



MINUTES
ALABAMA DIABETES NETWORK (ADN) MEETING

May 15, 2013

The Alabama Diabetes Network meeting was held at the Montgomery County Health Department located in Montgomery, Alabama. The following individuals were in attendance:

NETWORK MEMBERS	EX-OFFICIO MEMBERS (State Health Department Staff)
Dr. Lekan Ayanwale Diane Beeson Ethelyn Brown Elizabeth Dean Wynell Gardner Dr. Jim Gray Dr. Ellis Hall Lillie B. Hall Amie Hardin Dr. William Harris Chelsie Haynes Dana Herazo Kay Melnick Lannie Sears-Mitchell Felicia Oji Kathie Drake-Speer Jacqueline Thomas Loretta W. Wilson	Crystal Franklin Debra Griffin Dr. Jim McVay Julie Nightengale LaMont Pack Sondra Reese James K. Reid Ellen Snipes GUEST SPEAKERS Kathe Briggs Dr. Kimberly-Jo Ingram Shay Lewis Paul McWhorter Dr. Melanie Rightmeyer

CALL TO ORDER/INTRODUCTIONS

The meeting was called to order at 9:05 a.m. by LaMont Pack, P.A., M.P.A., Director, Diabetes Prevention and Control Program. He greeted everyone and thanked them for attending, as well as, allowing time for introductions of all attendees.

UPDATES/BUSINESS SESSION

LaMont Pack, P.A., M.P.A., Director, Diabetes Prevention and Control Program, stated Dr. Mc Vay was attending the state committee of public health meeting and will arrive later. Mr. Pack covered a few housekeeping details such as the location of water, snacks, and directions to the restrooms and asked everyone to turn off their cell phones or place them on vibrate.

James K. Reid, RN, BSN, M.S., Director, Chronic Disease Programs Branch, thanked everyone for attending. He stated that we are applying for new funding opportunities and would like for everyone to stay positive as we go through this transition.

Paul McWhorter, Alabama Medicaid Agency filled in for Teela Carmack, J.D., L.C.S.W., who was scheduled to provide The Affordable Care Act: Overview and Updates, Public Health Impacts in the U.S. and Alabama. Paul McWhorter, Alabama Medicaid Agency, states that we need to focus on individuals and direct them to the online application. Mr. McWhorter also stated that they were looking at clientele income differently. He encouraged everyone to review the presentation provided and let him know if there were any questions.

The eligibility and enrollment process has been streamlined for all state agencies. This allows applicants to apply for SNAP and Medicaid, since both organizations share common goals to serve Alabama citizens. One question asked was, "What about people who are already in the system?" Mr. McWhorter advised that the 1115 Waiver with Centers for Medicare and Medicaid Services will provide an avenue to go ahead and begin enrollment in October 2013 instead of waiting until 2014. This rule applies to all who are eligible for AllKids or Alabama Medicaid. You may apply on-line with Health and Human Services. There will be a public service announcement in August or September with open enrollment for October 2013.

Jim McVay, Dr. P.A., Director, Bureau of Health Promotion and Chronic Disease, stated this is only the third meeting he had attended today. Dr. McVay then presented the Diabetes and Cardiovascular Prevention and Self-Management Awards to Mrs. Lillie B. Hall, R.N., B.S.N., who was honored for starting a Diabetes support group in February 2011 and involving 26 churches, and 24 volunteers at the Greenwood Missionary Baptist Church in Tuskegee, Alabama. Next, Dr. McVay presented Ms. Dana Herazo, M.E., R.D., L.D., C.D.E., a senior nutritionist with the Mobile County Health Department Diabetes Today Site, the award for teaching patients referred by health care providers in self-management of their diabetes from 2012-2013.

Dr. McVay stated he attended the state committee of public health meeting because he likes to hear what is going on locally. Dr. McVay started by saying, "Diabetes is a chronic condition that we can improve." We can have an impact, on cost savings, early detection, and self-management. The question is how is the Affordable Care Act is going to be affordable? Improvements in quality of life can have an impact through appointments and self-management. The health care delivery system can modify itself. Dr. McVay related that Senate Bill 340 was passed setting up Regional Care Organizations. The governing boards will be risk bearing by 2016. The predictions are that five regions be established.

Dr. McVay further stated Medicaid is projected to spend 615 million dollars of state funds in fiscal year 2014. We would need 120 million of new funds the following year. The goal is, "If we can become more cost effective, prevention and quality of life conscious, and have people to self-manage their chronic conditions, we would see improved health care and cost savings." An example is the fact that stroke management is so expensive. Within three years, we will expect to have a different health care system- a health care system that will continue to do more with less. The federal government is shifting funds to health exchanges. Alabama Department of Public Health only gets 10% of its funding from the state. We don't know how these changes will affect our Diabetes program.

Dr. McVay continued that In China there have been 131 cases of H7N9, of those cases there were 32 deaths, and a 25% death rate from five families. The Centers for Disease Control and Prevention (CDC) is very concerned. Plans are to have the flu vaccine produced by five companies from two strands of the

virus and be available by September 2013. Currently 200 million doses of traditional flu vaccines are being produced. There is hope they can speed up the process because of the current interest. There could be greater interest for the flu vaccines. Universal flu vaccines are so cost effective because a flu vaccine cost is \$10 versus the high cost of hospital visits.

Kimberly-Jo Kays Ingram, Pharm.D., Health Education Professional, US Medical Division, Lilly USA, LLC, provided an overview on meal planning and physical activity. The beauty of this program is there is no patient information and no HIPPA requirements, advised Dr. Ingram. An overview of the meal plan included diabetic diets, vegan diets, Southern, Italian, etc. You can have it your way and eat healthy. To get started go to adph.org/diabetes. On the Diabetes web page in the left-hand Search column select **meals and recipes**, and then on the right-hand listing click **Lilly Meal Planner**. On the same line is an **Exercise Planner** that may be of interest, also. Next, choose calorie level meal plan-example: 1600 calories, recipe for a family size: four. You can then select from the following items: diabetic, Southern, or other meals. Also, you may select Quick and Easy-different meal choices, one meal per day, choose a different selection for each day; you may proceed by printing your meal plan for the week. After you press Continue button, it prints a Weekly Menu Planner, a Shopping List, a Substitution List, and Dinner Recipe Cards. The Dinner Recipe Cards provide step-by-step instructions for meals preparation. In addition to the Quick and Easy recipes, the Meal Planner offers \$ Lower-cost, \$\$ Moderate-cost, and \$\$\$ Higher-cost recipes. You can truly have it your way based on your budget. The Exercise Planner gives you a preference in creating your exercise plan. It asks for your weight, gender, current activity level, flexibility level, and the type of equipment you prefer to use or if you desire to use items in the home. In addition, the Exercise Planner asks for your exercise frequency, confidence level, and lets you chose from 41 activities. After you click the Create Your Exercise Plan button, it prints Exercise Planning: Your Exercise Plan, Weekly Exercise Plan, Your Aerobic Workout, Your Flexibility Exercises, and Your Strength Training Session. The Meal Planner allows you to eat the foods that you enjoy and the Exercise Planner provides enjoyment to your exercise!

Sha Lewis, Health Education Coordinator, HealthTeacher.Com, demonstrated the three curriculum areas-math, science, and reading. HealthTeacher includes classroom tools to help students live well. A unique feature of HealthTeacher is GoNoodle which is designed to boost teacher and students' energy in five minutes or less because it sends blood to the brain to re-engage and focus, Ms. Lewis advised. Also, it encourages seamless transitions between subjects, improves on-task behavior and concentration, and gets kids up and moving throughout the day. The game "Airtime" teaches participants how to breathe. Boogie Down focuses on dance movements. The program "Run With Us!" allows a person to train, sprint, and hurdle desk-side with a real Olympic athlete as a coach. The demonstration that most ADN members enjoyed was "To the Maximo." This program teaches how to remain calm as you stretch with Maximo. Ms. Lewis ended by saying the benefits of HealthTeacher.Com programs engage students across a wide variety of situations (teaches kids 10 topics such as how to Deal with Bullies by using Awesome Upstander, Body Image, Sleep, Relationships, Peer Pressure, and other areas of importance to kids), is highly measurable to track minutes practiced in the classroom, fun for kids to enjoy GoNoodle brain-breaks, and healthful because it combines interactive games with physical activity which helps students achieve more exercise minutes in their day at school. The K-5 Brain-Break includes interactive desk-side exercise programs and may be accessed before, during, and in after school day activities, and divine learning. It creates an environment of health in the classroom and tries to make health fun and awesome. Further, the health portion of the program includes a section on "drinking water." Go Noodle.com is free.

Melanie Rightmyer, D.N.P., R.N., Director, Cardiovascular Unit, discussed Changing the Worksite with Living Well Alabama. Dr. Rightmyer advised for community outreach, things get done when you go

through the grassroots community. Living a healthy life with a chronic condition decrease doctor visits, emergency room (ER) visits, and hospitalizations. According to Dr. Rightmyer, when she met with the Mayor of Tuskegee, she did not realize that the city manager would make the ultimate decisions concerning city employees. This required a change in city employee policy which allowed employees to stay on the clock for two hours for Chronic Disease Self-Management Program (CDSMP) training weekly. The data shows that 63% of deaths from heart disease and hypertension have no signs or symptoms and 80% are preventable. African Americans and Native Americans are very sensitive to sodium. Also, 65% of people with diabetes die of some form of heart disease or stroke. CDSMP offered evidence-based training and addressed such chronic conditions as hypertension, diabetes, and depression. The cost of training is free for lay leaders which include four day sessions of eight hours of training per day. Trainees must attend all training days according to the program's design. There were 12 Parish Nurses trained as lay leaders in Tuskegee, Alabama from the Thelma-Walker Brown Parish Nurses of Macon County. The CDSMP training workshop overview includes: making an action plan, brainstorming for problem solving, identification of barriers to healthy choices and lifestyles, dealing with difficult emotions and depression, and working with your health care professional. The action plan should be something that you want to do, an achievable goal, state specifically what, when, where, how often, and your confidence level. Demographics included 34 males, 4 females or 38 participants. A six month follow-up evaluation revealed healthy behaviors and increased confidence in managing chronic conditions remained elevated. The self reporting health status included evaluating the ABCS which stands for Aspirin, Blood pressure, Cholesterol, and Smoking cessation cost utilization was calculated using research from the Agency on Health Research and Quality which included \$200 per visit for individuals 45-65 years old, \$1,696 per ER visits, and \$3,949 per hospital stays. The two major successes were of the 38 Tuskegee city employees trained in CDSMP, nine quit smoking, and many made dietary, physical activity and behavioral changes to their lifestyle. Finally, the City of Tuskegee saved approximately \$60,000 in health care costs after the six-month follow-up.

Diabetes Today Sites Overview

Elizabeth Dean, R.N., Houston County Diabetes Today Site Coordinator, continues to hold monthly diabetes educational classes with its coalition and the Alabama Cooperative Extension System for the two hour six week program and diabetes education which includes tracking A1c levels, collaboration with Flowers and Southeast Hospitals, PrimeCare (local MDs), and Southern Clinic. There are quarterly support group meetings, community feedback, A Fact or Myth of Diabetes talking session, and lay leader in the home-CAN license. Each October 31, Halloween, there is an event centered on having a successful holiday celebration. A Diabetes Wellness workshop is provided basically free for the community includes a day of diabetes information for city government and surrounding communities. The city government of Dothan allows the Diabetes Coalition to use the Dothan Civic Center for free. At the yearly event, vaccines are administered; blood pressure, diabetes, and other screenings are performed. This year over \$7,000 was raised. Citizens in the surrounding eight counties may receive up to \$125 every six months to pay for medications or health care visits. PSAs on diabetes are conducted on a regular basis.

Dana Herazo, M.E., L.D., C.D.E., Senior Nutritionist, at the Mobile County Health Department Diabetes Today Site, teaches Diabetes Self-Management Education (DSME), conducts news releases, PSAs, and provides National Diabetes Education Program's (NDEP) **The Road to Health** diabetes prevention training to the church community. The church has a nurse member who would conduct blood pressure checks and offer healthy snacks at each session. Plans are to provide training at Senior Centers. Ms. Herazo is working to bring awareness to prediabetes. Currently there is no insurance reimbursement or coverage for prediabetes prevention interventions.

Lannie Sears-Mitchell, R.N., Jefferson County Diabetes Today Site Coordinator, partnered with two agencies, two diabetes support groups of 20 individuals in Northern Birmingham and Bessemer, who meet for two hours, and set their own agendas. Meetings are hosted by the library. There are diabetes education classes, which consist of a pharmacy speaker, field trips to a grocery store, "A Taste" of food preparation by Alabama Cooperative Extension System, and simple exercises such as walking. PSAs and commercials are used on Diabetes Alert Day in March of each year.

Kathe Briggs, Director, Health Promotion and Disease Management, East Alabama Medical Center, addressed DSME in Tuskegee, Alabama. The American Association of Diabetes Educators awarded a \$20,000 grant to teach DSME to people with diabetes (PWD) in Tuskegee. Awareness of this service was advertised on radio, in newspapers, and notices were placed at doctor offices, and at churches. The program began at Greenwood Missionary Baptist Church and Dr. Thomas Holt's office in April 2013. The training started with the Simple 7. The group offers blood glucose monitoring to everyone, t-shirts, tote bags, magnets, notebooks with a logo. There were 47 people at event's kickoff. Currently 36-40 PWD attend the classes; five community advocates recruited all of the participants. Teaching is provided by registered dietitians, nurses, and pharmacy residents who teach the medication portion. The program consist of the collection of A1c, weight, behavioral change, change of knowledge, gain of knowledge, satisfaction, and quality of life. There will be pretests, post tests, and six month follow-ups. Also, a follow-up in 12-15 months is planned.

Loretta W. Wilson, Tombigbee Health Care Authority, advised currently NDEP's the "**Power to Prevent-A Family Lifestyle Approach to Diabetes Prevention**" is taught in 18 Black Belt counties. The organization has a registered dietitian to teach nutrition and provide healthy snacks. Plans are to expand and use Stanford University's DSME program in Monroe and Greene counties starting in September 2013.

Acknowledgement/Adjourn was conducted by LaMont Pack when no further comments were provided.

Respectfully submitted:



Debra Griffin, Nurse Educator/Coordinator
Diabetes Prevention and Control Unit



LaMont Pack, Director
Diabetes Prevention and Control Unit