

A woman with voluminous, curly brown hair is smiling warmly at the camera. She is holding a red apple in her right hand. The background is a soft, out-of-focus indoor setting.

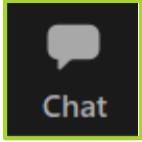
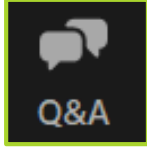
# Fall into Healthy Habits: Learn Simple Tips and Tricks

October 21, 2022



The healthcare improvement experts.

# Housekeeping Notes

- All attendee lines are muted
- Please check out the chat section for additional links 
- Please submit your questions to our panelists via the Q&A section 
- Questions will be addressed at the end of the session, as time permits



# Welcome

- **Presenter panel**
  - Joe Pinto, Quality Insights
  - Jessica Milazzo, Conemaugh
  - Alan Johnson, National DPP Participant at Conemaugh
  - Dermot Curtin, Conemaugh
  - Valerie Williams, NEPA AHEC



**Joe Pinto**

Practice Transformation  
Specialist, Quality  
Insights



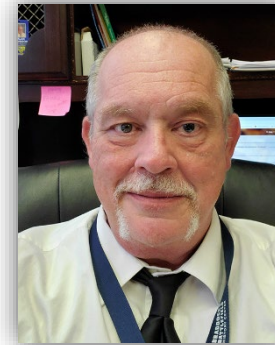
**Jessica Milazzo**

Diabetes Educator  
Conemaugh Diabetes Institute



**Dermot Curtin**

Licensed Professional Counselor  
Conemaugh Health System



**Alan Johnson**

Participant in National  
DPP at Conemaugh



**Valerie Williams**

Health Educator  
Northeast PA Area Health  
Education Center (NEPA AHEC)



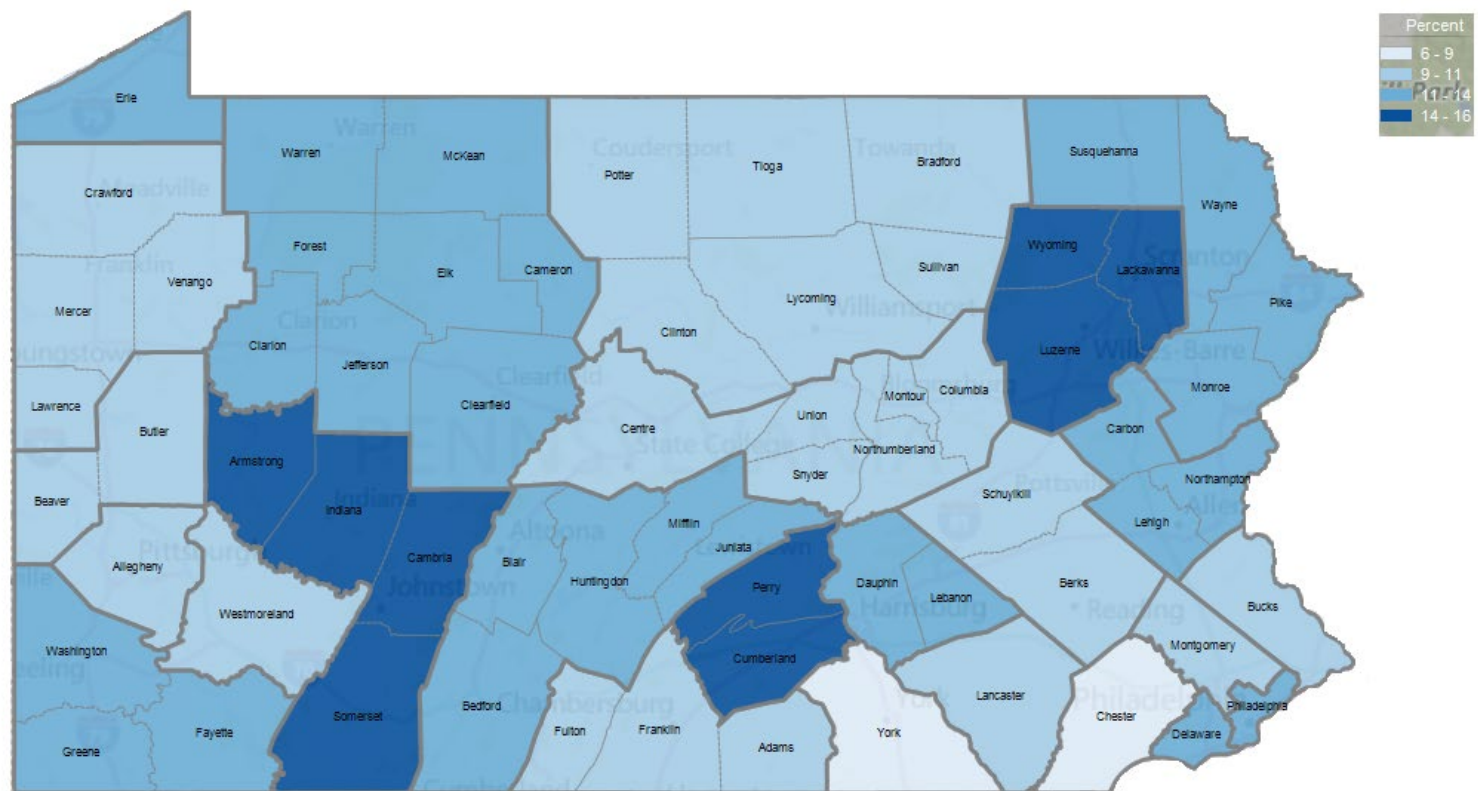
# Quality Insights

- Pennsylvania Department of Health  
Improving the Health of Americans  
Through Prevention and Management  
of Diabetes, Heart Disease, and Stroke  
Program
- Servicing more than 80 Pennsylvania health care practices (including health care systems and FQHCs)
- Provide technical assistance supporting implementation of evidence based interventions, improved health equity and better patient outcomes





# Diabetes in Pennsylvania



Adult Diabetes Prevalence by County, 2019-2021

Source: “[EDDIE](#),” by Pennsylvania Department of Health, 2022.

# 11%

% of all PA adults who reported  
being **diagnosed with diabetes**  
2019 to 2021<sup>1</sup>

# 34.1%

% of adult PA residents  
with **prediabetes**<sup>2</sup>

# 303,000

Estimated # of Pennsylvanians  
living with undiagnosed diabetes<sup>2</sup>

1. [Pennsylvania BRFSS](#), 2022
2. [ADA](#), 2021



# Trends

**11%** of surveyed Pennsylvanians - reported being told they have diabetes.

Source: [PA Department of Health](#), 2020.

In 2020, **31%** of PA residents were obese and an additional **36%** were overweight.

Source: [PA Department of Health](#), 2020.

**14%** of PA residents aged 45-64 have been diagnosed with diabetes.

Source: [PA Department of Health](#), 2022.

**23%** of PA residents 65 years of age and older have been diagnosed with diabetes.

Source: [PA Department of Health](#), 2022.



# Key Metrics

**\$1.2M**

Fiscal Year 2022 Funding

Nationally: **\$88.5M**

**1.2M**

Total Diabetes Cases  
(Prevalence)

Nationally: **28.5M**

**68.1K**

New Diabetes Cases  
(Incidence)

Nationally: **1.4M**

**9%**

Notified of Prediabetes

Nationally: **8.8%**

**12.8M**

State Population

Nationally: **328.2M**

Source: "[Pennsylvania Diabetes Profile](#)," by CDC, 2022.



# Cost of Diabetes

- **8<sup>th</sup>** leading cause of death in Pennsylvania<sup>1</sup>
- **\$327 billion** in U.S.<sup>2</sup>
- **\$12.8 billion** in PA<sup>2</sup>
- **\$9.3 billion** in direct medical expenses<sup>2</sup>

1. [CDC](#), 2020

2. [CDC](#), 2022



Source: [American Diabetes Association](#), 2017



# Who is at risk?

- 45 years of age or older
- Overweight
- Parent or sibling has type 2 diabetes
- Physically active fewer than 3 times per week
- Gave birth to a baby that weighed more than 9 pounds
- Had diabetes while pregnant (gestational diabetes)
- Have polycystic ovary syndrome (PCOS)
- Have high blood pressure

\*People of certain ethnic/racial backgrounds, such as African American, Hispanic/Latino American, American Indian, and Alaska Native people are at risk. Some Pacific Islanders and Asian American people are also at increased risk.

Sources: [CDC](#), 2022; "[Prediabetes Risk Test](#)," n.d.



**More than  
8 in 10**  
adults with prediabetes  
**don't know they have it**

Source: "[National Diabetes Prevention Program: Working Together to Prevent Type 2 Diabetes](#)," by CDC, n.d.



# Pennsylvania Program Activities

## National Diabetes Prevention Program (National DPP)



CDC-recognized  
organizations offering  
the lifestyle change  
program  
(2.1K Nationally)



Medicare Diabetes  
Prevention Program  
suppliers  
(288 Nationally)



Participants enrolled in  
the National DPP  
lifestyle change  
program  
(583K Nationally)



Pennsylvania Medicaid  
program has some  
level of Medicaid  
coverage for the  
National DPP lifestyle  
change program

## Diabetes Self-Management Education and Support (DSMES)



Recognized/accredited DSMES service  
providers  
(2.1K Nationally)



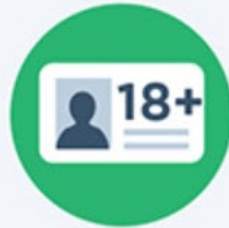
People with diabetes with at least one  
encounter at a recognized/accredited  
DSMES service  
(929K Nationally)

Source: "[Pennsylvania Diabetes Profile](#)," by CDC, 2022.



## TO JOIN CDC'S NATIONAL DPP\* LIFESTYLE CHANGE PROGRAM:

Meet ALL of these



18 YEARS  
OR OLDER

AND



OVERWEIGHT

AND



NOT DIAGNOSED  
WITH T1 OR T2  
DIABETES

AND



NOT  
CURRENTLY  
PREGNANT

AND Meet ONE of these



DIAGNOSED  
WITH  
PREDIABETES

OR



PREVIOUSLY  
DIAGNOSED WITH  
GESTATIONAL  
DIABETES

OR



HIGH-RISK RESULT  
ON PREDIABETES  
RISK TEST

[WWW.CDC.GOV/PREDIABETES/RISKTEST](http://WWW.CDC.GOV/PREDIABETES/RISKTEST)



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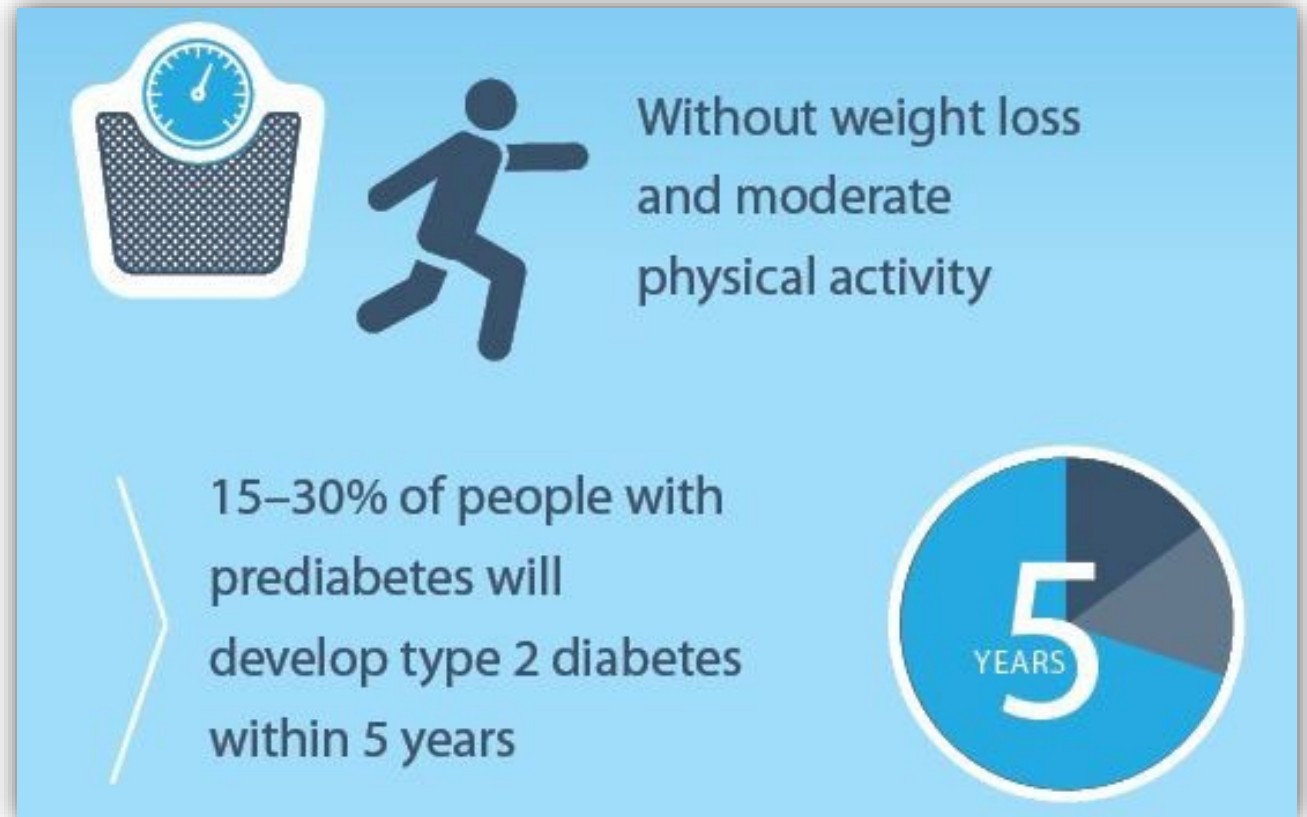
\* NATIONAL DIABETES PREVENTION PROGRAM

Source: "[Program Eligibility](#),"  
by CDC, 2021.



# National Diabetes Prevention Program

- Evidence-based
- Cost-effective



Source: [National Institute of Diabetes and Digestive and Kidney Diseases](#), 2022

Source: “[NDPP: Working Together to Prevent Type 2 Diabetes Flyer](#),” n.d.



# Local Resources for National DPP

- **Conemaugh Memorial Medical Center**

1111 Franklin Street, Ste 180  
Johnstown, PA  
814-534-6800

- **Northeast PA Area Health Education Center**

164 Scranton Carbondale Highway  
Archbald, PA  
570-209-9644





# Poll Results



# Jessica Milazzo, MSN, RN, CDCES

Diabetes Educator, Conemaugh Diabetes Institute

- Delivers the National Diabetes Prevention Program in her hometown of Johnstown
- Master's prepared registered nurse
- Certified Diabetes Care and Education Specialist
- Diabetes Prevention Program Lifestyle Coach at Conemaugh Diabetes Institute Program since 2015



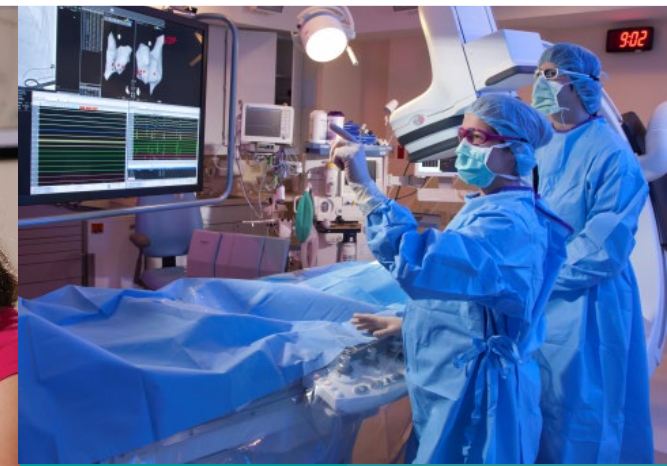
# *National Diabetes Prevention Program*

**Conemaugh Diabetes Institute**



Duke LifePoint Healthcare

Jessica Milazzo, MSN, RN, CDCES



# Diabetes Prevention Program

- Clinical research study:
  - Lifestyle change program
    - Losing weight through calorie reduction
    - Increasing physical activity
  - Medication
  - No Treatment
- Results
  - Weight loss of 5-7% of their weight reduced the risk of developing Type 2 Diabetes by 58%



# Conemaugh Diabetes Institute

- Participated in the original DPP study.
- Local area – poor health outcomes
- Grant funded (1705 cooperative agreement)
- CDC-Recognized DPP Program



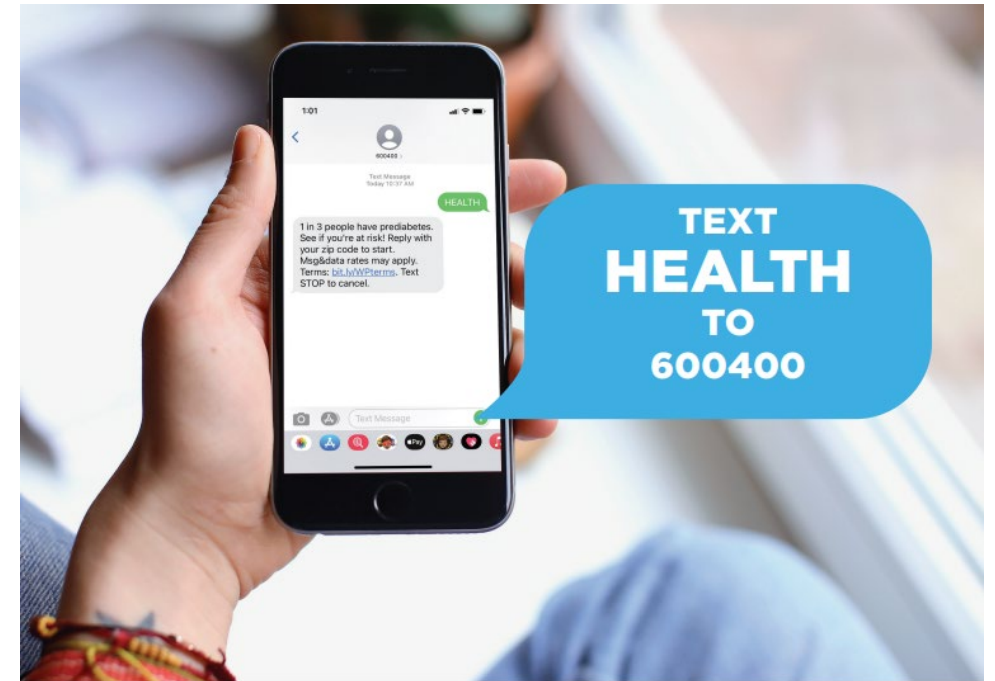


# Conemaugh Added Value

- YMCA membership
- Distance learning option
- Inclusion
- Behavioral Health
- Text recruitment (Weltok)/retention
- Community Care HUB partnership
- Eat Right Food Pharmacy

# Referral to Program

- Self
- Welltok – pre-diabetes risk text screening tool
- Physician (outpatient office/hospital)



# Lessons Learned

- Multi-disciplinary support is important
- Readiness to change
- Flexibility is key
- Age is just a number
- In-person delivery method more effective
- Social comradery is important

# Successes

- Created lasting community partnerships
- Significant lifestyle changes from participants and hearing how it changed lives.

# Alan Johnson

## A National DPP Participant Success Story





# Dermot Curtin, MSc, LPC

Behavioral Health Specialist  
Conemaugh Health System

- Completes behavioral assessments to determine participants' readiness for change



# The Stages of Change

Precontemplation

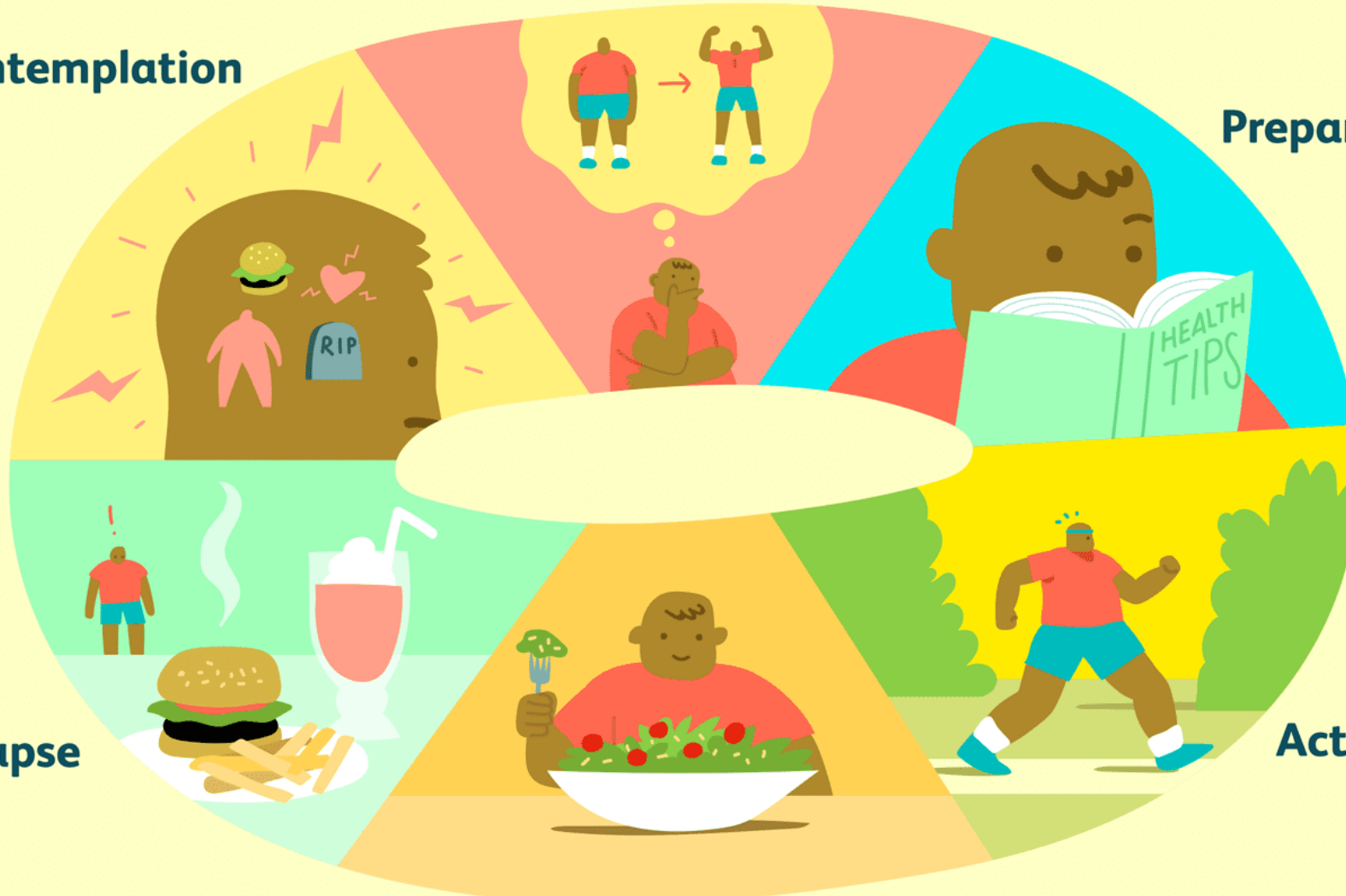
Contemplation

Preparation

Relapse

Action

Maintenance



# MODES OF INTERVENTION

- Cognitive Behavioral Therapy
- Motivational Interviewing
- Solution Focused Therapy

# MOTIVATIONAL INTERVIEWING

**O**

*Open-ended* questions that allow patients to give more information including their feelings, attitudes and understanding.

**A**

*Affirmations* to help overcome self-sabotaging or negative thoughts.

**R**

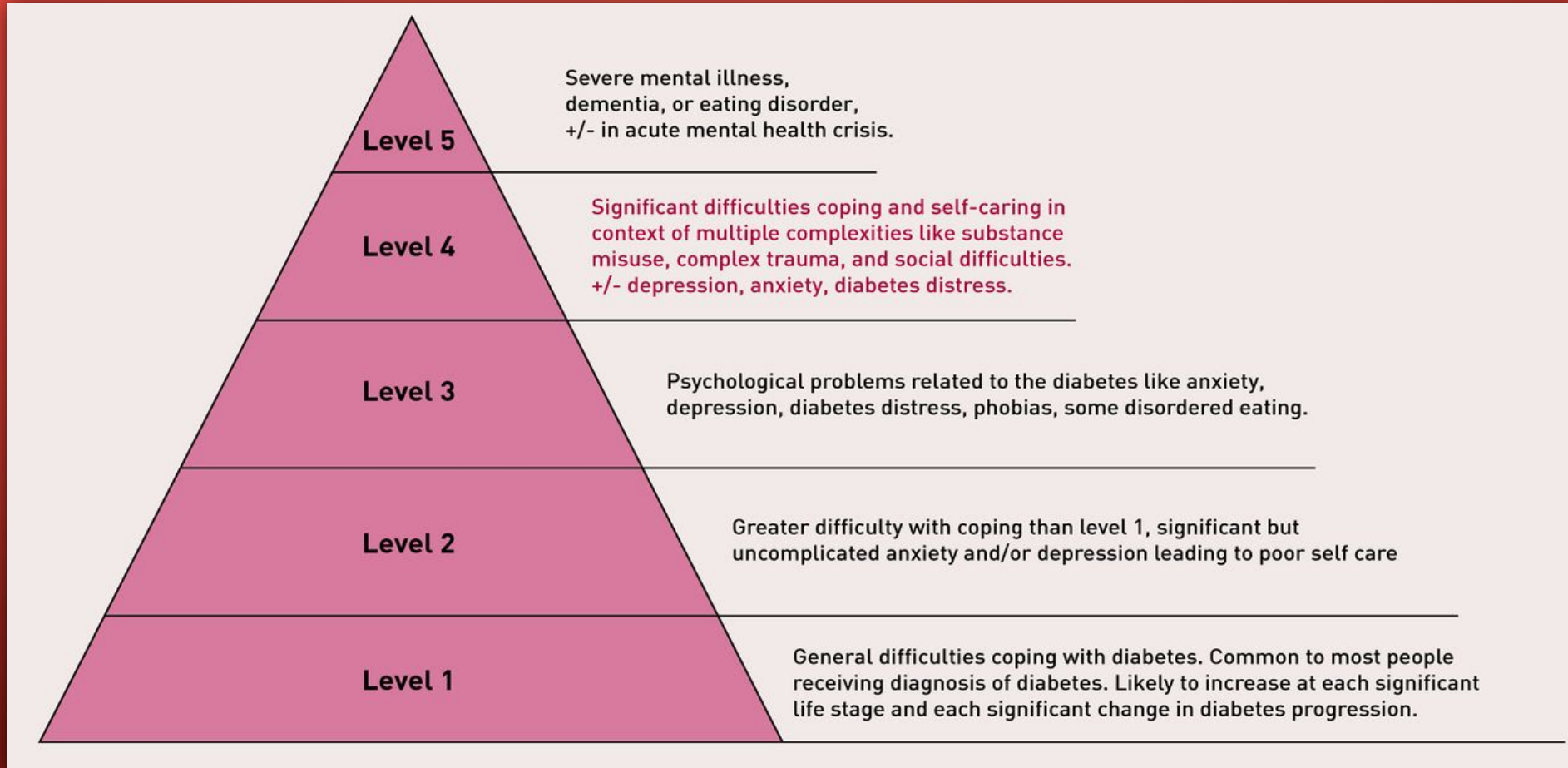
*Reflections* as a way to express ambivalence.

**S**

*Summarize* to let your patient know that they are being heard.



# EVALUATION





# INTERRELATIONSHIP

## PREDIABETES

- Medical Complications
- Structural and Functional Brain Changes
- Difficulty Making Dietary Changes
- Fatigue/Exhaustion
- Stress Management



## DEPRESSION

- Physical Inactivity
- Feeling Helpless
- High Calorie Intake
- Decreased Self-care
- High Levels of Cortisol
- (Impaired Insulin Sensitivity)
- Abnormal Levels of Norepinephrine and Serotonin

# Valerie Williams, BS, TTS

Health Educator

Northeast PA Area Health Education Center

- Health Educator with Northeast PA AHEC since 2018
- Continuing Education Planner at the Mountain AHEC in NC for 3 years
- Bachelor's degree in Education
- Certified DPP – Lifestyle Coach
- Tobacco Treatment Specialist
- Freedom from Smoking Facilitator



# **CDC's Diabetes Prevention Program**

Valerie Williams, BA, TTS

[vwilliams@nepa-ahec.org](mailto:vwilliams@nepa-ahec.org)

# Key Components

- CDC-approved curriculum
- A lifestyle coach
- A support group



# Why Refer Patients?



research-based program,

delivered by professionals,

reduce their risk of  
developing type 2 diabetes.



# Learning Objectives

## **First half** of the program:

- Eat healthy
- Add physical activity
- Deal with stress
- Cope with challenges
- Get back on track





# Sessions for the first half

<b>Welcome to the Program</b>	<b>Problem Solving</b>
Be a Fat and Calorie Detective	Four Keys to Healthy Eating Out
Three Ways to Eat Less Fat and Fewer Calories	Talk Back to Negative Thoughts
Healthy Eating	The Slippery Slope of Lifestyle Change
Move Those Muscles	Jump Start Your Activity Plan
Being Active - A way of Life	Make Social Cues Work for You
Tip the Calorie Balance	You Can Manage Stress
Take Charge of What's Around You	Ways to Stay Motivated

# Learning Objectives

## **In the second half of the program**

- Enhance skills
- Review key ideas
  - tracking food and physical activity
  - setting goals
  - staying motivated
  - overcoming barriers
- Continue to receive support



# Sessions for the second half

<b>Fats - Saturated, Unsaturated, and Trans Fat</b>	<b>Balance Your Thoughts for Long-Term Maintenance</b>
Food Preparation and Recipe Modification	Handling Holidays, Vacations, and Special Events
Healthy Eating - Taking it One Meal at a Time	Preventing Relapse
Healthy Eating with Variety and Balance	Stress and Time Management
More Volume, Fewer Calories	Heart Health
Staying on Top of Physical Activity	A Closer Look at Type 2 Diabetes
Stepping up to Physical Activity	Looking Back and Looking Forward

# Is There a Cost?



- The cost **varies**
- Some employers & insurance carriers cover the cost
- **It may even be free!**

# How to find a class

## **Northeast PA – Lackawanna, Susquehanna, Monroe, Pike**

- Northeast PA Area Health Education Center
- [info@nepa-ahec.org](mailto:info@nepa-ahec.org)
- (p)570-209-9644
- (f)570-609-2696 (*referrals*)

## **Other Counties**

- <https://www.cdc.gov/diabetes/prevention/find-a-program.html>

# Call to Action

- Take the [Prediabetes Risk Test](#)
- Talk to your healthcare provider
- Call Conemaugh or NEPA AHEC for details about their National DPP programs
- Visit the [Find a Program](#) page on the CDC's National DPP website

**Prediabetes Risk Test**

**NATIONAL DIABETES PREVENTION PROGRAM**

1. How old are you? Write your score in the boxes below

Younger than 40 years (0 points)   
40–49 years (1 point)   
50–59 years (2 points)   
60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+

1 Point 2 Points 3 Points

You weigh less than the 1 Point column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

American Diabetes Association CDC





# Questions?



# Contact Information

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<http://improve.qualityinsights.org/Projects/PA-DOH.aspx>



# Thank You



Quality  
Insights

The healthcare improvement experts.

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