



Health Quality Innovation Network

Improving Diabetes Health in Your Community

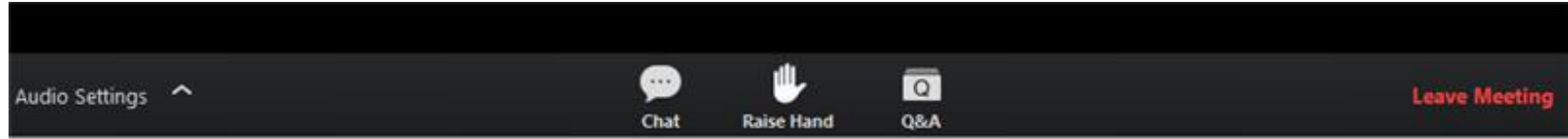
March 23, 2023



CPN

HQIN Community Partner Network

Logistics – Zoom Webinar



To ask a question, click on the **Q&A** icon.

Raise your hand if you want to verbally ask a question.

Resources from today's session will be posted in **Chat**.

You may adjust your audio by clicking **Audio Settings**.

You have been automatically muted with video turned off.

Welcome!



Nancy Kelly
Communications
Director



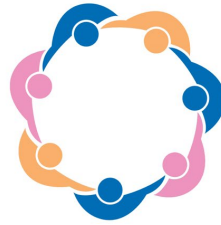
Carla Thomas
Director/Consulting
Manager



Cindy Warriner
Pharmacist

Today's Session

- Introductions
- HQIN & Community Partner Network Overview
- Focus on Diabetes
- Input, Feedback and Sharing
- Next Steps



CPN

HQIN Community Partner Network

Say “Hello” in Chat

1. Your Name,
2. Organization/Group
3. Location/State



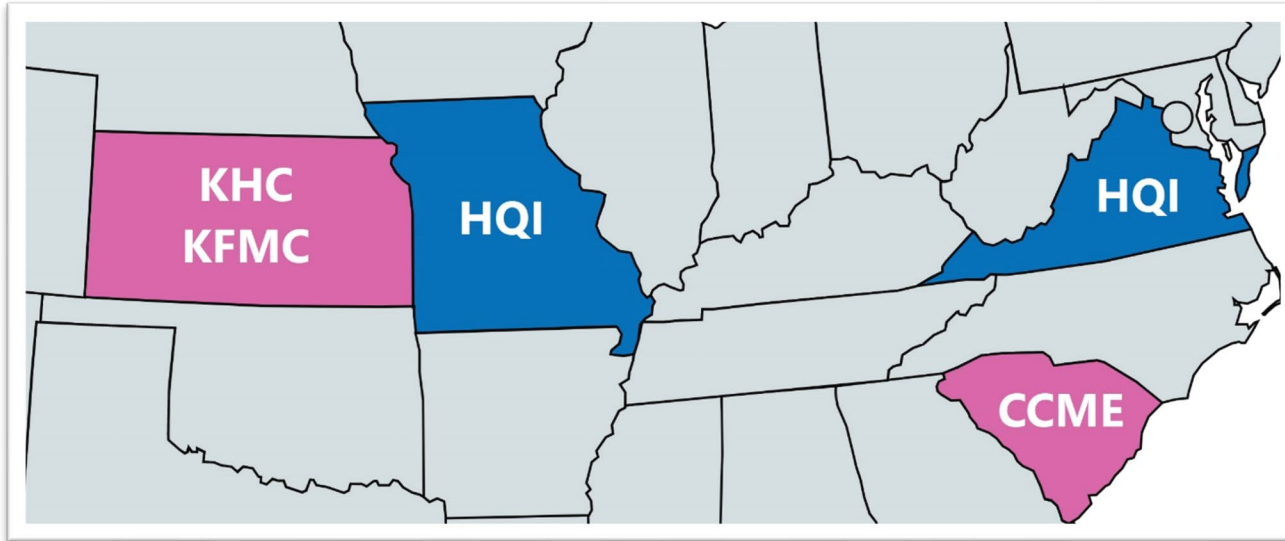
Health Quality Innovation Network

National QIN-QIO Network

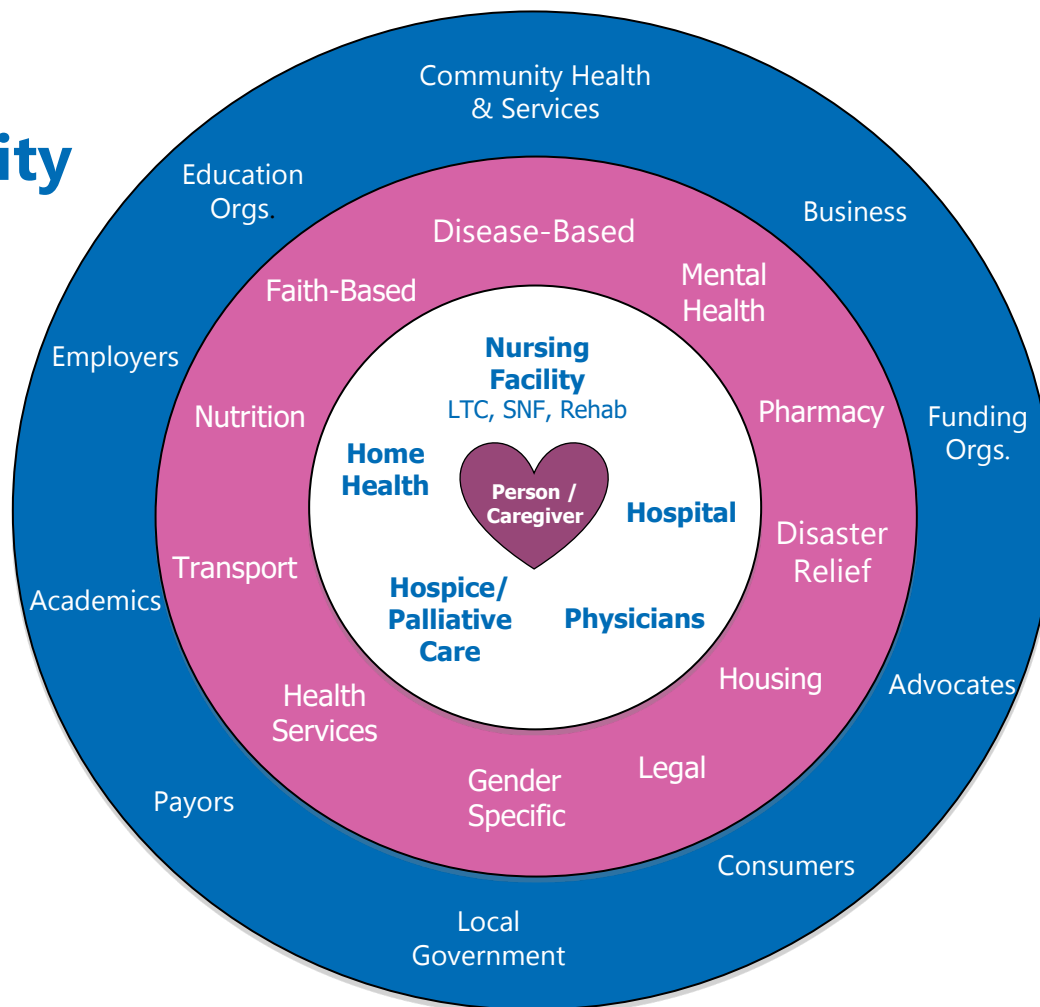


1. Designed to improve outcomes, performance and value
2. Committed to impacting rural, medically underserved and vulnerable populations
3. Powered by local engagement
4. Funded by CMS, HQIN is one of 12 QIN-QIOs

Health Quality Innovation Network



Partnerships for Community Health



Current CMS National Priorities



Opioid Use
& Misuse



Patient
Safety



Chronic
Disease
Management

Rural & Underserved, Health Disparities, Vulnerable Populations, Customer Experience



Care
Coordination



Public Health
Emergency
Preparedness



Immunizations



CPN
HQIN Community Partner Network

The new Community Partner Network (CPN) convenes non-clinical HQIN partners to share perspectives, challenges, and successes related to specific health topics from other community-based organizations to improve public health.



We asked....

Which health condition or issue impacts your local community the most?

1. Diabetes
2. Medication Management
3. Vaccines

Polling Question

In your community, what impacts those with Diabetes the most?

1. Availability of healthy foods
2. Affordability of medications
3. Access to regular healthcare
4. Health complications or other disease conditions
5. Care support
6. Education about disease

DIABETES IN THE U.S

A SNAPSHOT



DIABETES



37 million people have diabetes



That's about 1 in every 10 people



1 in 5 people don't know they have it

PREDIABETES



96 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



\$327 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

[A Snapshot: Diabetes In The United States | CDC](#)

Diabetes Quick Facts



- The seventh leading cause of death in the United States
- It is more common among people who are members of some racial and ethnic minority groups and groups with lower socioeconomic status
- Non-high school graduates have the highest prevalence of diabetes
- American Indian or Alaska Native, non-Hispanic Black, Hispanic, and non-Hispanic Asian people are more likely to be diagnosed with diabetes than non-Hispanic White people
- Adults with a family income below the federal poverty level (FPL) have the highest prevalence of diabetes
 - The federal poverty level is \$14,580 for an individual (\$30,000 for a family of 4)

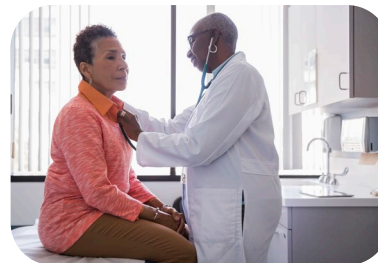
Factors Contributing to Health Disparities in Diabetes



Socioeconomic
Status (SES)



Race and
ethnicity



Access to
healthcare



Health
behaviors

Impact of Access to Healthcare on Diabetes

1

Monitor blood
sugar levels

2

Obtain necessary
medications

3

Receive regular
checkups and
diabetes education

Chat

What are you doing to support those with diabetes in your community?

How are you addressing various disparities?

What has been successful?



Diabetes Resources

*Information for Individuals
with Diabetes*

Available on the HQIN website:
[Educational Diabetes Resource List](#)


The screenshot shows the HQIN website interface. At the top left is the HQIN logo (Health Quality Innovation Network). To the right are social media icons for Facebook, Twitter, LinkedIn, and YouTube, and navigation links for 'About Us', 'Who We Help', 'COVID-19', and 'Blog'. The main heading is 'Resources'. Below this, the date 'Apr 20, 2022' is displayed. The title of the page is 'Educational Diabetes Resource List'. A sub-heading states: 'These resources are intended to help people live with and manage their diabetes on a day-to-day basis.' Below this are 11 resource titles, each in a blue button:

- CARING FOR YOUR FEET
- IT'S GOOD TO KNOW ABOUT YOUR DIABETES
- HYPER/HYPOGLYCEMIA
- HEALTHY FOOD CHOICES
- HOW YOU CAN HELP YOUR LOVED ONE WITH DIABETES
- THE IMPORTANCE OF A1C TESTING
- BLOOD SUGAR MONITORING
- WHEN PHYSICIANS SHOULD BE CONTACTED REGARDING PATIENTS WITH DIABETES
- MORE THAN 50 WAYS TO REDUCE THE RISK OF DEVELOPING DIABETES
- DIABETES MEAL PLAN

Too much or too little?

It's Important to Watch Your Glucose


(Blood Sugar)



Too Much Blood Sugar

Too much glucose = **Hyperglycemia**

- **Hyperglycemia may be caused by**
 - Your body not making enough insulin or not being able to use it properly to change glucose into energy
 - Being sick with a cold or flu
 - Eating too much
 - Exercising too little
- **Signs of hyperglycemia can take hours or even days to appear and include**
 - Frequent urinating
 - Increased thirst
 - High blood glucose
- **Signs of hyperglycemia can be managed by**
 - Checking with your health care provider about how much and how often you need to take your diabetes medication
 - Eating healthy foods regularly and not overeating
 - Regularly checking your blood glucose levels



diabetes

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.

Too much or too little?

Too Little Blood Sugar



Too little glucose = **Hypoglycemia**

Ask your health care provider about what **you can do** to manage your blood sugar levels

Target blood sugar levels for people who have diabetes	
Before meals	80 to 130 mg/dL
1 to 2 hours after the start of a meal	Less than 180 mg/dL

- **Too little blood sugar may lead to passing out**
- **Hypoglycemia is most often caused by**
 - Eating too little or not often enough
 - Drinking too many alcoholic beverages
 - Exercising too much
- **Signs of hypoglycemia come on quickly and include**
 - Hunger
 - Headache
 - Difficulty speaking
 - Dizziness or light-headedness
 - Difficulty paying attention, or confusion
- **People showing signs of hypoglycemia must immediately eat food high in sugar (such as fruit juice, candy, or glucose tablets)**
- **If person is unconscious, very disoriented, or having difficulty swallowing, seek immediate medical attention or call 911**



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Quality Improvement Organizations
Sharing Knowledge, Improving Health Care.
(Health Quality Innovation Network)

HQIN
Health Quality Innovation Network

It's Good to Know About Your **Diabetes** *From Head to Toe*

Know your **numbers**.*



- A1C (average blood sugar) Below 7%[†]
- Blood pressure Under 140/90[‡]
- HDL—good cholesterol Above 40 mg/dL (men); above 50 mg/dL (women)
- Triglycerides (fats) Under 150 mg/dL

Number/Date Number/Date Number/Date Number/Date

Number/Date	Number/Date	Number/Date	Number/Date

*Talk with your doctor about your numbers and risk for stroke, heart attack, and heart disease. [†]A1C goal may be more or less depending on your age and/or health history. Senior goals may be less than 8%. [‡]Under 130/80 mm Hg in select patients.



Have a **dilated eye exam** once a year.

You may be referred to a specialist.

Date Date Date Date

Date	Date	Date	Date



Ask about **diet**. Get more **exercise**.

Talk to your health care provider **before** starting a new exercise routine.

Date Date Date Date

Date	Date	Date	Date



Remove your socks for a **foot exam**.

Date Date Date Date

Date	Date	Date	Date



Confirm your **vaccines** are up-to-date.

Date Date Date Date

Date	Date	Date	Date

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National Education Programs

Diabetes Prevention Programs (DPP)

[Managing Diabetes | Self-Management Education Programs | Self-Management Education: Learn More. Feel Better. | CDC](#)

Diabetes Self-Management Education (DSME)

[Local Accredited Diabetes Self-Management Education and Support Programs](#)

Diabetes Resources - *Medication Affordability and Coverage*



[Insulin Coverage
\(medicare.gov\)](https://www.medicare.gov)

[7 things to know
about Medicare Insulin
costs.](#)

*Consider how you can
help your clients and
community with this
new information.*



SHARE

Polling Question

What topic(s) should we feature at the next CPN session?

- Diabetes – another session on this topic
- Medication Management
- Vaccines – COVID, Flu, Pneumonia
- Care Coordination – community support programs
- High Blood Pressure

Next Steps

Today's slide deck will be sent to all session registrants.

Please complete a quick evaluation – link in the chat

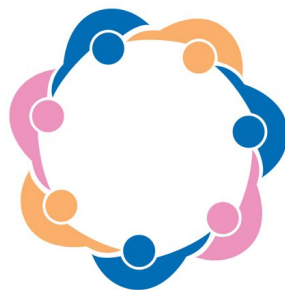
Adopt a shared idea, resource, or program

Review and share resources

Locate and “Like” the HQIN Facebook Page

Go to www.hqin.org

Join the CPN at the next session...



CPN

HQIN Community Partner Network

Thank you for participating!



Health Quality Innovation Network

CONNECT WITH US

Call 877.731.4746 or visit www.hqin.org



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Kansas – Mandy Johnson mjohnson@khconline.org

@HQINetwork

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