Community Health Worker Roles in Diabetes Prevention and Self-Management

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2 out of every 5 Americans are expected to develop type 2 diabetes in their lifetime.
PREDIABETES

84.1 MILLION

84.1 million people — more than 1 out of 3 adults — have prediabetes

9 OUT OF 10

don’t know they have prediabetes

If you have prediabetes, losing weight by:

EATING HEALTHY & BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in HALF
TYPES OF DIABETES

TYPE 1
BODY DOESN'T MAKE ENOUGH INSULIN
- Can develop at any age
- No known way to prevent it

Nearly 18,000 youth diagnosed each year in 2011 and 2012

In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes

TYPE 2
BODY CAN'T USE INSULIN PROPERLY
- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately 95% of all diagnosed cases of diabetes

More than 5,000 youth diagnosed each year in 2011 and 2012

RISK FACTORS FOR TYPE 2 DIABETES:

1.5 MILLION People 18 years and older diagnosed in 2015

- Being overweight
- Having a family history
- Being physically inactive
- Being 45 and older
WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes

- Lose weight if needed
- Eat healthy
- Be more active

Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)

Or speak to your doctor

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You can **manage** diabetes

- Work with a health professional
- Eat healthy
- Stay active

Learn more at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

Or speak to your doctor
Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

Use healthy nutrition, physical activity and weight reduction for prevention.
Registered Dietician
Fit & Fall Proof classes
Walking Programs
Support Groups
Online Resources

Lifestyle Intervention
Risk Factors?

- Being overweight
- Being age 45 years or older
- Having a family history of diabetes
- Having a history of gestational diabetes or of giving birth to a baby weighing more than 9 pounds
- Belonging to an ethnic group at high risk for diabetes, such as Native American, African American, Hispanic, or Asian
## UH OH! DIABETES, NOW WHAT?

<table>
<thead>
<tr>
<th>Prediabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPG</td>
<td>100–125 mg/dL</td>
</tr>
<tr>
<td>GTT</td>
<td>126 mg/dL or higher</td>
</tr>
<tr>
<td>A1C</td>
<td>140–199 mg/dL</td>
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<tr>
<td></td>
<td>200 mg/dL or higher</td>
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<tr>
<td></td>
<td>5.7%–6.4%</td>
</tr>
<tr>
<td></td>
<td>6.5% or higher</td>
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</tbody>
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Insulin works like a key, unlocking the doors on the cells in your body to let blood sugar in. Once the cell doors open, sugar is able to move from the blood into the cells, where it belongs. Once inside the cells, sugar provides energy to the body.
ADDITIONAL WAYS TO DEAL WITH DIABETES

• Get a referral to a Diabetes Educator
• Get a referral to a Registered Dietician
• Take prescribed medications
• Get regular check-ups with your provider
• Join a support group
• Ask questions

You can manage diabetes

Work with a health professional
EAT healthy
STAY active

Learn more at www.cdc.gov/diabetes/ndep
Or speak to your doctor
Stanford University School of Medicine Professors worked together to build programs that would help individual build self-awareness, self-efficacy and self-management skills in order to better manage their health conditions.

DSMP (Diabetes Self-Management)
CDSMP (Chronic Disease Self-Management)
CARE TEAM MEMBERS

The Patient
Medical Providers
Nursing Staff/Care Managers/DC Planners
CHWs
Family/Friends/Caregivers
Diabetes Educators
Registered Dieticians
Physical Therapy/Occupational Therapy
Behavioral Health
Support Staff
Community Groups
Clergy & other Spiritual Leaders
Public Health
Insurance Companies/Payers
REFERENCES

Novo Nordisk Cornerstone4Care

