

PUBLIC HEALTH PROGRAM SURVEY- Chronic Disease

Contact Information

James Copeland, MHS, Program Coordinator
District of Columbia, Department of Health, Diabetes Prevention and Control Program
Phone: 202-442-5902 Fax: 202-442-4825
james.copeland@dc.gov
825 North Capitol Street, NE 3rd Floor Washington, DC 20002

Short Title: High Quality Diabetes Self Management Education Improves Outcomes and Reduces Emergency Department Visits.

Program Location: Washington, DC

Objectives and Goals:

One-third of African American women over age fifty in the District of Columbia have diabetes, as well as twenty percent of people who are unable to work. Diabetes is a leading cause of kidney failure and stroke in the District of Columbia. Local studies have found that entire communities lacked adequate access to routine medical services and ongoing treatment for problems such as diabetes. Teaching people to manage their diabetes by taking necessary medication, eating right, being active and getting important medical tests helps them prevent or delay complications, saves health care dollars and improves their quality of life. Specific objectives of the project include:

- 1) Establish and increase the number of linkages with partners to promote wellness and physical activity for persons with diabetes.
- 2) Increase the percentage of persons with diabetes who receive recommended A1C tests.
- 3) Reduce health disparities for high risk populations with respect to diabetes prevention and control.

Methods:

The Diabetes for Life Learning Center was developed in collaboration with the District of Columbia Public Library System, the Department of Health Diabetes Prevention and Control Program and a local health care organization (Washington Hospital Center) in response to the need for improving the self management skills of people with diabetes and providing peer support in a safe, easy to access community space. The Center provides structured diabetes education, an ongoing diabetes support group, medical lab tests for blood sugar and learning resources including computers designated for participant's use to promote the best clinical outcomes for residents with diabetes.

Program Length:

January 2003 - ongoing

Number of target population reached by effort:

2000 participants

Outcomes collected in 263 participants.

Demographic Info:

Age: 19-44 years (7.75%); 45-64 years (53.30%); \geq 65 years (33.95%)

Education: HS or GED (28%; some college or tech school (36%); college degree 17%; graduate degree (11%)

Gender: 82% female

Race: 98% black

Years with Diabetes: 0-5 (49%), 6-10 (23%), 11 or more years (24%)

Overall Cost:

Cost excluding collection of outcomes.

12,000 per year to offer one program and one support group each month.

Funding Sources:

50 % State

50 % Other, please explain: Private donors, pharmaceutical industry

Percentages ARE estimates

Outcomes:

- The Diabetes for Life Learning Center improved access to diabetes education and had an impact on over two-thousand primarily African-American women with diabetes, many of whom had had no prior self-management training.
- Participants in a follow-up group showed improvements in blood sugar control, which research shows is associated with significant health care cost savings and improved long-term health outcomes.
- A1C control increased by 16 percent ($p = <.001$), as indicated by the percentage of people having and A1c below 7
- Participant's systolic and diastolic blood pressure levels dropped an average of 8 percent ($p = <.057$)
- ER visits dropped 5.4 percent ($p = <.0043$).
- In 2007, the Diabetes for Life Learning Center won the Metropolitan Washington Public Health Award for its accomplishments.

Did you make any estimates regarding costs deferred, outbreaks averted or deaths prevented?

No

Additional Information:

In 2009 the program was placed in a District of Columbia Recreation Center. Both primary and secondary diabetes self-management education was implemented and was well received in this setting. Recreation Centers are an excellent location for offering this program because it offers many types of

activity programs which are participants can attend in conjunction with the self management education.

Future Plans:

Presently we are working with payers to determine if they would pay for primary and secondary self-management education in the community setting.