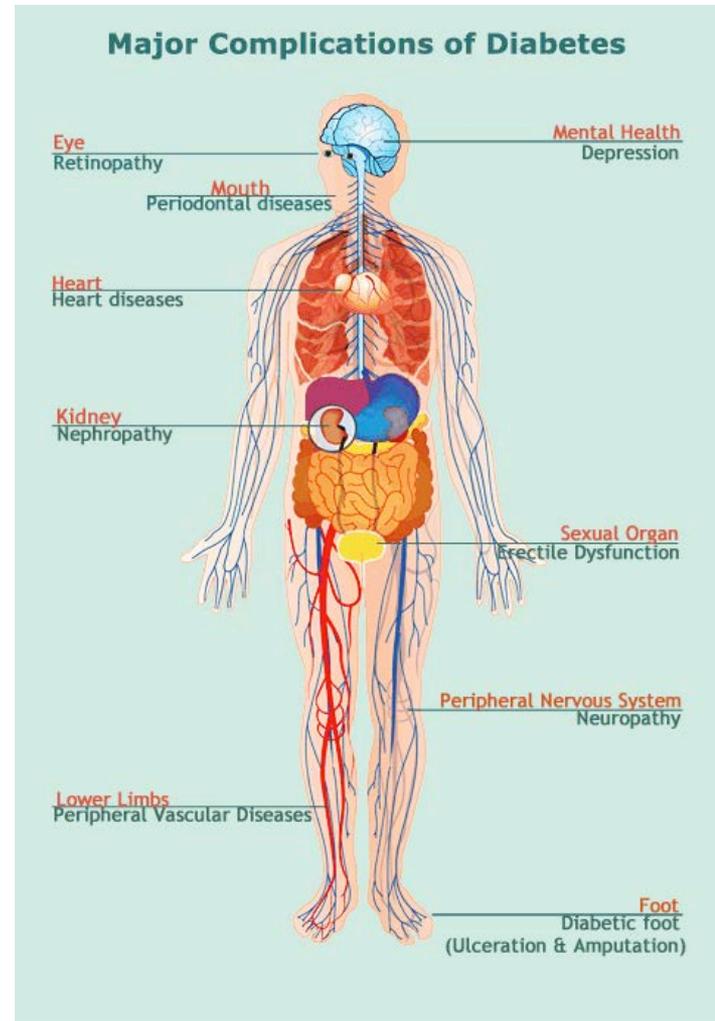
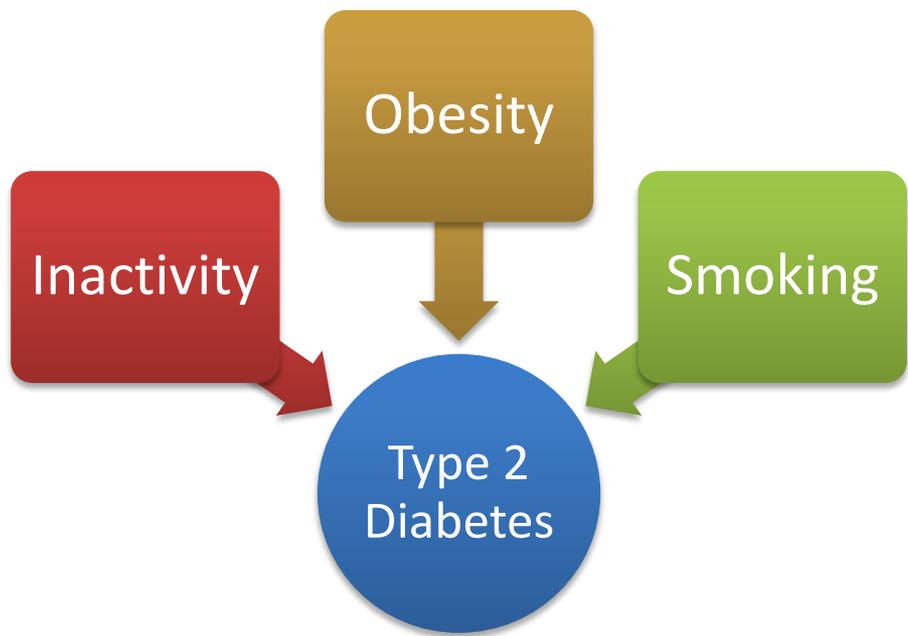
The annual cost of care for adults

Year	Group	Diabetic	Non-Diabetic
2010	US Medicaid	\$14,229	\$4,568
2012	US Population	\$13,741	\$5,853

Incurred cost of Medicaid beneficiaries 20 years and older in AK

Fiscal Year	Beneficiaries with Diabetes	Incurred cost per diabetic beneficiary	Total cost of diabetic beneficiary
2012	5,938	\$26,468	\$157 million
2013	6,078	\$25,940	\$158 million
2014	6,296	\$26,310	\$166 million

Focus on Prevention Programs



What are Self-Management Programs?



- Target audience: Adults who **have or care for someone with a chronic disease**, or want to get informed
- Duration: 6-week programs, meet once a week, in a group setting (10 people or more)

What are Self-Management Programs?

- Efficacy: Evidenced-based, clinically recommended
- Goal: To teach individuals the goals necessary to adopt healthy habits
- Two types:
 - Chronic Disease Self-Management Program (CDSMP)
 - Diabetes Self-Management Education (DSME)

Chronic Disease Self-Management Program (CDSMP)

- Hear the benefits from the people themselves, here is what people in California think about it:
- <https://www.youtube.com/watch?v=rQ-tFfbIx-s>



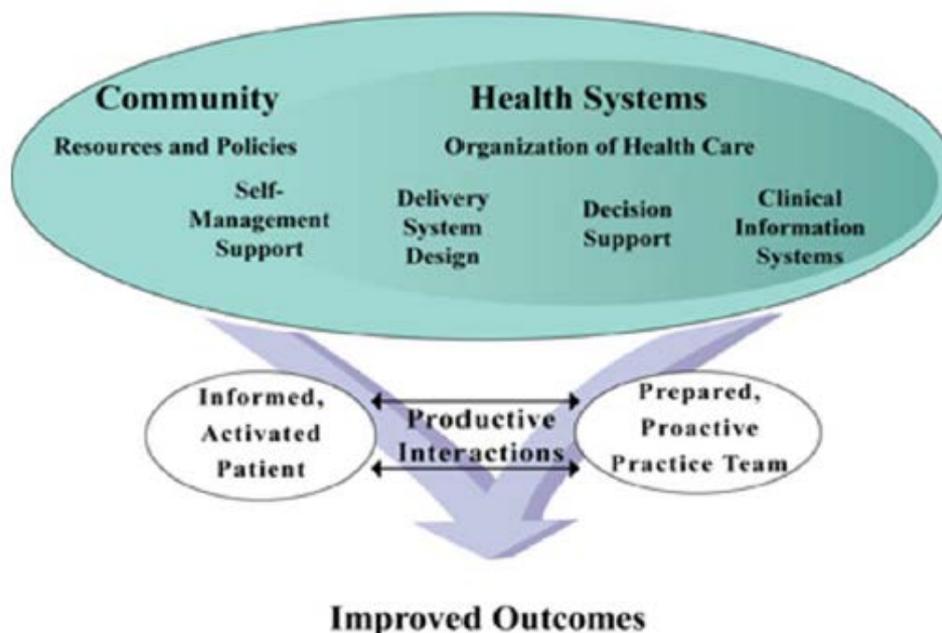
Public Health Perspective

- Benefits from Self-Management Programs:
 - Well recognized in the public health arena by leading experts
 - Long term behavior (over a year) change maintenance is seen in approximately 40% of the participants
 - Savings per participant is approximately \$350 for 1 CDSMP class, according to national data we estimate saving \$50K - \$70K QALYs per participant

Public Health Perspective

- CDSMP is estimated to save approximately \$38,803 in healthcare savings in a small county to \$732,290 for a metropolitan city assuming a reach of approximately 5% of the population with 1 chronic condition

The Chronic Care Model



Developed by The MacCall Institute
© ACP-ASIM Journals and Books

Clinical Outcomes



- Benefits of CDSMP:
 - Increase in health-related quality of life
 - Fosters “self-efficacy or confidence”
 - Reduces pain, fatigue, disability, anxiety, and depression, and they can improve self-rated general health
 - Educates patients, and provides patient with skills to communicate with healthcare team

Benefits of CDSMP → DSME

- DSME *reduces* health complications
- ***DSME can sustain successful*** long-term self-management
- DSME can ***lower hospitalization rates by 34%***
- It is ***noted as a best practice program***



Economic Savings of DSME in AK



- For each diabetic Medicaid beneficiary in Alaska the cost is estimated to be approximately \$26,300
- 1 DSME class → cost savings of **approximately \$6.9 million**
- \$4.34 ROI for every \$1 spent - **\$36 million per year** (assuming 100% attendance)

How Can Our Office Help You?

- Help with implementation
- Form part of our State license
- Receive training
- Visit our website at: www.diabetes.alaska.gov
- Help with trainings/webinars in the future

Example of Cost Estimator Tool

	A	C	D	E	F	G	H	I	
1	Healthcare Cost Savings Estimator Tool: CDSMP*								
2	National Study Case Example					Your Local Example: If you have data, please enter relevant numbers in cells marked in diagonal stripe for your population. This spreadsheet will make automatic calculations for you.			
4	1. Examine the pattern of health care utilization within your population.								
5	Emergency Room (ER) Visits			N	%	Change in %	N	%	Change in %
6	Include number of participants at baseline			1170					
7	Include number of participants reported visiting ER at baseline			211	18%			#DIV/0!	
8	Include number of participants at 6 months			903					
9	Include number of participants reported visiting ER at the 1st 6 months			118	13%	5%		#DIV/0!	#DIV/0!
10	Include number of participants at 12 months			825					
11	Include number of participants reported visiting ER at the second 6 months			108	13%	5%		#DIV/0!	#DIV/0!
12	Hospitalizations								
13	Include number of participants reporting hospitalization at baseline			164	14%			#DIV/0!	
14	Include number of participants reporting hospitalization at the 1st 6 months			100	11%	3%		#DIV/0!	#DIV/0!
15	Include number of participants reporting hospitalization at the second 6 months			116	14%	0%		#DIV/0!	#DIV/0!
17	2. Identify mean costs for health care utilization from 2010 Medical Expenditure Panel Survey (MEPS)								
18	Age Distribution						Indicate the age distribution for your population		
19	Include % for those 18-44 years of age			10%			Indicate % for those 18-44		
20	Include % for those 45-64 years of age			31%			Indicate % for those 45-64		
21	Include % for those 65+ years of age			59%			Indicate % for those 65+		
22	ER Visits								
23	Mean costs of ER visits for those 18-44 years of age			\$ 1,465.00			\$ 1,465.00		
24	Mean costs of ER visits for those 45-64 years of age			\$ 1,738.00			\$ 1,738.00		
25	Mean costs of ER visits for those 65+ years of age			\$ 1,403.00			\$ 1,403.00		
26	Age-adjusted cost of ER visits			\$ 1,513.05			\$ -		
27	Cost savings associated with ER visits per person at the 1st 6 months			\$ 75.65			#DIV/0!		
28	Cost savings associated with ER visits per person at the second 6 months			\$ 75.65			#DIV/0!		
29	Total cost savings associated with ER visits per person at two time periods			\$ 151.31			#DIV/0!		
30	Hospitalizations								
31	Mean costs of hospitalizations for those 18-44 years of age			\$ 11,501.00			\$ 11,501.00		
32	Mean costs of hospitalizations for those 45-64 years of age			\$ 21,462.00			\$ 21,462.00		
33	Mean costs of hospitalizations for those 65+ years of age			\$ 18,554.00			\$ 18,554.00		
34	Age-adjusted cost of hospitalizations			\$ 18,750.18			\$ -		
35	Cost savings associated with hospitalizations per person at the 1st 6 months			\$ 562.51			#DIV/0!		
36	Cost savings associated with hospitalizations per person at the 2nd 6 months			\$ -			#DIV/0!		
37	Total cost savings associated with hospitalizations per person at two time periods			\$ 562.51			#DIV/0!		

Example of Cost Estimator Tool

37	Total cost savings associated with hospitalizations per person at two time periods		\$	562.51	#DIV/0!
39	3. Estimate costs saved from reduced utilization for the period of time you are interested in examining				
40	Based on national information, potential annual health care savings per CDSMP participant from averting ER visits (Line 29) and hospitalizations (Line 37) can be estimated.		\$	713.81	Potential annual health care savings (Line 29 + Line 37) #DIV/0!
42	4. Estimate average annual program delivery costs				
43	Estimated program delivery costs per person in the National CDSMP study		\$	350.00	Select your closest program cost per person from the drop-down menu \$ 438.00
45	5. Deduct annual program costs from estimated health care utilization savings				
46	Based on national information and using average CDSMP costs per participant (Line 43), net cost savings related to ER visits and hospitalizations per CDSMP participant can be estimated.		\$	363.81	Net cost savings (Line 40 - Line 43) #DIV/0!
48	6. Extrapolate to national savings using Census data combined with MEPS data			6. Calculate your savings based on population to reach and new age distribution	
49	Number of American adults from Census data by age		234,564,071	100%	Number of potential participants reflecting their age distribution 200 100%
50	18-44	112,806,642	48%	18-44	10 5%
51	45-64	81,489,445	35%	45-64	10 5%
52	65+	40,267,984	17%	65+	180 90%
53	Estimated % of American adults having at least 1 chronic condition from MEPS data by age		77%	Net Cost Savings based on population to reach and new age distribution #DIV/0!	
54	18-44	71%			
55	45-64	84%			
56	65+	94%			
57	Number of American adults aged 18 and older having at least 1 chronic condition		180,614,335		
58	Cost savings if you could reach ALL American adults age 18+ having at least 1 chronic condition		\$	65,709,373,342.03	
59	Include % of this population you want to reach		5%		
60	Based on per participant program annual net savings (Line 46) for the population you want to reach (Line 59), national health care savings can be estimated.		#####	Your healthcare net cost savings by averting ER visits and hospitalizations attributed to CDSMP #DIV/0!	



Multi-Site ADA Recognition License

RESPONSIBILITIES		
	SOA	SITE
Data submission to ADA	X	
Holding Advisory Group Mtgs	X	
Submitting application to ADA	X	
Providing training on Chronicle	X	
Providing opportunities for CE	X	
Schedule and conduct DSME classes		X
Enter patient data		X
Determine cost of DSME for patients		X

Updated Information

- Medicare: Chronic Care Management Services
<https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/ChronicCareManagement.pdf>
- Availability of resources:
www.diabetes.alaska.gov

www.diabetes.alaska.gov

Diabetes Prevention and Control

- > Diabetes Home
- > **Prevention & Management Programs**
- > Diabetes Data & Statistics
- > Clinical Tools
- > Diabetes Education
- > Partnerships
- > News & Events

Types of Diabetes

- > Type 1 Diabetes
- > Gestational Diabetes
- > Diabetes and the Elderly

Are you at risk for diabetes?

Know your score. Take the **diabetes risk test** now:



Contact us:

Nelly Ayala, RN MSN
Alaska Diabetes Prevention and Control Program Manager
E-mail: Nelly.Ayala@alaska.gov
Phone: 907-269-8035
Fax: 907-269-5446

Diabetes Prevention & Management Programs

TAKE ACTION! Help prevent Type 2 Diabetes!

What is the National Diabetes Prevention Program (NDPP)?

NDPP is year-long group program, made up of 16 one-hour sessions where you will learn the skills necessary to change behavior and follow a healthier lifestyle. Followed by monthly sessions led by a trained lifestyle coach. You will discuss healthy eating, physical activity, stress-reduction, problem-solving, and other life skills to help you live a longer and healthier life. The program has been able to help dedicated individuals lose 7% of their body weight. You can learn more about this program at the National Diabetes Information Clearing House.

NDPP Locations:

- > YMCA NDPP Program
- > UAF Extension DPP Program: General Info Flyer - Or link to their Health, Home and Family Development web page for classes.
- > More Programs throughout Alaska

What is a Diabetes Self-Management Education (DSME) Program?

DSME is a program where people with diabetes obtain knowledge and life skills needed to change their behavior in a group setting. This program helps diabetics self-manage their disease and any other related conditions. The purpose of this program is improve the well-being of the person taking the program and provide them with a higher quality of life through informed decision-making about diabetes, improved self-care behavior, and have the skills necessary to problem-solve and actively collaborate with their health care team.

What types of DSME Programs are available in Alaska?

- Alaska has three different types of DSME Programs.
1. Stanford Curriculum
 2. Diabetes Empowerment Education Program (DEEP) Curriculum



Erin and Riley Widener fighting to Stop Diabetes!

Chronic Disease Prevention and Health Promotion

- All Programs
- Contacts
- Home
- Informed Alaskans - Health Maps
- News
- Publications
- Safe and Healthy Me Webinar Series

Programs

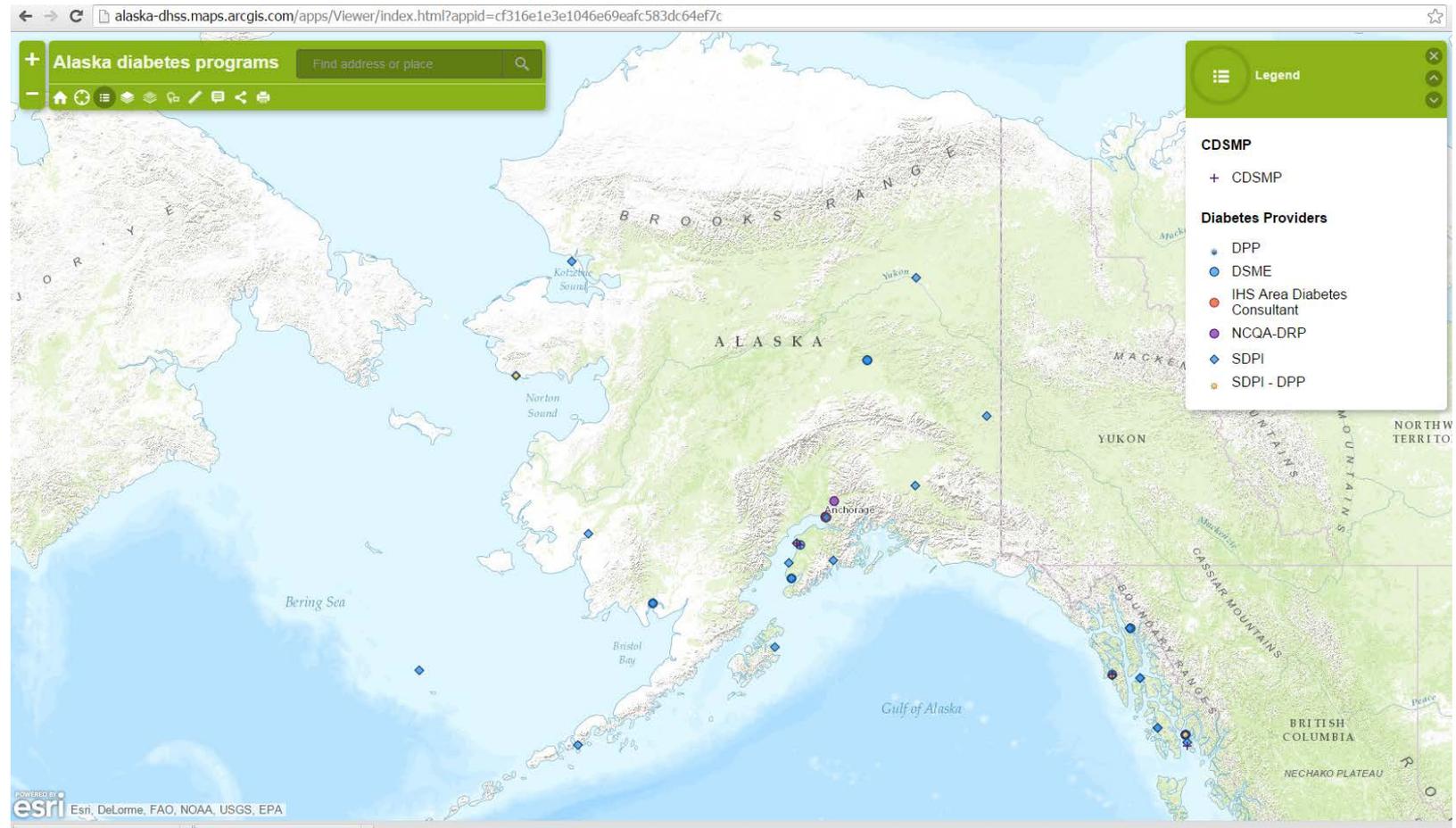
- Behavioral Risk Factor Surveillance System (BRFSS)
- Cancer Prevention and Control
- Diabetes Prevention and Control
 - Prevention & Management Programs
 - Data & Statistics
 - Clinical Tools
 - Diabetes Education
 - Partnerships
 - News & Events
 - Type 1 Diabetes
 - Gestational Diabetes
 - Diabetes & the Elderly
- Family Violence Prevention
- Heart Disease and Stroke Prevention
- Injury Prevention
- Obesity Prevention and Control
- School Health
- Tobacco Prevention and Control
- Youth Risk Behavior Survey

Injury Prevention Programs

- Child Passenger Safety
- Fall Prevention — Workout To Go! Alaska
- Fire-Related Injury Prevention
- Helmet Safety

More Programs Throughout AK

<http://alaska-dhss.maps.arcgis.com/apps/Viewer/index.html?appid=cf316e1e3e1046e69eafc583dc64ef7c>



Summary

- Self-management programs are needed
- ***1 out of 3 people in the United States will have diabetes*** within their lifetime
- *“I thoroughly enjoyed participating in this course and came away with a treasure trove of useful information that will serve me in the future”*



Trained Leaders 2015



Resources

Alaska Diabetes Prevention and Control Program

www.diabetes.alaska.gov

American Diabetes Association

Telephone: 907-272-1424 | 1-800-DIABETES (1-800-342-2383)

To stay informed on diabetes join our listserv:

Visit [Http://list.state.ak.us](http://list.state.ak.us) and Join “AKDiabetes”

Leader Training

February 29 to March 3, 2016

Anchorage, UAF-Cooperative Extension Services

For more information contact: Leslie Shallcross

Telephone: 907-786-6313 | E-mail: lashallcross@alaska.edu

CNE's Available

Discussion

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