



MINUTES

May 21, 2014

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)
Kathe Briggs Dr. Evelyn Crayton Dr. Alethea Hill Dr. Anita King Debra Lett Rosa Leggett Israel Moore Kaye Melnick Lannie Sears Dr. Mark Swanson Lisa Tubbs Tammy Young	Crystal Franklin Debra Griffin Jessica Hardy Dr. Jim McVay LaMont Pack James K. Reid Dr. Melanie Rightmeyer GUEST SPEAKERS Kathe Briggs Dr. Alethia Hill LaMont Pack Dr. Mark Swanson

CALL TO ORDER/INTRODUCTIONS

The meeting was called to order at 9:15 a.m. by Dr. Mark Swanson. He greeted everyone and thanked them for attending as well as allowing time for introductions of all attendees. The minutes were approved and seconded by Dr. McVay.

UPDATES/BUSINESS SESSION

Jim McVay, Director, Bureau of Health Promotion and Chronic Disease, stated that we have to evaluate the things around us. We lost about one third of our employees. We are more effective with a smaller work force. Dr. McVay said we thought about Telemedicine a year ago. Now we are looking at Telemedicine again. What is the role of health care in the state of Alabama? We are pressed on the financial side. An alternative would be legislation that mandates Telemedicine and sites. Alabama is not one of those states. The cost of home dialysis is \$17,000 and the outcomes are better when most MDs are trained at one site. The issue is people have to travel for two hours for them to draw blood. Grant money is being applied for. We need a camera and we have got to have the right person sitting there. Individuals on home dialysis have outcomes better than hemodialysis and it is more cost effective. Patients from all over the state drive two hours to UAB and have to spend the entire day for a five minute consultation. One alternative would be to allow them come to the county health department. A physician can do an examination in three minutes and Medicaid will pay for their travel. All are possibilities of Telemedicine. People came in to be seen by their specialist. Patients are reimbursed per mile for travel and can make quality of life arguments. All states are looking at these issues. Another area is Montgomery AIDS outreach program may be a stigma for the AIDS clinic in

Selma. The patient may believe it to be more advantageous to go to the health department and talk to a counselor than to the AIDS clinic, concluded Dr. McVay.

James K. Reid, R.N., B.S.N., M.S., Director, Chronic Disease Branch, stated that we are getting the message into schools on diabetes and pre-diabetes prevention. The reach is not only students but teachers, school staff at the worksite and parents at home with the Student Diabetes Ambassador Program. LaMont Pack will go into this with more detail. Our focus is on reach and impact.

PRESENTATIONS

Mark Swanson, OD, Associate Professor of UAB, Chair, Alabama Diabetes Network, stated that a bill has passed for eye care, i.e., diabetic retinopathy. He suggests that the clients make one visit to Birmingham and follow-up through telemedicine. There is a new center on campus, the Sports Medicine Center, with a focus on Pre-diabetes. Camp Seale Harris is conducting Vision Screening on campus the last week in May 2014 at Family Camp. Children with type 1 and type 2 diabetes are being seen. There is an annual meeting in Tuskegee on June 27, 2014, by the Macon County Diabetes Today program. Dr. Swanson advised he is working with UAB on a web-based continuing education program to include CEUs and CMEs for physicians and to provide it free to MDs and other health care professionals across the state. Currently they are experiencing personnel issues, but the pre-diabetes content is being worked on at this time. Dr. Mona Sanford and Dr. Fernando Ovalle are collaborating with Dr. Swanson. Plans are to have diabetes related content posted by the end of the year 2014.

Kathy Briggs, M.S., C.E.S., FAACVPR, Director, Health Promotion and Disease Management, stated that we appreciate the opportunity to be heard. We are reaching out for better health. East Alabama Medical Center has been removed from fee for service to capitation. The push is for the capitation-canoe. The writing is on the wall; we are moving to the canoe. How do we prepare for that? How do we continue to do more with fewer resources? Treat in the hospital, treat to the street, we are in need of and need to be neighborhood watchers. Behavior change is the key. We have to change our culture-eat better and move more. The American Association for Diabetes Educators (AADE) provided a grant for \$20,000. This was collaboration between East Alabama Medical Center, Auburn University School of Pharmacy, Tuskegee University School of Nursing, and the Tuskegee community. The proposed grant included 20 participants to be provided Diabetes Self Management Education (DSME) training at two locations in Tuskegee, Alabama. The locations were Greenwood Missionary Baptist Church, and Dr. Holt's office at the Medical/Surgical Clinic. The program included two classes with a goal of 15 per class and to achieve 46 students.

LaMont Pack, P.A., M.P.A., Director, Diabetes Prevention and Control Program, stated that the CDC's 1305 Grant tasks the Alabama Diabetes Prevention and Control Program and the ADN to improve awareness of pre-diabetes and prevent pre-diabetes and type 2 diabetes. The national pre-diabetes awareness rate is approximately 17 percent. The second task was to improve referrals of people with diabetes to recognized ADA and certified AADE diabetes self-management education (DSME) programs. A survey sent to 38 DSME programs produced 18 responses to problems experienced by DSME training site staff. The problems covered seven basic areas DSME services/training facilities, participation completion rates, no-show for appointments, support for DSME services, cost to participants, clientele provided by, and communications within DSME program. For Diabetes Alert Day activities, March 25, 2014, the Diabetes Program sent flyers as a wake-up call for diabetes prevention with 50 each of the following brochures to the 67 County Public Health Departments: CDC Pre-diabetes Screening Test, ADA's Are You at Risk for Type 2 Diabetes? Risk Test, NDEP's Family Health History Quiz, It's not too late to Prevent Diabetes, Choose More than 50 ways to Prevent Diabetes, and Diabetes and Your Heart. There were 33 sites responding with demographic data of 154 males and 659 females, total of 813 participating. There were 300 diabetes literature provided per clinic for Diabetes Awareness Day.

The prevention message netted 75% female and 25% male responses, of which 55% were white, 45% African Americans, 5% Native Americans, 3% Hispanics, and 1% Asians. Why is this important? The diabetes epidemic is the reason. The CDC reports 86 million people have been diagnosed with pre-diabetes of which 269,000 Alabamians have pre-diabetes, according to the Behavioral Risk Factors Surveillance System (BRFSS) 2012. Also, the CDC reports 29 million have diabetes. In Alabama, 2012 BRFSS reported 452,000 have diabetes, which is above the national average. One in three kids will develop diabetes unless something is done. There are things that we can do within the privacy of our own home to prevent type 2 diabetes. The questions now will be how many people did you reach with diabetes and pre-diabetes prevention message and what were the outcomes. Things are improving. Franklin Primary Health Center in Mobile, Alabama, hired a certified Diabetes Educator in March 2014, and the River Region Health Center in Montgomery, Alabama, hired an Optometrist. Both FQHCs are committed to improving their clientele's quality of life. Another area where prevention is emphasized is with Diabetes Ambassadors. The Student Diabetes Ambassador program focuses on elementary, middle, and high school students educating other students, teachers, staff while at school, and parents at home, and in the community at events. They use NDEP literature as used in Diabetes Alert Day plus Tips for Kids: How to Lower Your Risk for Type 2 Diabetes and Tips for Teens: Lower Your Risk for Type 2 Diabetes. For the younger kids the Eagle Books youth diabetes prevention program is taught and Eagle Books Word Search puzzle used by all students. The Eagle Books Coloring Books mainly used by younger students. The Ambassadors wear the "blue circle" pin global symbol for diabetes provided by the International Diabetes Federation, Brussels, Belgium.

Alethea Hill, Ph.D., M.S.N., C.R.N.P., B.C., Assistant Professor, University of South Alabama, provided a discussion on **Every Inch Matters Waist Measurement Project**. She stated, "Are we losing our competitive edge?" The tape measure is a powerful tool to get out into the community. She stated that she had been working on a Leadership Academy agenda to be adopted statewide. She stated that Chef Wiley and Dr. Hill will provide a webinar. Dr. Hill stated that the Board of Nursing and Alabama State Nurses Association are committed to letting Alabama be the pilot. She stated that plans are for a conference call to have each district to commit to doing at least one event. Also, plans are to designate National Awareness month for the *Every Inch Matters Waist Measurement Project* for January 2015. Dr. Hill welcomes community partners and emphasized how the power of one being a very powerful tool. Dr. Hill further stated the activities will include 20 second public service announcements and videos. In closing Dr. Hill stated that she attended a Mathematics, Science, and Obesity Research conference at UAB last week. The breakdown of central adiposity revealed the following: 63% white, 72% black, 68% Hispanic, 41% Asian/Pacific Islander, and 62% Native American.

CONVENING OF SUBCOMMITTEES

The following are the results of the working subcommittees: Due to time constraints subcommittees were combined and worked together on issues. The committees were *Access to Care*, *Quality of Life*, *Education*, and *Evaluation and Communication*.

NETWORK FEEDBACK

Dr. Swanson reconvened the group and requested each subcommittee spokesperson to share their idea with the group. Each subcommittee reviewed their plans and different items and views were discussed.

Education

- Consider relaunching Every Inch Matters Measure Your Waist Month Proclamation to be signed by the Alabama Governor to coincide with Every Inch Matters Waist Measurement Project in January 2015.
- Lisa Tubbs, Nurse Manager of Prevention Services, Alabama State Department of Education

(ASDE), informed the ADN that 400-500 educators (includes school superintendents and approximately 150 school nurses) will meet in a Mega Conference on July 14, 2014, in Mobile, Alabama, to discuss school health and taking care of children with diabetes while at school. The ADN will work with ASDE and collaborate with partners the NDEP, National Institutes of Health, and the CDC to provide enough "Helping the Student with Diabetes Succeed: A Guide for School Personnel" for staff at the Mega Conference. Also, Senate Bill 57 addressing diabetes and delegation of injectables will be discussed.

- Reminder issued concerning the Tuskegee Area Health Education Center's, 10th Annual Diabetes Conference at Tuskegee University on June 27, 2014
- Reminder issued concerning the 13th Annual Diabetes and Obesity Conference to be held in Montgomery, Alabama, on November 21, 2014. Currently an alternate location is being sought in case the Montgomery County Health Department, auditorium is not large enough.

Access to Care

- Develop a roster showing "free" or "sliding scale" clinics for clientele with diabetes to access DSME and other diabetes care in South by Dr. Hill and Dr. King, in Central by Debra Griffin and Debra Lett, and in the North by Debra Griffin

Evaluation and Communication

- Develop public service announcements (psa)
- Try to get the mayor of Gulf Shores, Alabama involved because he has an insulin pump
- Crystal Franklin will provide adult diabetes prevalence data
- Drew Meaner: perhaps he can be involved with the psa
 - He can talk about living with diabetes
 - Debra will get in touch with Christy to get in touch with Drew

Quality of Life

- Kathe Briggs presented funded pilot project with funds provided by the American Association of Diabetes Educators. The DSME project implemented in Tuskegee, Alabama, may be replicated in other areas of the state to improve quality of life.
- Dr. McVay discussed telemedicine as a means of increasing quality of life, for example use of telemedicine for hemodialysis patients.
- Dr. Hill: Pre-diabetes and diabetes screening from faith-based organization as a method of prevention and risk awareness in communities
- Legislative Action-mandating, the nurses do the educating of the patients and the nurses educate. Pam Green, RD, CDE, can only see people who are referred by physician. Will the organization get reimbursed? 50% no show rates, MD can send and/or refer to RD for medical nutrition therapy (MNT). A scope of practice includes an opportunity for health care professionals to ensure that MNT is being referred to all those who qualify. Johnson and Johnson can pull off all diabetes experts, RDs have a code and can code under the Physician. A request was made to make a recommendation to Dr. Williamson. Make ADPH a certifying organization was suggested. Dana Herazo, CDE, in Mobile County could serve under the ADPH Umbrella once it becomes a certifying organization. The CDEs need to be reimbursed and lay leaders to get reimbursed because they are doing the job.

Acknowledgement/Adjourn was conducted by Lamont Pack.

Respectfully submitted:



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



LaMont Pack, Director
Diabetes Prevention and Control Program