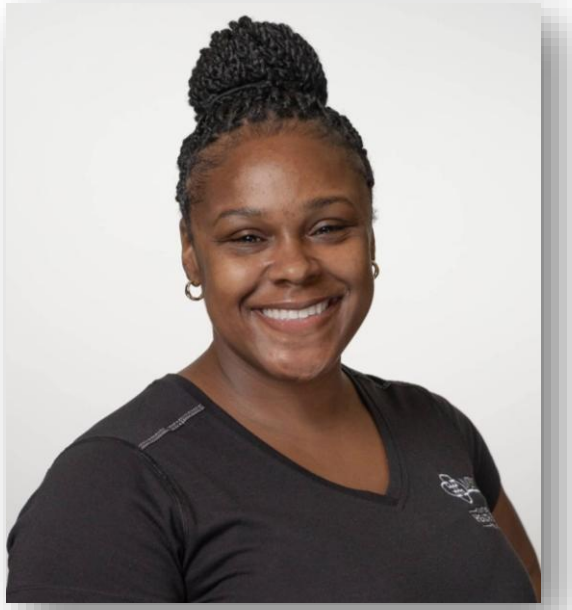
Advancing Diabetes Prevention for Priority Populations in Southeast Michigan through Hospital Collaboration

SOUTHEAST MICHIGAN HOSPITAL COLLABORATIVE

DIABETES PREVENTION

Today's Presenters and Panelists



Keoshia Banks, MPH, CHES
Senior Project Coordinator
Michigan Public Health Institute



Phyllis A Nelson APRN, FNP-C, PMHNP-C
Coordinator - Clinical Programs
Henry Ford Health



Mary Angela Niester, MPH, RD
Diabetes Prevention Program Coordinator
Community Health and Well-Being
Trinity Health Livonia

History & Background

- SEMIHC began meeting in 2018
  - Strengthen diabetes prevention across Southeast Michigan.
- Bright Spot Initiative
- CDC 2320 Grant Funding

Collaborative Partners

Corewell Health®

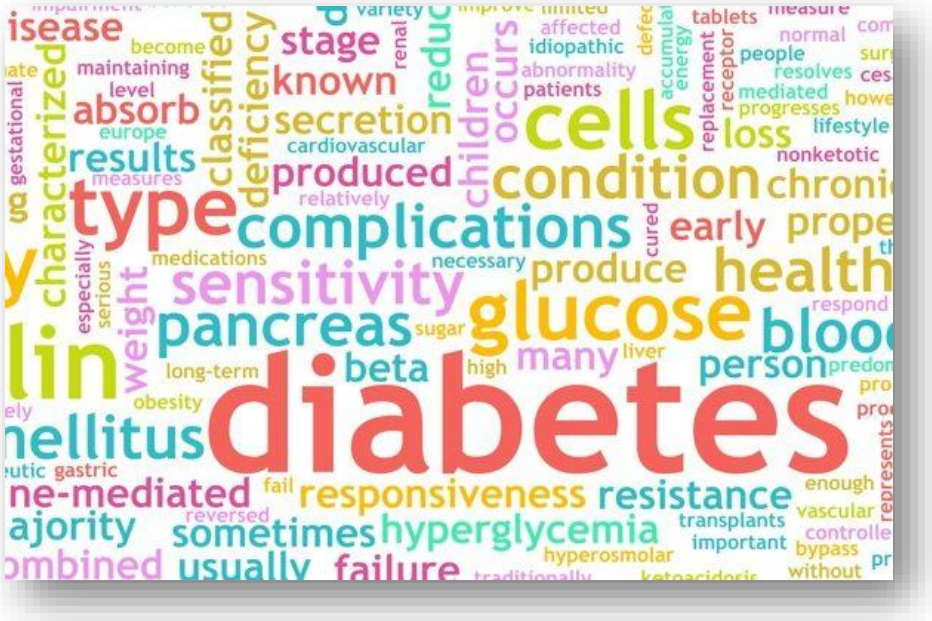
HENRY FORD HEALTH®

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of Michigan

Trinity Health

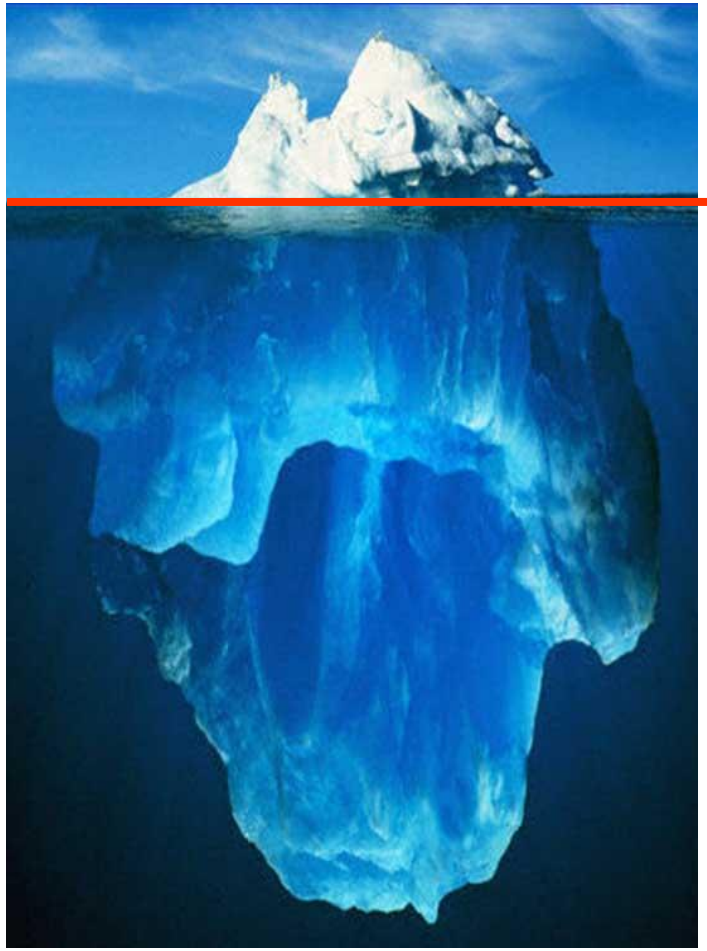
Diabetes Basics



- Chronic health condition
- There are 3 main types
  - Type 1, Type 2, Gestational
- Type 2 (the focus of the NDPP)
  - Body does not use insulin well and cannot keep blood sugar at normal levels

Center for Disease Control, 2023

Diabetes by the Numbers



40.1 million with Diabetes

115.2 million
with Prediabetes

Center for Disease Control, 2023

Diabetes by the Numbers



- More than 1 in 4 adults do not know they have diabetes
- Diabetes is the 7th leading cause of death
- Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes
- Most costly health condition in the US (costing $640 billion in 2021)
- Type 2 Diabetes is preventable

Center for Disease Control, 2023

National Diabetes Prevention Program



In 1996 NIH-funded randomized controlled clinical trial to determine whether lifestyle intervention or pharmacotherapy would prevent or delay the progression of type 2 diabetes in adults at high risk of developing the disease.

National Diabetes Prevention Program



- Lifestyle changes reduce the risk of developing the type 2 diabetes by **58%** in people at risk for diabetes, and by **71%** in patients age 60 and older.
- Lifestyle changes were more effective than Metformin, which was shown to reduce the risk by **31%**.

National Diabetes Prevention Program



- CDC approved curriculum
- Prevent or delay Type 2 diabetes
- Facilitated by trained life coaches
- A year long lifestyle change program
- Delivered both in person and online
- Covered by Medicaid and Medicare

National Diabetes Prevention Program



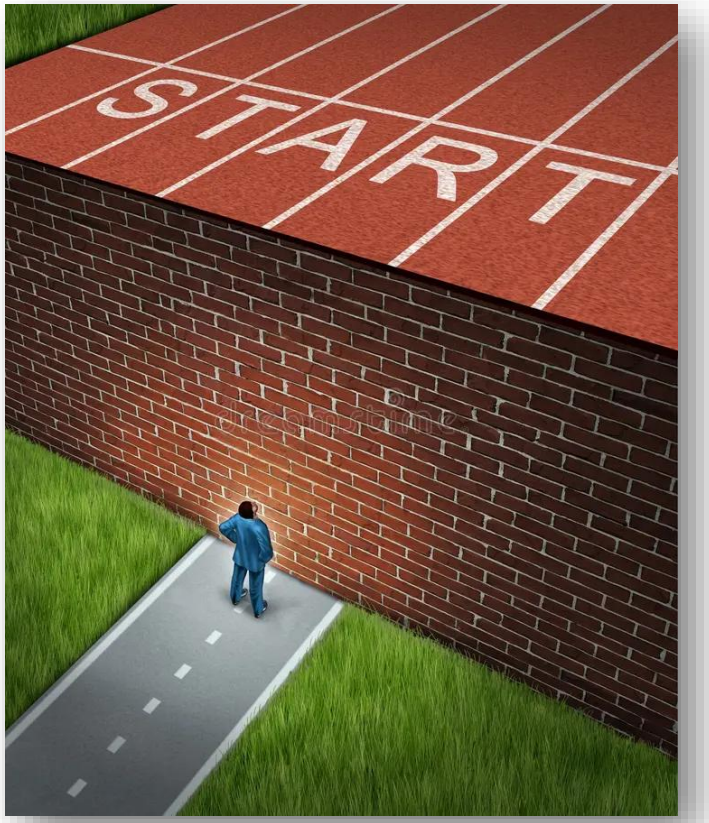
- Participants
  - Lose 5-7% of stating body weight
  - Adopt healthy eating habits
  - Become more physically active
    - (Aim for at least 150 mins moderate activity/week)
  - Learn to recognize and overcome barriers to healthy eating and physical activity


One of the ways that the program
helped me with that was they gave us

Participation to Date

Measure	Year 1 (9/6/2023-6/28/2024)	Year 2 (7/1/2024-6/18/2025)	Year 3 (7/15/2025-6/30/2026)
Provider Outreach	55 opportunities	116 opportunities, 1600 flyers distributed	120 opportunities, 1318 flyers distributed (27 referral partnerships)
Community Outreach	116 opportunities, 5636 people reached, 2450 completed risk assessment	195 opportunities, 14,294 people reached, 4703 completed risk assessment	154 opportunities, 58,176 people reached, 2651 completed risk assessment
Enrollment	137 Priority Population	133 Priority Population	98 Priority Population (in progress)
Retention	74% @ month 4 63% @ month 7 47% @ month 10	66% @ month 4 59% @ month 7 47% @ month 10	In progress

Barriers to Participation



- Not knowing they have prediabetes
- Transportation to get to class
- Having the disciple and motivation
- Physical disability
- Not having ideas around quick healthy meals
- Lack of access to quality and affordable foods
- Other competing demands

Community Health Workers

SEMIHC CHWs



Fenise Brownlee, NCHW
Program Instructor,
Chronic Disease & Prevention
Programs Corewell Health



Takiyah Calhoun-James, MBA, ABD
Supervisor, Diabetes Prevention Program Center
for Health Promotion & Disease Prevention
National DPP Coach, Henry Ford Health



Debby Miller, CHW
Diabetes Prevention Program
Coach, Trinity Health Livonia



Celsie C. Davis, CHW
Community Health Worker/ Lifestyle
Coach/Recruiting Manager
Diabetes Prevention, Henry Ford Health

CHW Highlights



Panel Questions

Audience Questions

Get Involved

- Find a DPP cohort for yourself or for a potential participant
- Participants must be:
  - At least 18 years old
  - Have a BMI >25(>23 Asian American)
    - HbA1C of 5.7-6.4% OR fasting BG 100-125 (mg/dL)
    - >5 on the Prediabetes Risk Test
    - Previous gestational diabetes diagnosis



Get Involved

- Call 404-712-8474
- Email dttac@emory.edu

SCAN THE QR

NATIONAL DIABETES PREVENTION PROGRAM

Diabetes Training and Technical Assistance Center at Emory University

Advanced Skills Training

Delivery Format	Length	Cost Range	Languages/ Populations of Focus
National Live Webinars, National On-Demand Webinars	**1, 1.5, or 2 hours**	1-1.5 hour individual rate: **$45/person** 2 hour individual rate: **$65/person** CEUs available Group pricing available – please contact DTTAC for more information	Training offered in English and Spanish
National Podcasts	**20-30 minute episodes**	Single podcast: **$10/person** Unlimited podcasts for individual: **$50/person** Group pricing available – please contact DTTAC for more information	Podcast offered in English and Spanish
Private learning events (webinars, bootcamps, and peer learning series)	Varies depending on training	Contact DTTAC for pricing CEUs available	Training offered in English and Spanish

404-712-8474 | dttac@emory.edu | DTTAC Advanced Skills Training

Contact Information

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