

Testimony
Health Services Committee
Wednesday, April 13, 2016; 2:40 p.m.
North Dakota Department of Health

Good afternoon, Chairman Lee and members of the Health Services Committee. My name is Jane Myers and I am the Diabetes Program Director for the North Dakota Department of Health (NDDoH). I am here today to offer an update on the North Dakota Diabetes Report. As you are aware, North Dakota Century Code 23-01-40 requires that the Department of Human Services, State Department of Health, Indian Affairs Commission and Public Employees' Retirement System collaborate and identify goals and benchmarks to reduce the incidence of diabetes in the state, improve diabetes care and control complications associated with diabetes.

Representatives from the above-mentioned agencies have prepared the report. With NDDoH as the lead, the committee shared information and examined the data on the prevalence of diabetes and the financial impact it has. The committee reviewed the status and benefits of current diabetes related programs, their funding, and collaborative efforts among agencies. Finally, the committee identified action plans and recommendations to improve health outcomes in North Dakota related to diabetes. The draft of *Diabetes in North Dakota 2016* is currently being reviewed and will be available by the June 1, 2016, deadline.

Today I would like to briefly share some of what you can expect when you see the final report. Please note that the authors agree it will take a collaborative, concerted effort from a number of entities to successfully reduce and manage diabetes in the state. The authors concur that type 2 diabetes can be prevented with behavior changes - changes at the individual level and at the population level. We must work together to enact and support policies that make the healthy choice the default choice, or the easier choice, for our residents.

Those living with diabetes need policies that support the proper care and management of the disease in order to prevent costly complications and to improve the quality of life for our residents.

The infographics from the report, which are included in your materials, illustrate the incidence of diabetes and prediabetes among North Dakotans, associated health complications of diabetes, and a variety of other related facts.

The report contains a number of goals and strategies to reduce diabetes among North Dakotans, including:

- Reduce the prevalence and cost of diabetes by improving access to the Diabetes Prevention Program by increasing the number of sites where the program can be administered, personal awareness of prediabetes risk factors and self referral to the program, medical provider referral to the program, and training opportunities for lifestyle coaches
- Improve the quality of life for those with diabetes by promoting the use of accredited Diabetes Self Management Education Programs and offering continuing education for health professionals
- Leverage chronic disease initiatives through partnerships and coalition building by promoting collaboration among state agencies and with those working to prevent chronic diseases in the community

Finally, the report offers a summary of the efforts the agencies that prepared this report are currently undertaking to address diabetes in North Dakota:

The North Dakota Department of Health Diabetes Program

Through a federal grant from the Centers for Disease Control and Prevention (CDC), NDDoH provides technical assistance in program development for diabetes prevention and education, promotes personal awareness of prediabetes risk factors, helps connect providers who serve people with prediabetes, and diabetes to programs that can help prevent or manage type 2 diabetes. The diabetes program also provides continuing education opportunities for health care professionals through state conferences and webinars

The NDDoH Children's Special Health Services Division (CSHS)

Through the Federal Title V grant, CSHS serves children with diabetes through their Specialty Care Diagnostic and Treatment Program. The program, covers certain expenses for supplies, laboratory, and education services for eligible children and multidisciplinary specialty clinics for children with diabetes

The North Dakota Department of Human Services

The North Dakota Medicaid diabetes strategy centers on the "Experience HealthND" program, a voluntary, health support service that connects people with diabetes to a registered nurse to help them manage their diabetes.

The North Dakota Public Employees Retirement System (NDPERS)

NDPERS offers a Diabetes Health Management Program that provides management tips and tools to NDPERS members with diabetes, an Agency Based

Wellness Program that encourages employers to develop wellness programs that promote a healthy lifestyle for employees, and an opt-in program called “About the Patient” that links NDPERS members with pharmacists who help with diabetes management.

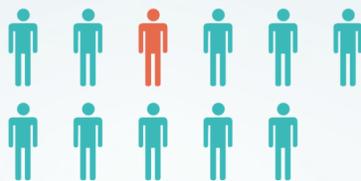
This concludes my presentation. I will be happy to answer any questions you may have.

Diabetes in North Dakota

DIABETES

49
THOUSAND

49 thousand North Dakota adults have diabetes



That's about 1 out of every 11 people

About 19 thousand adults with diabetes are **undiagnosed**, that's



never having been told they have diabetes

PREDIABETES

202
THOUSAND



202 thousand North Dakota adults 20 years and older - about 4 out of 10 - have prediabetes



ONLY 1 OUT OF 10



North Dakota adults 20 years and older with prediabetes have been told they have it



Without weight loss and moderate physical activity

15-30% OF PEOPLE WITH PREDIABETES will develop type 2 diabetes within 5 years. *

U.S COST*



\$284
MILLION



Risk of death for adults with diabetes is

50%
HIGHER



than for adults without diabetes



Medical costs for people with diabetes are
TWICE AS HIGH



as for people without diabetes

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



BLINDNESS



KIDNEY



HEART DISEASE



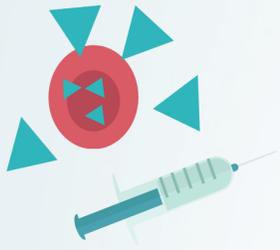
STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES OF DIABETES

TYPE 1



BODY DOES NOT MAKE ENOUGH INSULIN

- ▶ Can develop at any age
- ▶ No known way to prevent it

MORE THAN 18,000 YOUTH DIAGNOSED each year in 2008 and 2009



In adults, type 1 diabetes accounts for approximately

5%

OF ALL DIAGNOSED CASES OF DIABETES

TYPE 2



BODY DOES NOT USE INSULIN PROPERLY OR IS PRODUCING INSUFFICIENT LEVELS OF INSULIN

- ▶ Can develop at any age



Currently, at least 1 out of 3 people will develop the disease in their lifetime



More than 5,000 youth diagnosed each year in 2008 and 2009

RISK FACTORS FOR TYPE 2 DIABETES



TAKE THE TEST:
<https://doihaveprediabetes.org/prediabetes-risk-test.html>

WHAT CAN YOU DO?

You can **PREVENT** or **DELAY** type 2 diabetes

You can **MANAGE** diabetes



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE



WORK WITH A HEALTH CARE PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

REFERENCES

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