Together2Goal®
AMGA Foundation
National Diabetes Campaign
Monthly Campaign Webinar
November 16, 2017
• **Together 2 Goal® Updates**
  – Webinar Reminders
  – December 2017 Monthly Webinar
  – Goal Post November Newsletter Highlights

• **Community-Wide Diabetes Initiatives**

• **Q&A**
  – Use Q&A or chat feature
• Webinar will be recorded today and available the week of November 20th
  – Together2Goal.org Website (Improve Patient Outcomes → Webinars)
  – Email distribution
• Participants are encouraged to ask questions using the “Chat” and “Q&A” functions on the right side of your screen
• **Date/Time:** Thursday, December 14, 2-3pm Eastern

• **Topic:** Advancing Diabetes Management at ProHealth Physicians

• **Presenters:**
  – Rich Guerriere, M.D.
  – Rob Wenick, M.D.
  – Suzanne Florczyk, Pharm.D.
  – Jen Sabo, M.S., RD, CDN
Second Annual National Day of Action
November 9, 2017

- Thank you to everyone who participated
- If you still haven’t signed our pledge, there’s still time
  - Together2Goal.org
- Detailed results will be shared in future Goalposts and webinars
Upcoming Dates

- **December 14**: Monthly campaign webinar on Advancing Diabetes Management at ProHealth Physicians

- **January 8**: Deadline for abstracts for ADA’s Scientific Sessions
JANUARY WEBINAR: ADA 2018 STANDARDS OF CARE UPDATE

Featured Presenter:

• Andrea L. Cherrington, M.D., M.P.H.

• Associate Professor, Nutrition Obesity Research Center, Division of Preventive Medicine

• University of Alabama Birmingham
Join AMGA March 7-10 in Phoenix!

Shared Learning
Real-world case studies and insights, led by AMGA member groups

Inspiring Keynotes
Featuring burnout expert Abraham Verghese, disruption guru Jonah Berger, former Congresswoman Gabby Giffords, and astronaut Mark Kelly

Networking
15+ hours of free-flowing conversations and structured networking events

Learn more about our annual conference and register at: amga.org/ac18
GOAL POST NEWSLETTER: NOVEMBER CAMPAIGN SPOTLIGHT

November 9, 2017
Ensuring people with diabetes get the best care

November 2017 Edition
Welcome to Goal Post, our monthly newsletter highlighting Together 2 Goal® and the local campaign news and events. This month, we have two special ideas about what you can do to help ensure that people with diabetes get the best care possible.

• Sign the online pledge. Select the various activities on our online pledge form—videos, online surveys, and more—and select the campaign that best suits your needs. You can also sign our online pledge form at tinyurl.com/GoalPost.

• Join a local event. There are many events going on in your local area. Visit tinyurl.com/GoalPost to learn more about these events.

Questions about Together 2 Goal? Please reach out to your Regional Leader or email Together2Goal@Together2Goal.org.

Together 2 Goal Team

Campaign Spotlight

Together 2 Goal

American Association of Diabetes Educators

Online: together2goal.org

YouTube: amgatv

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GOAL POST NEWSLETTER:
OCTOBER RESOURCE OF THE MONTH

Resource of the Month

Webinar: The Revised National Standards for Diabetes Self-Management Education and Support

Director of Quality Improvement
Kelsey-Seybold Clinic
Community Engagement: Outreach programs to improve awareness, support and prevention of diabetes

Leon Jerrels, MBA, MHA, RN CPHQ
Director, Quality Improvement
Kelsey-Seybold Clinic
Houston - Who we serve

- Most populous city in the state of Texas
  - Fourth Largest City in US
  - Fifth most populated Metropolitan Statistical Area in US
- Houston’s economy has a broad industrial base in energy, manufacturing, aeronautics, and transportation.
  - Leading in health care sectors and building oilfield equipment, outside New York City
  - Houston has more Fortune 500 headquarters than any other U.S. municipality within its limits
- The city has a population from various ethnic and religious backgrounds and a large and growing international community.
  - Houston is the most diverse city in Texas and has been described as the most racially and ethnically diverse major metropolis in the U.S.
Organizational Overview - Who we are

About Kelsey-Seybold Clinic

Kelsey-Seybold Clinic is Houston's premier multispecialty group practice, founded in 1949 by Dr. Mavis Kelsey in Houston's famous Texas Medical Center.

More than 400 physicians and allied health professionals practice at 20 locations and an accredited Sleep Center in the Greater Houston area.

Medical services offered by Kelsey-Seybold include medical care in 55 medical specialties including primary care, specialty care, outpatient surgery centers, an accredited Sleep Center, a Radiation Therapy Center, 16 onsite Kelsey pharmacies, laboratory services, advanced radiology services and other diagnostic services.

A secure web portal for patients to communicate with their Kelsey-Seybold doctors, get test results and schedule appointments.
Diabetes in Houston

- Houston is the fourth largest city in the United States. There are 2.1 million people living in Houston and 4.3 million in Harris County. Approximately one in 10 adults in Houston/Harris County have diabetes.

- Obesity is the most common chronic condition in Houston, affecting 32% of adults. Obese men and obese women have a seven and twelve fold risk, respectively, of developing diabetes.

- Of the estimated 415 million people worldwide who have diabetes, nearly two-thirds live in urban areas. By 2040, the number of people with diabetes is expected to rise to 642 million, with 74% of them living in urban areas.

Kelsey-Seybold Clinic
Your Doctors for Life
Kelsey’s Diabetes Experience

- Diabetes Overview - 2016
  - 1,146,806 visits
    - 102,029 diabetic visits
  - 248,747 active patients
    - 28,176 diabetic patients (11.3% of the active patient population)
      - US prevalence for diabetes in 2015 was at 9.4%

- Diabetes Resources
  - ADA Recognized Diabetes Education Program
  - Experienced and skilled clinical staff
    - Primary Care - NCQA Recognized for Diabetic Excellence
    - Certified Diabetic Educators
    - Registered Dietitians and Nutritionist

Kelsey-Seybold Clinic
Your Doctors for Life
Looking for a cozy recipe for the weekend? Try this ADA-approved meal that the whole family will love.

Chicken Cheddar Rice with Asparagus
Who doesn't love chicken and rice? This recipe will be a family favorite. Plus it sneaks in some non-starchy vegetables!

What is diabetic neuropathy?

Have you ever been pulled over by the "diabetes police"? How did you handle it?

Learn to Deal with the 'Diabetes Police'
What you can do about the diabetes police - those well-meaning friends and family who scrutinize your every move and sometimes cross the line.

Kelsey-Seybold Clinic
Your Doctors for Life
Dr. Ly’s “Prediabetes” spot is airing right now (and thru November) on Sunny 99.1-FM | KTRH AM-740 News Radio | KBME AM-790 Sports Talk.

Dr. Broussard’s Spanish-language radio spot on Univision: “Alarming Rise of Type 2 Diabetes in the Hispanic Community.”

Dr. Sehgal’s 1-hour interviewed included discussions on “Managing Type 2 Diabetes” reached out to Houston’s South Asian community.

Puja Sehgal, M.D
Kelsey-Seybold-Wellness/Community Events

- Community Partnerships
  - Beat Diabetes Walk-Host
  - Dine Out for Diabetes-Host

- Wellness Events
  - Health Fairs (2017)-20
    - Glucose (Finger)
    - Lipid
    - BMI
  - Health Lectures(2017)-30
    - “Diabetes, Prediabetes, and Metabolic Syndrome”-Harris Health
    - “Diabetes - Beware the Silent Killer”-University of Houston
Kelsey-Seybold-Centers of Diabetes Excellence (CDE)

- Diabetes Prevention & Care Program is designed to address any gaps in care that often follow prediabetics and diabetics. The scope will be comprehensive and include a clinical care team focused on removing gaps in care focusing on education, clinical follow-up, and medication adherence.

- The program is supported by a multi-disciplinary team:
  - Physicians (Internal Medicine, Family Medicine, Endocrinology)
  - Registered Nurse Certified Diabetes Educators
  - Registered Dieticians (RD)
  - Administrative support

- The program participants will participate in:
  - Physician visits / interventions
  - CDE/RN and Pharmacist counseling
  - Consultations with registered dieticians
  - Ongoing outreach by the RN Program Coordinator
  - Engagement with pharmacist for medication adherence
Kelsey-Seybold-Centers of Diabetes Excellence (CDE)

- **Diabetes Prevention**
  - Have initial face-to-face visit with Kelsey-Seybold PCP
  - Have orientation call with RN Program Coordinator
  - Have a 1 hour face-to-face visit with Registered Dietician
  - Have face-to-face visit with PCP every 3 months to include review of Labs (Glucose & HBA1C)
  - Have telephonic touchpoint with RN Program Coordinator every 3 months
  - If medications are ordered, pick up from KS pharmacy every 3 months or as ordered by the physician
  - If weight loss is required and member chooses Weight Watchers program, member must attend 1 face-to-face weekly meeting to continue to receive monthly vouchers

- **Diabetes Care**
  - Have initial face-to-face visit with KS PCP
  - Have orientation call with RN Program Coordinator
  - Have initial 1 hour face-to-face visit with Certified Diabetes Coordinator
  - Have telephonic touchpoint with RN Program Coordinator 7 days post PCP visit follow-up
  - Have Pharmacist telephonic touchpoint 7 days post medication pickup
  - After 45 days into program, have a 30 minute face-to-face visit with Certified Diabetes Coordinator
  - If indicated, have additional follow up visits with CDE
  - Have face-to-face visit with PCP every 3 months to include review of Labs (Glucose & HBA1C)
  - Participate in telephonic encounter with the RN Program Coordinator every three months
  - Pick up prescriptions from KS pharmacy every 3 months
Cities Changing Diabetes

Cities Changing Diabetes is a global program of Novo Nordisk in which seven cities around the world are learning how to improve diabetes detection and care in their communities. Houston is the only American city participating. The program aims to map the problem, share solutions and drive concrete action to fight the diabetes challenge.

- Houston
- Copenhagen
- Johannesburg
- Mexico City
- Shanghai
- Tianjin
- Vancouver
- Rome
Cities Changing Diabetes-Houston

- Cities Changing Diabetes launched in Houston in November 2014 with a comprehensive analysis of the major gaps and vulnerabilities associated with diabetes. Soon after it launched, the program invested more than a year researching the diabetes epidemic in Houston. A community-wide assessment identified the populations most at risk for developing the disease and compared them to Houstonians already diagnosed with diabetes.

- This work led to the formation of five Action Work Groups with more than 75 diverse members representing approximately 60 faith-based organizations, government, health insurance companies, medical providers, employers and non-profit entities.
The focus areas for the five Action Work Groups were:

- Enhance awareness and education to improve diabetes literacy
- Improve navigation for patients to better use prevention, detection, care and management resources
- Improve collaboration by providers, insurers and employers to improve patient trust
- Help people prioritize personal health over other life demands
- Improve the connections between people at risk for diabetes, with diabetes and caregivers and their community
Collaborations-Peer Support System

- Consists of a diverse group of organizations from across the Houston region and key statewide stakeholders

  - Goals:
    - Improving self-management of diabetes through peer support
    - Decreased diabetes related distress

  - Objectives:
    - Increased self-management behavior through exchange of informational and emotional support along with mutual reciprocity
    - Increased quality of life and well-being through exchange of informational and emotional support along with mutual reciprocity
Peer Support System

- **In person Model**
  - Launch in January 2018
  - One year of monthly meetings through peer and healthcare professional supported work group
  - 60-90 minute modules
  - Open group format: new members may join at any time
  - Initially healthcare professional led, then peer-driven
Peer Support System

- Virtual Model
  - Launch November 2017
  - Open to all residents in Greater Houston
  - Age requirement 18 and older with a diagnosis of prediabetes or diabetes
  - “Closed group” will make it easier to monitor and increases accountability among participants.
  - Closed groups also allow safe place for participants to share their experiences.
  - Action Work Group members will staff Admin Team on Facebook
  - Members to include healthcare providers with diabetes expertise
  - Two Admin Team members will share responsibility of providing content and driving the discussion each month
The National Diabetes Prevention Program (National DPP) was launched in 2010 by the Centers for Disease Control and Prevention (CDC). Since then, significant resources have been invested in states to build momentum for a national movement to prevent Type 2 Diabetes based on sound scientific evidence.

With support from the CDC, the Texas AHEC East - Greater Houston Region, Cities Changing Diabetes, the Houston Business Coalition on Health, the Texas Diabetes Council, and the Texas Department of State Health Services, collaborated with the National Association of Chronic Disease Directors (NACDD) to plan and implement a Houston-regional meeting focused on scaling and sustaining the National DPP in the Houston area.
NDPP-Pillars

The following pillars are important for scaling and sustaining the National Diabetes Prevention Program.

- Increase awareness of prediabetes
- Increase coverage for the National DPP’s lifestyle change program
- Increase clinical screening, testing, and referral to CDC-recognized lifestyle change programs under the National DPP
- Increase the availability of and enrollment in CDC-recognized lifestyle change programs.
NDPP Work Group

- Consists of a diverse group of organizations from across the Houston region and key statewide stakeholders
  - Provided key partners an opportunity to provide input into the development of a stakeholder-driven action plan to prevent Type 2 Diabetes through scaling and sustaining the National DPP in Houston with potential to expand to other areas or statewide in Texas.

- Sub-Committees
  - Availability and Support of CDC-Recognized Lifestyle Change Programs
  - Clinical Screening, Testing, and Referral to CDC-Recognized Lifestyle Change Programs under the National DPP
  - Coverage of the National DPP’s Lifestyle Change Program by Employers and Insurance Plans
Please take our brief survey about National Day of Action Participation!