

A Holistic Approach to Strengthening the Frontline of Diabetes Prevention and Management

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Introductions



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PAPHLC CHW Program

Objectives

- How CHWs can bridge the gap between diagnosis and understanding how to manage their condition.
- How to individualize care around their diagnosis – the whole person, not just the condition.
- How CHWs can strengthen disease prevention through team-based care and community-clinical partnerships.

**It is much more important to know what
sort of patient has a disease, than what
sort of disease a patient has.**

William Osler

“Father of Modern Medicine”

Founding Professor of Johns Hopkins Hospital

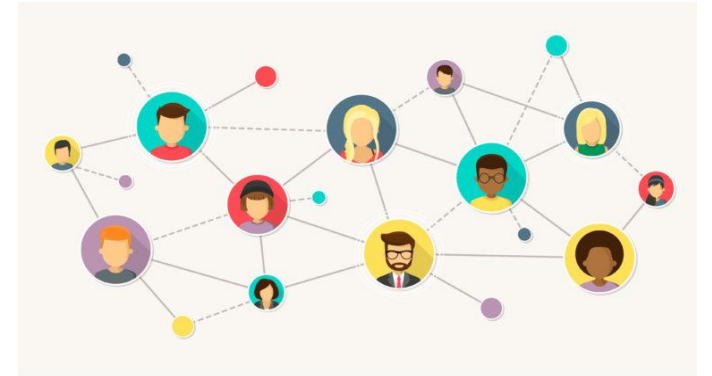
(considered to be one of the greatest physicians of all time)

Bridging the Gap with Team-based Care & Community Partnerships

Education



Connection
to
Resources



Support



Reduce
Gaps in
Care



Individualize Patient Care

Asking:

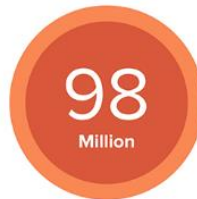
- How is diabetes affecting your daily life and that of your family?
- What is the hardest part right now about your diabetes? What's causing you the most concern.
- What is one thing you are doing or can do to better manage your diabetes?
- What type of support would be most helpful?

Connection to Appropriate Specialties

- Primary care doctor
- Foot doctor
- Dentist
- Eye doctor
- Registered dietitian nutritionist
- Diabetes educator
- Pharmacist

The Impact of Diabetes

PREDIABETES COULD IT BE YOU?

About 98 million American adults—**more than 1 in 3**—have prediabetes




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

BLOOD SUGAR

PREDIABETES RISKS

DIABETES A US REPORT CARD



DIABETES



About 38 million people **have diabetes**

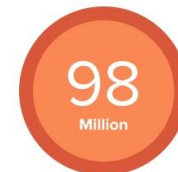


That's about **1 in every 10** people



1 in 5 people **don't know they have it**

PREDIABETES



About 98 million American adults—**more than 1 in 3**—have prediabetes



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

COST



\$413 Billion

Total medical costs & lost work & wages for people with diagnosed diabetes



Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

RISKS

People who have diabetes are at **higher risk of serious health complications:**



Blindness



Kidney failure



Heart disease



Stroke



Loss of toes, feet, or legs

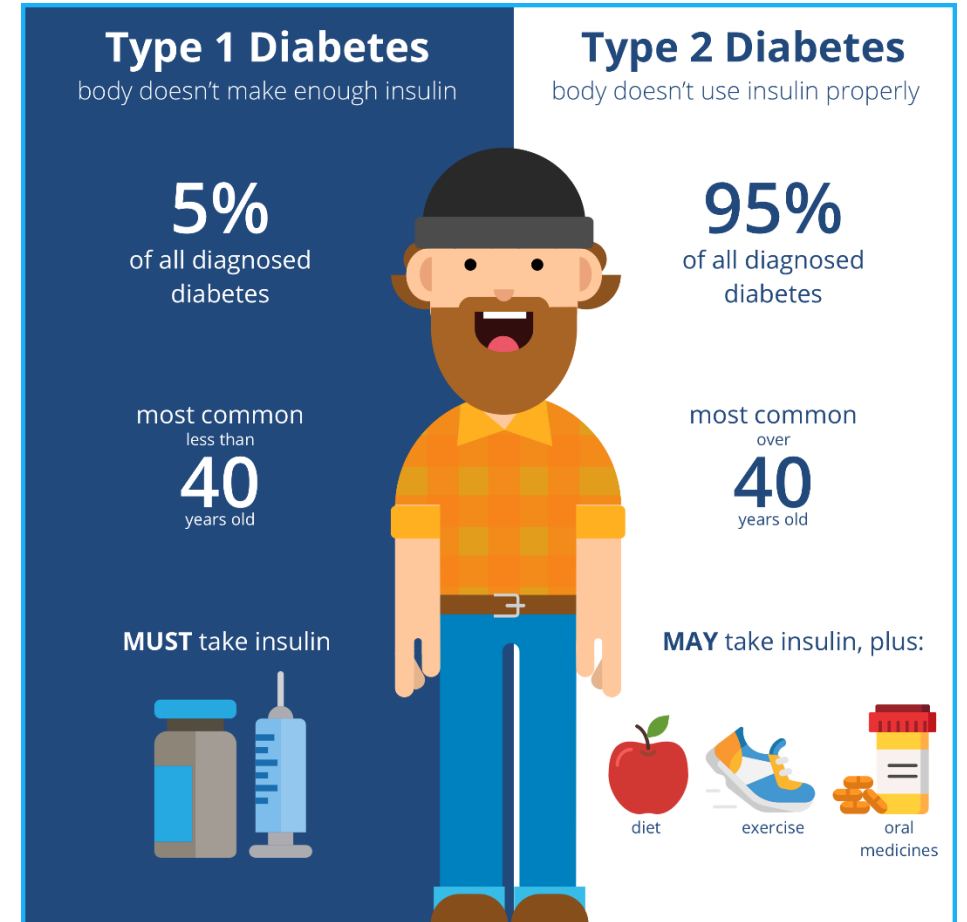
Diabetes

Type I

The pancreas makes little or no insulin, which leads to high blood sugar levels.

Type II

The body produces insulin, the cells don't respond normally to insulin, doesn't get into the cells, and builds up in the blood stream.



Source:
Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017. Accessed from: <https://www.cdc.gov/diabetes/library/socialmedia/infographics.html>

7 Self-Care Practices

1. **Healthy Eating**
2. **Being Active**
3. **Taking Medication**
4. **Monitoring**
5. **Problem Solving**
6. **Reducing Risk**
7. **Health Coping**



Questions



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