



Everyone with Diabetes Counts: Diabetes Self-Management Education

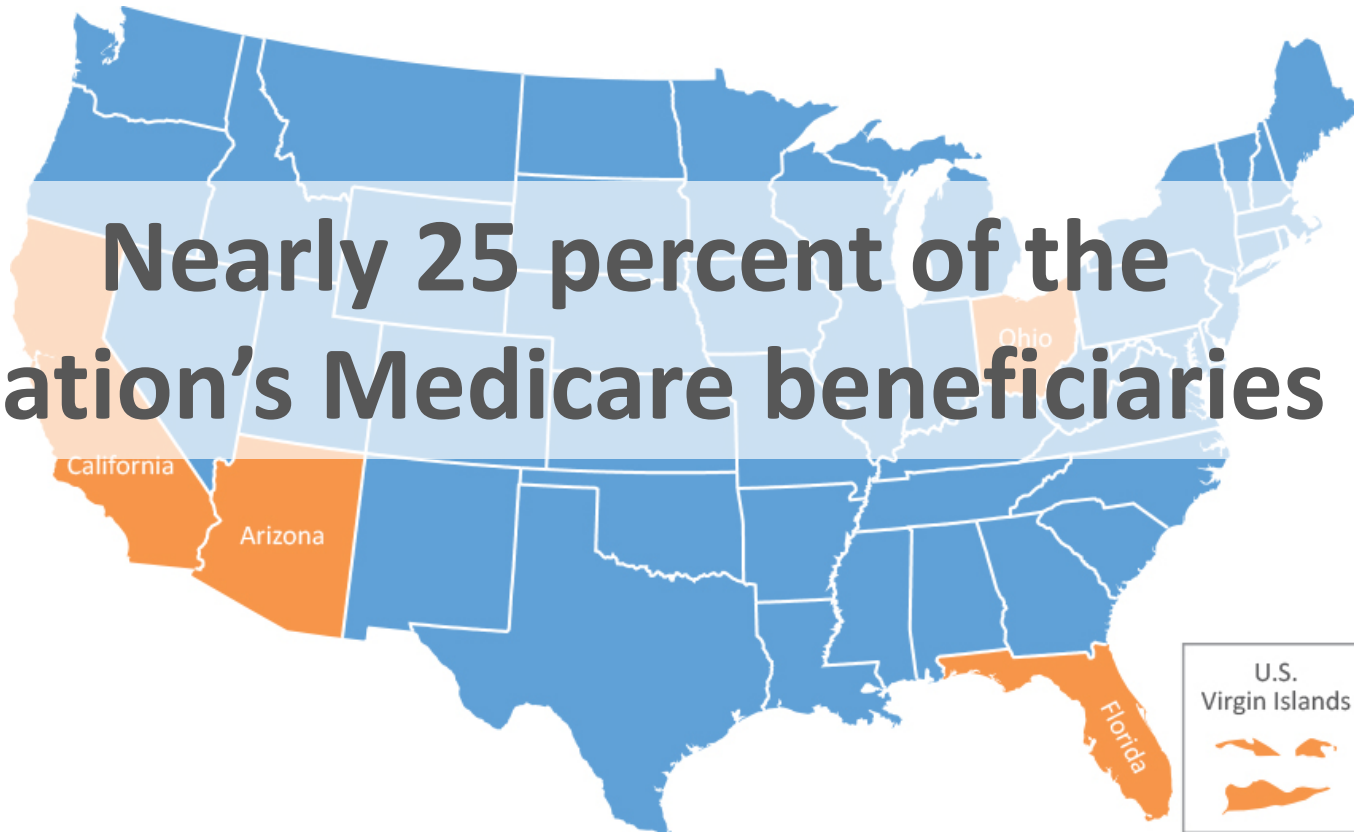
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Health Services Advisory Group (HSAG)
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HSAG: Your Partner in Healthcare Quality

- HSAG is the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for California, Arizona, Florida, Ohio, and the U.S. Virgin Islands.
- QIN-QIOs in every state and territory are united in a network administered by the Centers for Medicare & Medicaid Services (CMS).
- The QIN-QIO program is the largest federal program dedicated to improving health quality at the community level.

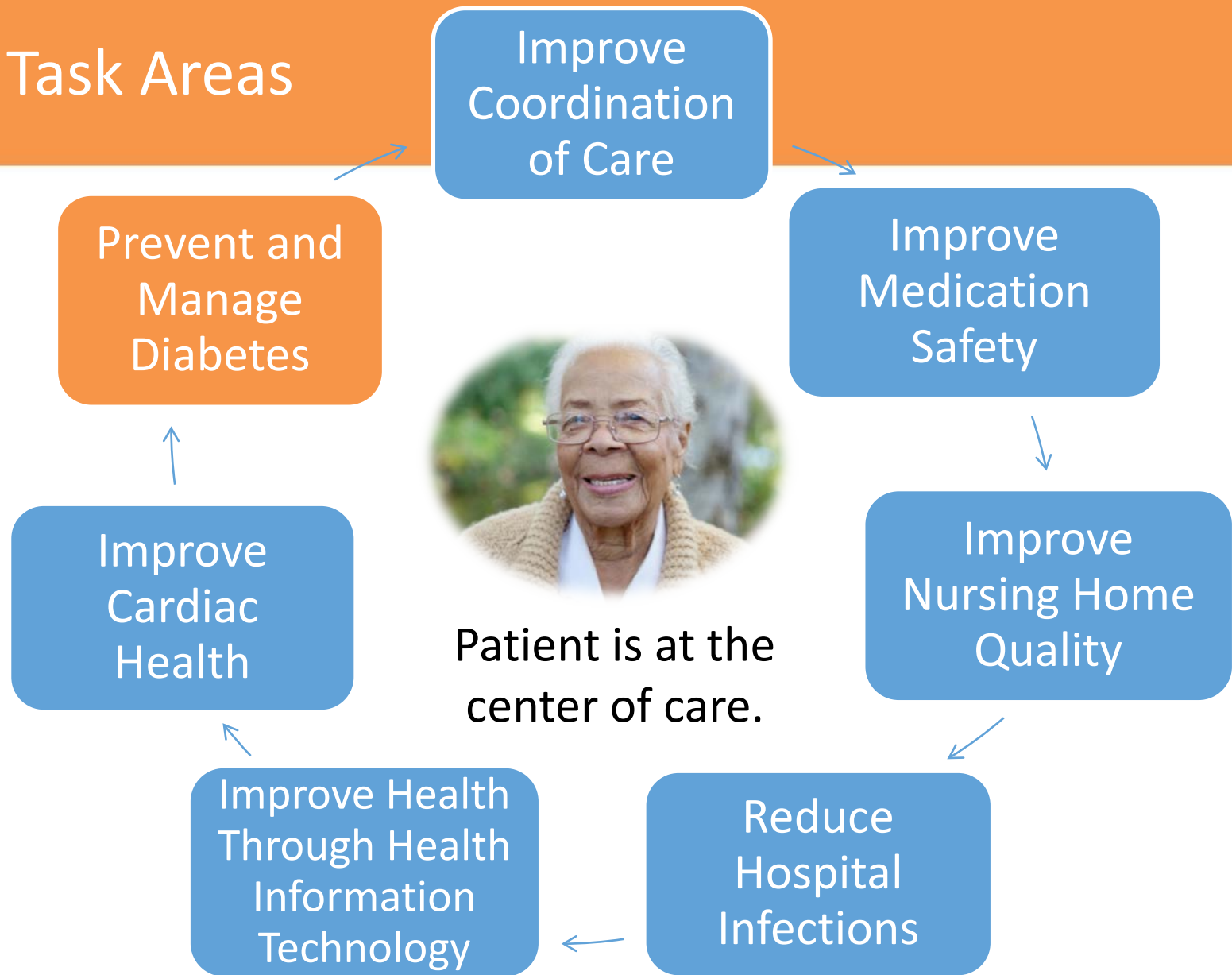
HSAG's QIN-QIO Responsibility

Nearly 25 percent of the nation's Medicare beneficiaries



HSAG is the Medicare QIN-QIO for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands.

QIO Task Areas



Everyone with Diabetes Counts (EDC)

- Increase adoption and implementation of diabetes self-management education (DSME)
 - Diabetes Self-Management Program, Stanford University
 - Project Dulce, Scripps Health Whittier Diabetes Institute
 - **Diabetes Empowerment Education Program™ (DEEP™), University of Illinois at Chicago (UIC)**
- Train organizations statewide to offer DSME
- Provide assistance to organizations offering DSME
- Impact more than 7,000 Medicare beneficiaries with diabetes or pre-diabetes

Goals and Target Population

Goals:

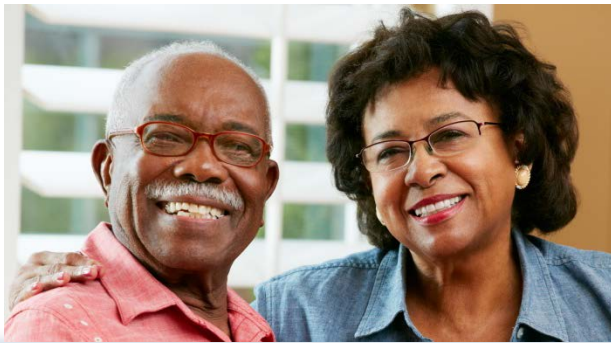
- Reduce diabetes care disparities
- Prevent and/or reduce adverse health outcomes related to diabetes
- Reduce risk factors associated with diabetes
- Increase self-management skills
- Facilitate short- and long-term behavioral change

Target Audience:

- Individuals living with or at risk of diabetes
- Includes low-health literacy and low-literacy individuals

Disparities Exist in Diabetes Care

- African Americans
- Hispanics/Latinos
- American Indians/Native Americans/Alaska Natives
- Asians/Pacific Islanders
- People living in rural areas



Program Description

- Developed by University of Illinois at Chicago (UIC)
- Evidence-based program
- Six weekly workshops
- Each class is two hours long
- Taught by one certified DEEP Peer Educator
- Can be delivered in any language
- Interactive, hands-on, group learning activities, and games, including visual aids and demonstrations

DEEP Modules

- Diabetes risk factors and complications
- Nutrition
- Physical activity
- Use of the glucose meter
- Medications
- Building partnerships with diabetes healthcare team
- Psychosocial effects of illness
- Problem-solving strategies
- How to access community diabetes resources

Why DEEP Works

- Incorporates adult education, empowerment principles, and participatory techniques
- Speeds changes in knowledge and behavioral and clinical indicators
- Meets the needs of participants in real time
- Connects the dots in easy-to-understand language





“Tell me and I forget,
teach me and I may remember,
involve me and I learn.”

-Benjamin Franklin

Interactive Demonstrations



Understanding a Food Label

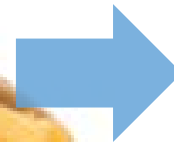


Visualizing Fats and Carbohydrates

Ingredient	Cheeseburger	Cola Soda	Fries
Total Fat	24 g = 6 teaspoons	0 g	29 g = 7 teaspoons
Total Sodium	897 mg = .16 teaspoons	15 mg = negligible	328 mg = .06 teaspoons
Total Carbs	39 g = 8 teaspoons	35 g = 7 teaspoons	62 g = 12 teaspoons



Total Fat, Salt, and Carbs
 13 teaspoons of lard
 ½ teaspoon of sodium
 28 teaspoons of sugar



Program Delivery Method

- Certified peer educator/ workshop leader
- **Only one leader required to lead workshop**
- Allows for make-up sessions



Training Requirements

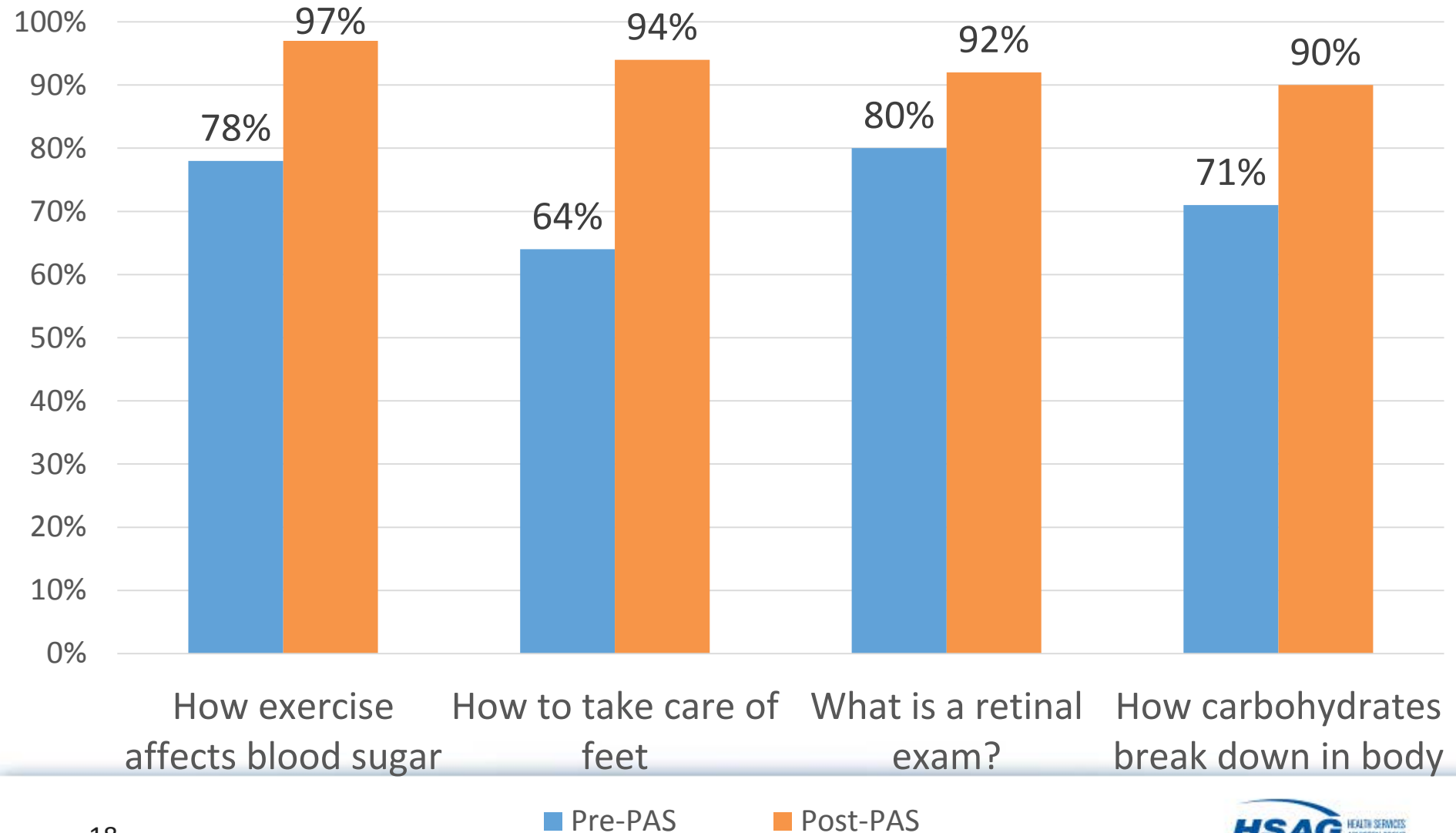


- Attend a three-day, train-the-trainer workshop, and receive certification to facilitate DEEP workshops as a peer educator.
- Peer educator training is taught by lead trainers.
- Lead trainer training is taught by senior trainers.
- No-cost training offered.

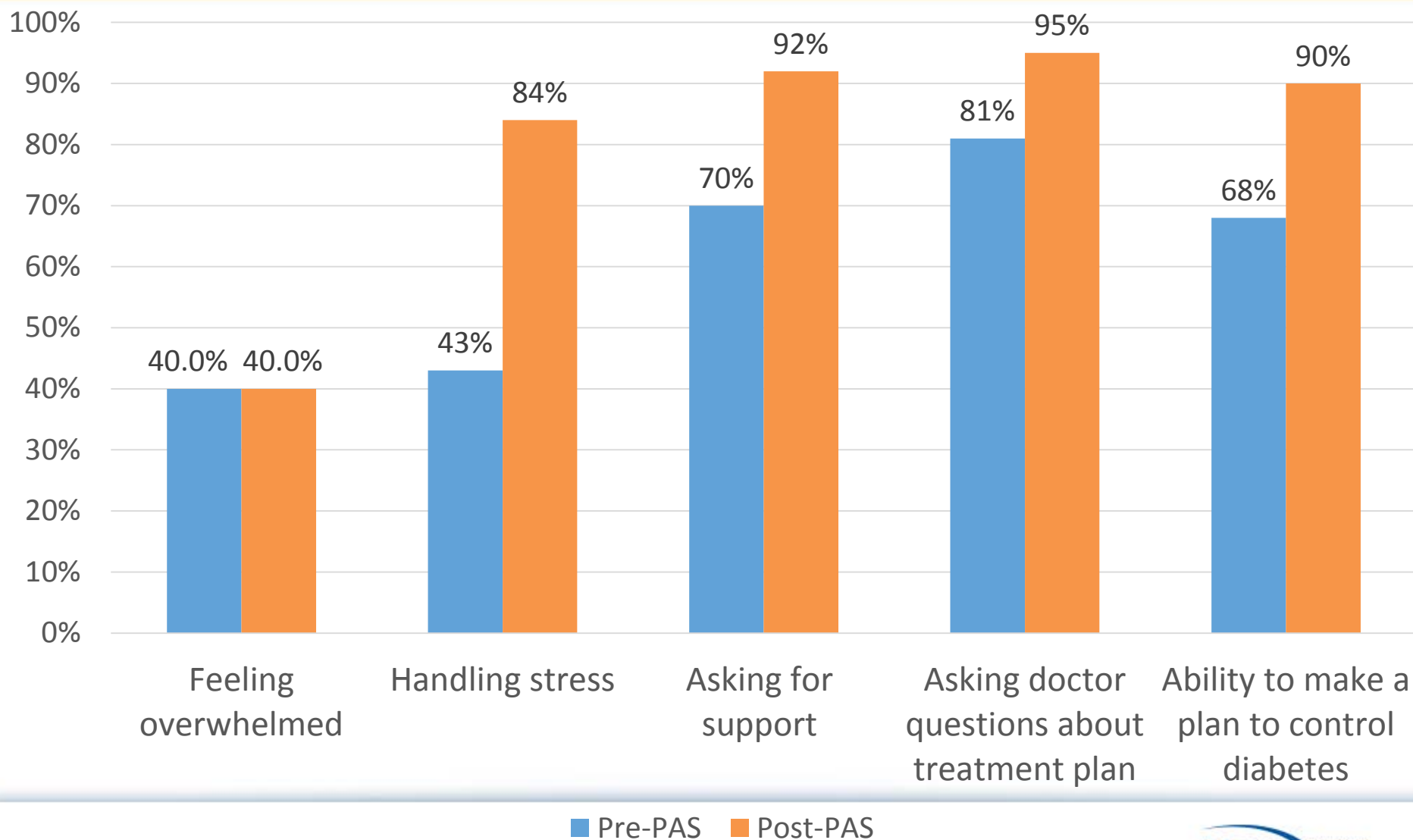
Pre- and Post-Patient Activation Survey (Pre- and Post-PAS)

- 14 total questions
 - 4 questions: Diabetes knowledge
 - 5 questions: Coping with diabetes
 - 5 questions: Self-care methods
- Administered during first week and then again at sixth week

Diabetes Knowledge

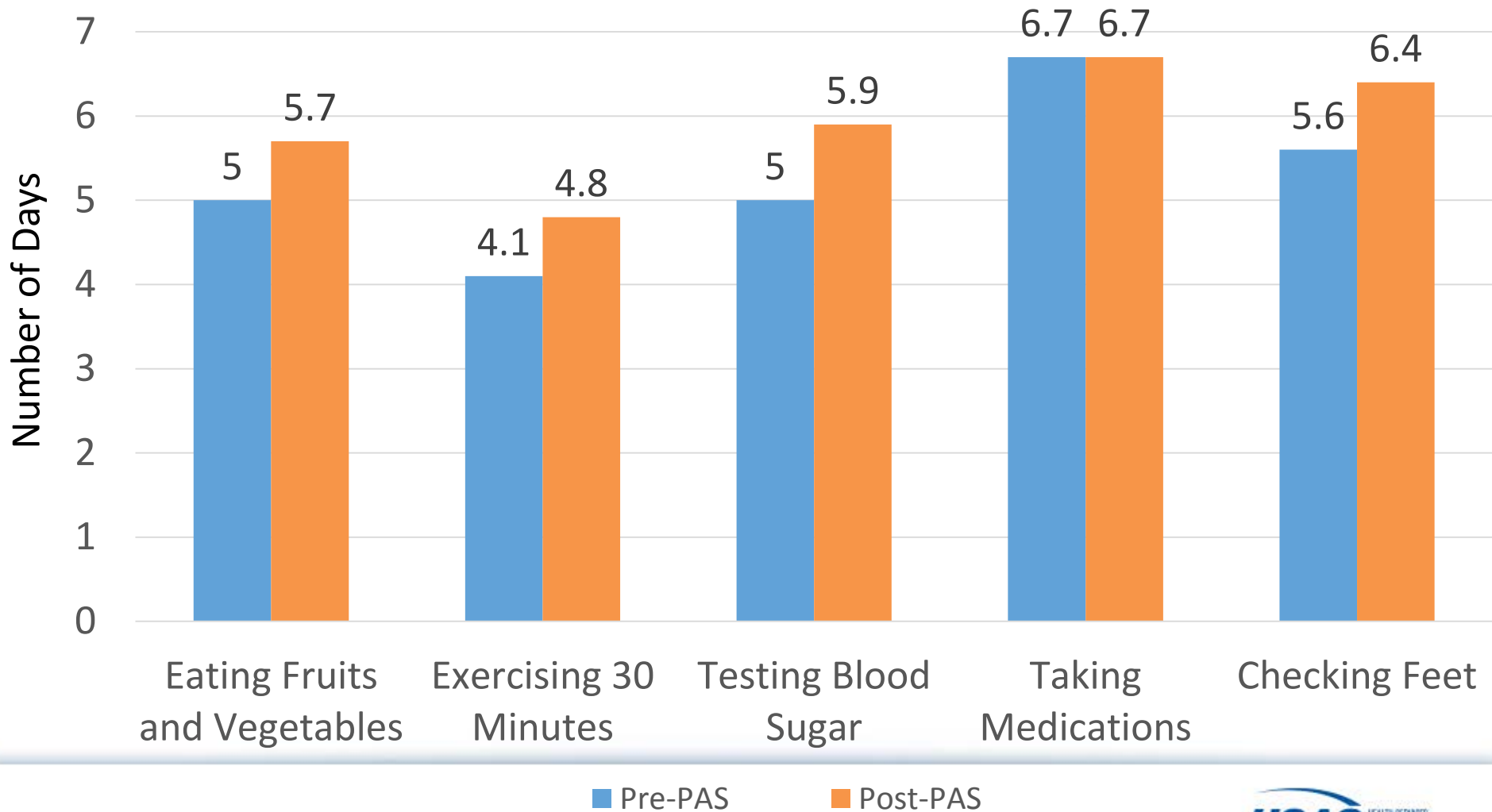


Coping with Diabetes



Self-Care Measures

In the last week, average number of days doing self-care



DEEP Retention Rate in California: 79 Percent



Program Costs

- Organizational License: \$600/five-year license
- Peer Educator Certification: \$100/three-year certification
- Training Cost (for UIC):
 - Peer educator training fee: \$800 per person
 - Off-site training fee: \$10,500, plus travel expenses
- Training Cost (for HSAG): None
- Participant Cost: None

Program Costs (cont.)

HSAG will provide:

- Leader training at no charge.
- Materials for conducting workshops.
- Licensing and certification fees.
- \$200 for every DEEP workshop that graduates 1–5 participants that meet contract requirements. An additional \$40 will be provided for each qualified participant in excess of 5 participants.
 - Medicare beneficiary (65+) **and**
 - Has diabetes or pre-diabetes **and**
 - Completes five of six classes

DSME Teaching Experience

- Elena Tarango
 - Director of Health, Wilton Rancheria



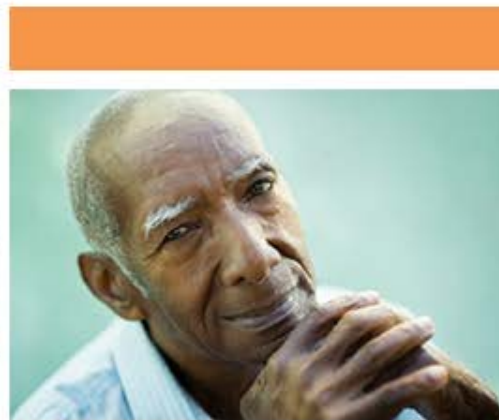


Thank you!

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