



MINUTES
January 16, 2013

The Alabama Diabetes Network coalition meeting was held at the Montgomery County Department of Human Resources (DHR) in Montgomery, Alabama. The following individuals were in attendance:

NETWORK MEMBERS	EX-OFFICIO MEMBERS (State Health Department Staff)
Dr. Lekan Ayanwale Mike Bice Dr. Evelyn Crayton Elizabeth Dean Edith Evans Frances Ford Ted Gilbert Dr. Ellis Hall Lilly Hall Michael Henderson Aimee Johnson Debra Lett Kay Melnick Lannie Sears-Mitchell Israel Moore Dr. Pilar Murphy Felecia Oji Dr. Mark Swanson Kathy Zicarelli	Debra Griffin Samille Jackson Elana Parker-Meriweather Dr. Jim McVay LaMont Pack Sondra Reese James K. Reid Ellen Snipes GUEST SPEAKERS Dr. Kimberly-Jo Kays Ingram Evelyn Brown, R.N., C.D.E. Dana Herazo, R.D., C.D.E.

CALL TO ORDER/INTRODUCTIONS

The meeting was called to order by *Evelyn Crayton, Ed.D. Chair*, at 9:09 a.m. Dr. Crayton greeted everyone and thanked them for their continuous support for the Alabama Diabetes Network. Time was allowed for introduction of attendees.

UPDATES/BUSINESS SESSION

Evelyn Crayton, Ed.D., Professor, Nutrition, Dietetics, and Hospitality Management, Auburn University, allowed the following updates: Houston County held its annual workshop in the fall and raised over \$7,000. The funds are used to assist people with diabetes with paying for diabetes supplies, medication, and referral services. Tuskegee has a summer program that allows students to create research posters with a focus on health disparities. In the Gadsden community, there are

three support groups but no formal diabetes education programs in the area. In Perry County, a ribbon cutting ceremony is planned for a new dialysis center on January 18, 2013. Also, diabetes education is conducted in the rural area of Uniontown. East Alabama Medical Center, Opelika, Alabama, applied for a grant with the American Association of Diabetes Educators to target the underserved community of Tuskegee, Alabama. The purpose of the grant is to teach diabetes self-management education. The Maxwell Air Force Base Diabetes Program tracks and teaches 800 retired and dependent patients with diabetes. The training includes a segment on pharmacological drugs for people with diabetes. The Dallas County Diabetes Today site distributes a quarterly newsletter to 750 people, plans a yearly conference, and teaches classes through the Delta Rural Access Program. The Jefferson County Diabetes Today site has been involved in conducting monthly support groups. The Holiday Support Group focus was on healthy choices for the holiday. Ms. Lillie Hall, retired nurse, Greenwood Missionary Baptist Church, Tuskegee, Alabama, announced they are celebrating their diabetes support group's second year anniversary. The Macon County Diabetes Today site, Tuskegee Area Health Education Center, is conducting the Power to Prevent, A Family Lifestyle Approach to Diabetes Prevention. After the introductions and a brief update on programs, Dr. Crayton stated we will work together on common goals.

Dr. Jim McVay, Director, Bureau of Health Promotion and Chronic Disease, welcomed everyone and stated that ADPH appreciates everyone coming out on a rainy day. According to Dr. McVay, it is hard to tell what the health care system will be like in two years from now, how Medicaid Agency should be organized in the next few years, and what the state can afford. In addition, Dr. McVay stated, however, some of the solutions are early detection, appropriate treatment, and improved self-management would prolong life. The goal is that everyone has coverage and the state doesn't want to put any more money into the system in order to make that happen. Currently, 20% of people in the state are covered by Medicaid. Medicaid is a 5.4 billion dollar program.

Further, Dr. McVay stated that everything can be improved and that there is a meeting this afternoon to discuss what path Medicaid needs to take. The goal is to improve the quality of life for Medicaid recipients. Some of the questions to be answered include: 1. Should we continue fee for service? 2. Would Alabama provide better health care by a managed care system? There are four locations in the state where we are experimenting with the health care network with a goal to improve health care. The project is currently being implemented in Opelika, Huntsville, Tuscaloosa, and Gulf Coast.

Dr. Crayton, stated that the ADN will have an opportunity to work together to advocate for people with diabetes and/or advocate for themselves. Next, Dr. Crayton gave examples of advocacy.

James K. Reid, R.N., B.S.N., M.S., Director, Chronic Disease Branch, stated that we had a combined meeting in September with the Diabetes and Cardiovascular branches. He discussed the evaluation results. Mr. Reid further stated that we are in the process of winding down on our grant.

LaMont Pack, P.A., M.P.A., Director, Diabetes Prevention and Control Unit, reminded the Diabetes Today sites that the next meeting will be May 15, 2013. He asked that each site share with the ADN membership what they have accomplished in the past year and celebrate their success stories.

Kimberly-Jo Kays Ingram, Pharm.D. Health Education Professional, US Medical Division, Lilly USA, LLC, spoke about the importance of patient diabetes education. Dr. Ingram stated that we need to educate, engage, and empower people with diabetes and encourage them to become a part of their own action plan. Diabetes education materials are available for the patient and the

organization directly from the company. Dr. Ingram emphasized we should use lifestyle modification and gave an overview of the diabetes epidemic. According to Dr. Ingram, motivational interviewing should be used and attached to patient motivation. Also, you need to meet patients where they are, by utilizing pictures, and various materials. Patients must be engaged in their own diabetes monitoring. There are many free diabetes resources available through Eli Lilly organization. Some resources focus on weight management, healthy eating, physical activity, managing stress, proper sleep, and limiting alcohol. Then Dr. Ingram compared two plate models, the Idaho Plate Method (it is friendlier for people with diabetes) and the ChooseMyPlate.Gov (it contains more fruit). Dr. Ingram also discussed how to read nutrition labels and understand them. Other resources Dr. Ingram mentioned were Nutrition in the Fast Lane and Being Active to Feel Your Best.

Dana Herazo, R.D., C.D.E., Mobile County Health Department and Ethelyn Brown, R.N., C.D.E., Gadsden Regional Medical Center, held a panel discussion on the *Diabetes Issues Under the Affordable Care Act*. Ms. Herazo discussed quality affordable health care for all Americans, as well as, the role of public programs. Ms. Herazo stated that the big question is "What's going to happen to Medicaid?" We are waiting to see what Alabama decides to do regarding the expansion of the Alabama Medicaid Agency. The wait time is 30-35 days. One of the improvements planned included the simplification of the enrollment process and providing assistance in completing the paper work for the Alabama Medicaid Agency. Discussion led to the goal of improving the quality and efficiency of health care and linking the payment to quality outcomes stated Ms. Brown. Other goals included to develop new care models and to make follow-up appointments for patients.

APPROVAL OF MINUTES

Dr. Crayton, brought attention to the minutes from the September 19, 2012, meeting and asked if there were any changes or additions, that the minutes be approved as written. A motion was made to approve the minutes as written. It was so moved and seconded.

Elections for Chair and Co-Chair

Dr. Crayton advised the membership it was time to elect officers for the next two-year term. The proposed slate of nominees for Chair and Co-Chair were Dr. Evelyn Crayton and Dr. Mark Swanson. Dr. Crayton asked three times if there were any other nominations from the floor. The group voted in favor of the named officers to serve as Chair and Co-Chair of the ADN for the next two years.

WORK GROUPS

Dr. Crayton dismissed the coalitions to work on Diabetes work groups. The break-out sessions included discussions and the development of plans to address the following areas: Quality of Life, Access to Care, and Education.

Quality of Life

- Will contact faith-based religious denominations and ask Bishops to adopt addressing chronic disease health issues.
- Will address chronic disease issue with ministerial alliance.
- Will use Evergreen, Alabama, area as test site. Ms. Edith Evans, retired nurse, will coordinate activities with the churches in Evergreen, Alabama.

Access to Care

- East Alabama Medical Center is working with partners from Tuskegee and Auburn Universities and Greenwood Missionary Baptist Church to apply for a grant to provide certified Diabetes Self-Management Education to citizens of Tuskegee, Alabama.

Education

- Plan to make public service announcements available to the Diabetes Today sites for Diabetes Awareness Day, March 26, 2013
- Identify need in local areas and go there to address diabetes
- Plan to obtain National Institute of Health, NDEP, and ADA materials
- Use Eli Lilly resources provided at the ADN meeting
- Plan an educational workshop to learn how to write for grants

NETWORK FEEDBACK

The work groups met and discussed their planned activities.

Acknowledgement/Adjourn was conducted by Dr. Crayton, when no further comments were given.

Respectfully submitted:



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



LaMont Pack
Director, Diabetes Prevention and Control Unit