



CHRONIC DISEASE PREVENTION **& HEALTH PROMOTION**

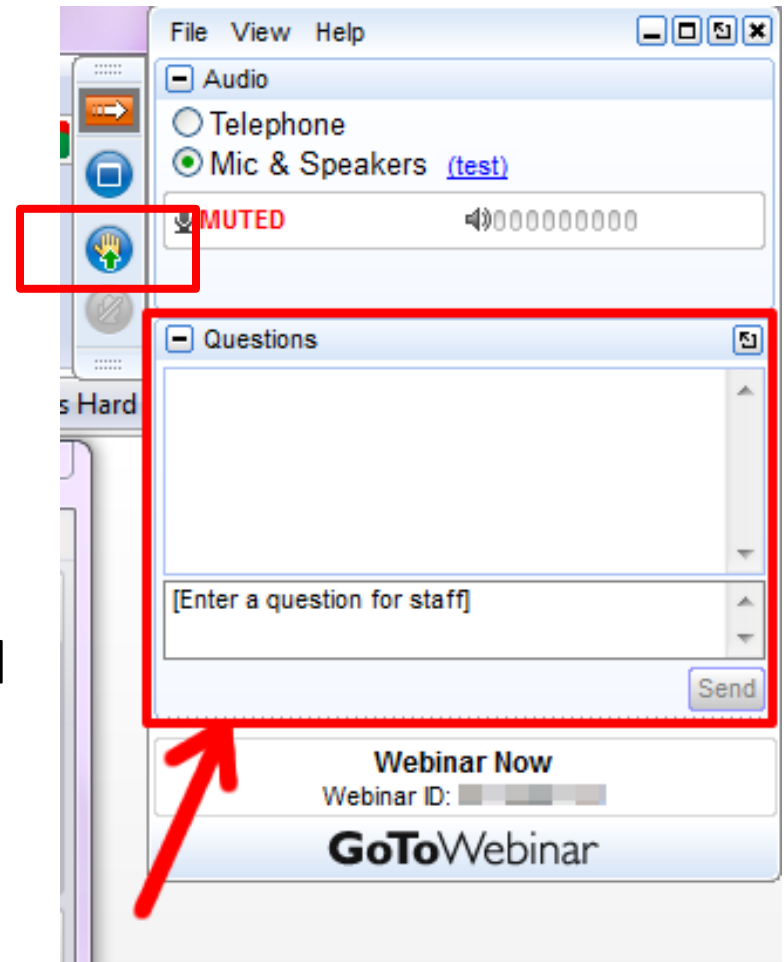
WEBINAR SERIES

FEBRUARY 16, 2021

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

About this Webinar

- Audio will come through your computer. Another option is to call the number provided when you registered for today's session.
- To ask a question, “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.
- To share your question, you will need a microphone on your computer or you will need to call the phone number provided. Another option is to type in your question on the control panel.



STATE OF ALASKA
DIABETES PREVENTION AND CONTROL PROGRAM

**NATIONAL DIABETES PREVENTION
PROGRAMS IN ALASKA**

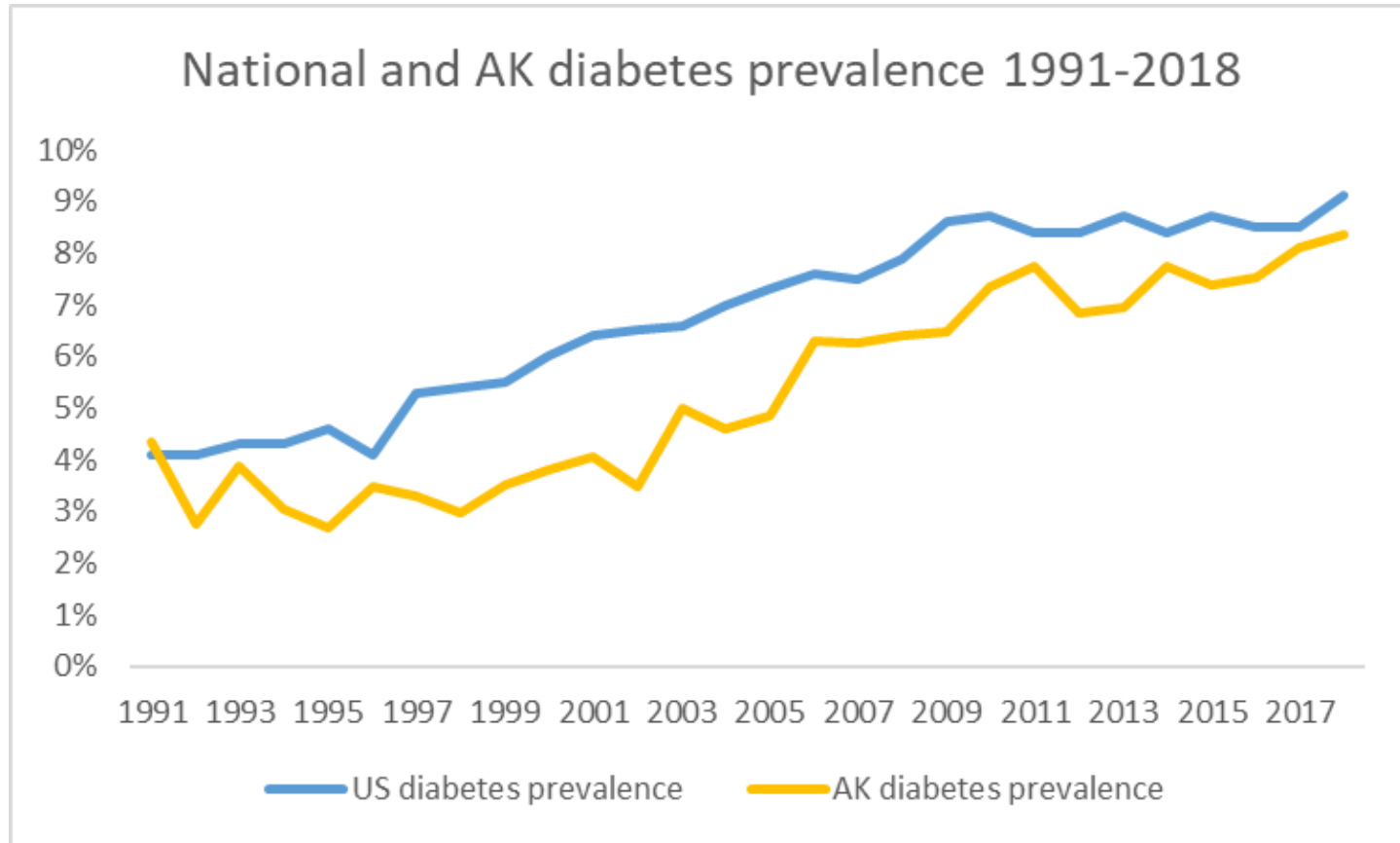
FEBRUARY 16, 2021

Mary Schneider

Diabetes Prevention and Control Program Manager

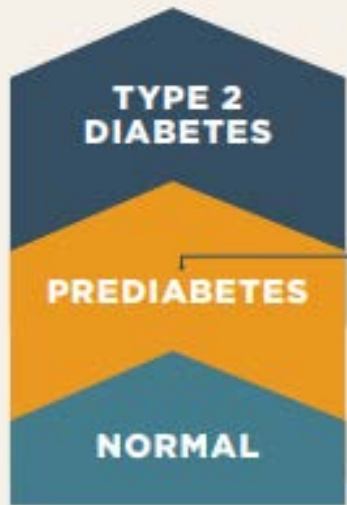
Section of Chronic Disease Prevention and Health Promotion, DPH, DHSS

The percentage of Alaska adults with diabetes increased during the past three decades



Data Sources: Alaska Data: Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, DPH, Section of Chronic Disease Prevention and Health Promotion; U.S. Data: National Center for Chronic Disease Prevention and Health Promotion, Behavioral Risk Factor Surveillance System (BRFSS)

Many people have prediabetes before they develop type 2 diabetes



With prediabetes, your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



**TYPE 2
DIABETES**



**HEART
DISEASE**



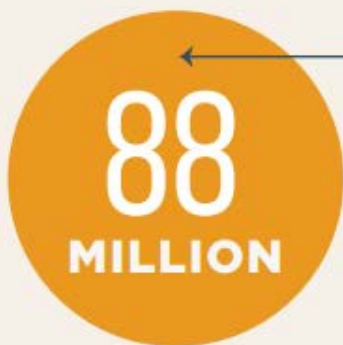
STROKE

Source: <https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf>

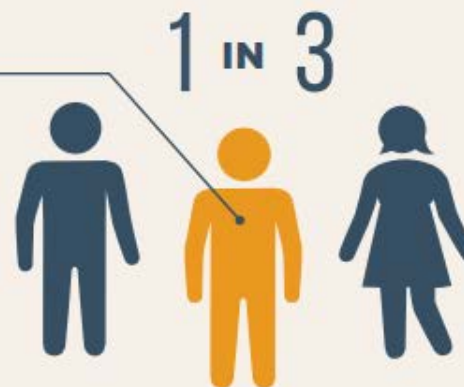
Many adults are at risk for prediabetes, but don't know it

PREDIABETES

COULD IT BE YOU?



88 million American
adults — more
than 1 in 3 — have
prediabetes



MORE THAN 8 IN 10 adults with prediabetes
don't know they have it

Source: <https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf>

Diabetes Prevention Program Study

Is taking the drug metformin more effective than diet and exercise to prevent or delay onset of type 2 diabetes?

- Supported by National Institutes of Health
- 1996-2001
- 3,234 participants with impaired glucose tolerance from 27 clinical centers around the country
- Randomly split into 3 different groups:
 - ▣ Metformin
 - ▣ Placebo
 - ▣ Lifestyle intervention

Diabetes Prevention Program Study

Metformin Group

- 850 mg of metformin twice/day
- Provided standard advice about nutrition and physical activity

Placebo Group

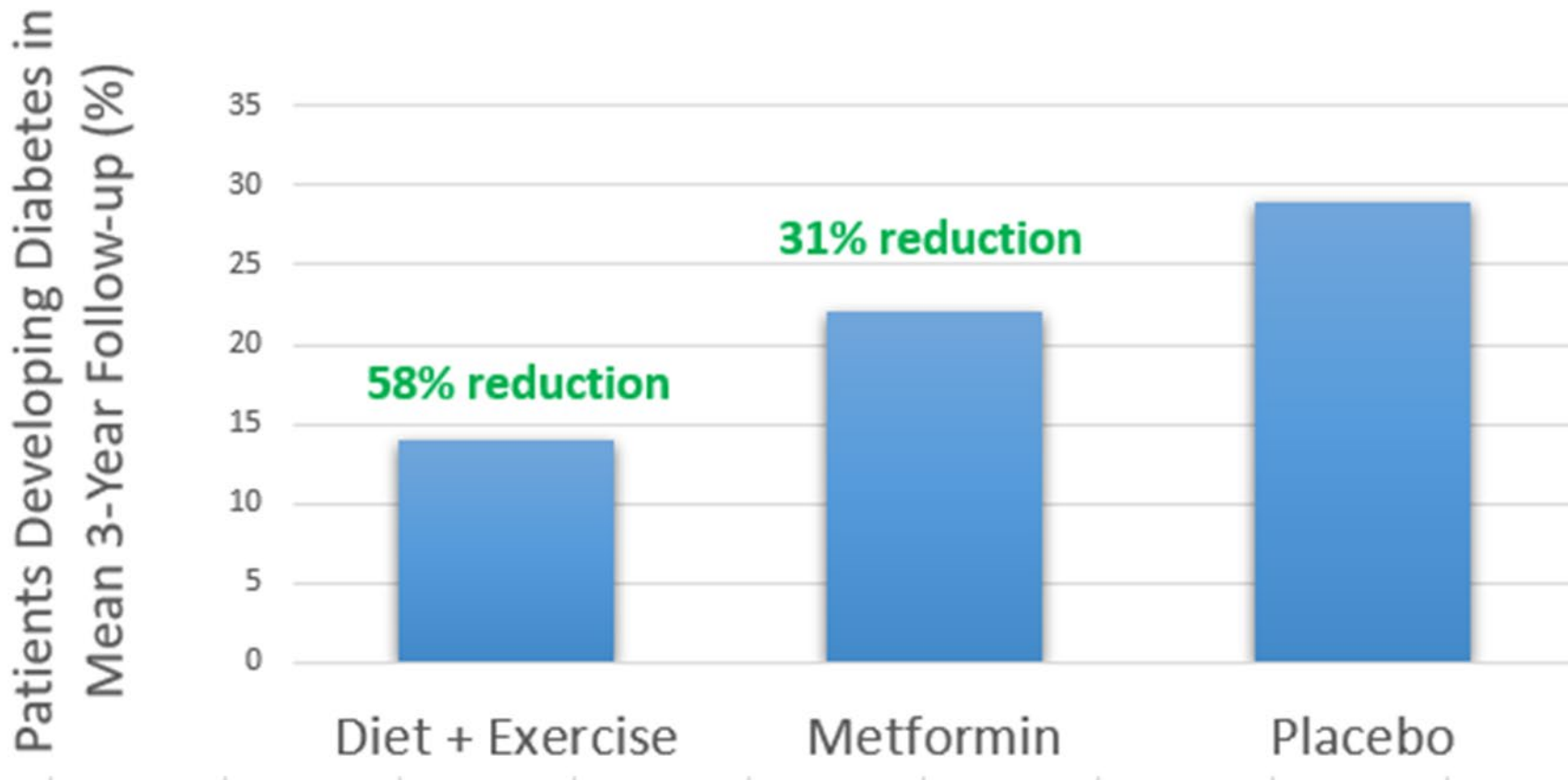
- Placebo (a pill with no active ingredients) twice/day
- Provided standard advice about nutrition and physical activity

Diabetes Prevention Program Study

Lifestyle Intervention Group

- 7% weight loss/maintenance and 150 minutes of moderate physical activity per week
- Goal-based behavior intervention
- Lifestyle coaches provided training in nutrition, physical activity, and behavior modification
- First 6 months: core curriculum in group sessions
- Second 6 months: continued 1-on-1 or group sessions to support maintenance of lifestyle interventions

People with prediabetes were less likely to develop diabetes after making lifestyle changes



Data Source: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

National Diabetes Prevention Program (National DPP)

- Evidence-based program developed by the Centers for Disease Control and Prevention (CDC)
- For people with prediabetes
- Year-long program led by a trained lifestyle coach
- Uses CDC-approved curriculum to teach participants to:
 - ▣ Make better food choices
 - ▣ Increase physical activity
 - ▣ Improve coping skills
 - ▣ Set personal, realistic goals

National DPP eligibility criteria

- 18 years or older
- Body Mass Index (BMI) of 25 or greater (23 or greater for Asian Americans)
- Cannot have diagnosis of type 1 or type 2 diabetes AND
- Either:
 - Recent blood test indicating prediabetes OR
 - Positive screening on the Prediabetes Risk Test

Prediabetes Risk Test

1. How old are you?

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:

NATIONAL DIABETES PREVENTION PROGRAM

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 151:775-781, 2008. Original algorithm was validated without gestational diabetes as part of the model.

National DPPs in Alaska

Organization	City	Delivery Method
Anchorage Neighborhood Health Center	Anchorage	In Person*
YMCA of Alaska	Anchorage	In Person*
Tanana Chiefs Conference	Fairbanks	In Person*, Combination, & Distance Learning
UAF Cooperative Extension Services	Fairbanks & Palmer	In Person*
Bartlett Regional Hospital	Juneau	In Person*
Kenaitze Indian Tribe	Kenai	In Person*
Ketchikan Indian Community	Ketchikan	Combination
InquisitHealth	Statewide	Telephone
Omada Health	Statewide	Online/App

*Many in-person programs have moved to virtual delivery during the COVID-19 pandemic.

InquisitHealth:

Preventing diabetes over the phone

- Free National DPP delivered over the phone
- Available to all eligible Alaska adults
- Paired with a mentor who delivers the program over the phone through regular, one-on-one calls
- Receive a free, wireless scale to track weight
- To confirm eligibility and enroll:
 - Text “Health” to 600400, or
 - Contact Leslie Shallcross at 907-474-2426 or lashallcross@Alaska.edu

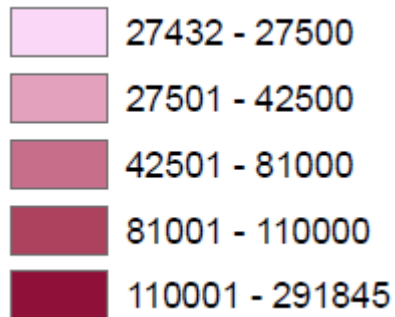
InquisitHealth enrollment process

- Potential participant will receive call from InquisitHealth to complete program registration
- Program booklet and wireless scale mailed to participant
- Paired with a mentor who schedules regular calls
 - Weekly call for the first 6 months, then monthly call for the second 6 months
- Most of the InquisitHealth mentors are Alaskans, and some are program graduates
- 144 Alaskans enrolled since August 2018

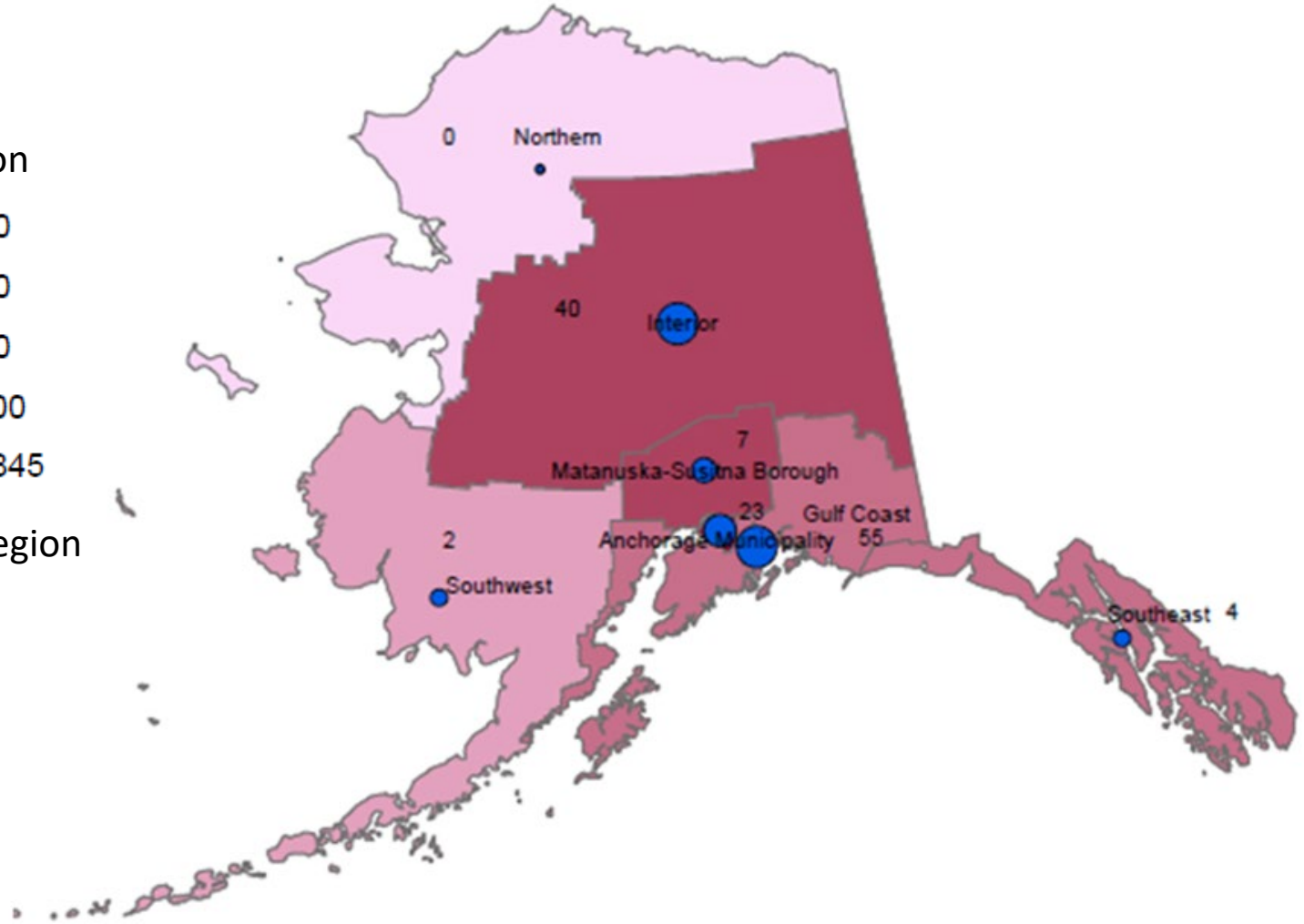
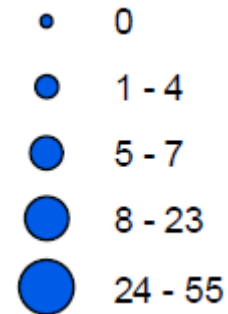
InquisitHealth Diabetes Prevention Program Participation by Public Health Region August 2018 – September 2020

Legend

Regional Population



Participants per Region



Omada Health:

Preventing diabetes online

- ❑ Free National DPP available online
- ❑ Available to all eligible Alaska adults
- ❑ Participants placed in online peer groups that have weekly interactive lessons
- ❑ Paired with trained coaches who provide support and guidance
- ❑ Receive a free, wireless scale to track weight
- ❑ Determine eligibility and enroll at <https://go.omadahealth.com/alaska>

Omada Health Enrollment Process

- Click “**Join for \$0**” to take a 1-minute risk screener.
 - ▣ Answer questions about sex, ethnicity, age, height, weight, family history of type 2 diabetes, other health conditions and frequency of exercise
- If your answers indicate a higher risk, then you click “**Apply Now**” and answer more health-related questions to confirm eligibility.
- Omada will:
 - ▣ Send emailed instructions to complete the registration
 - ▣ Mail a wireless scale
 - ▣ Schedule official kick-off date

Omada Health Enrollments

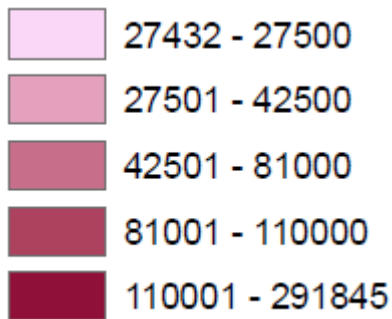
- 239 Alaskans have enrolled in the program since January 2020
- Alaska participants have lost over 1,600 pounds total

Ethnicity	Omada Participants	Percent of Alaska Population
White	74%	65%
Black or African American	4%	4%
Alaska Native/American Indian	12%	16%
Asian	3%	7%
Native Hawaiian/Pacific Islander	1%	1%
Hispanic	3%	7%
Other/Prefer Not to Say	3%	

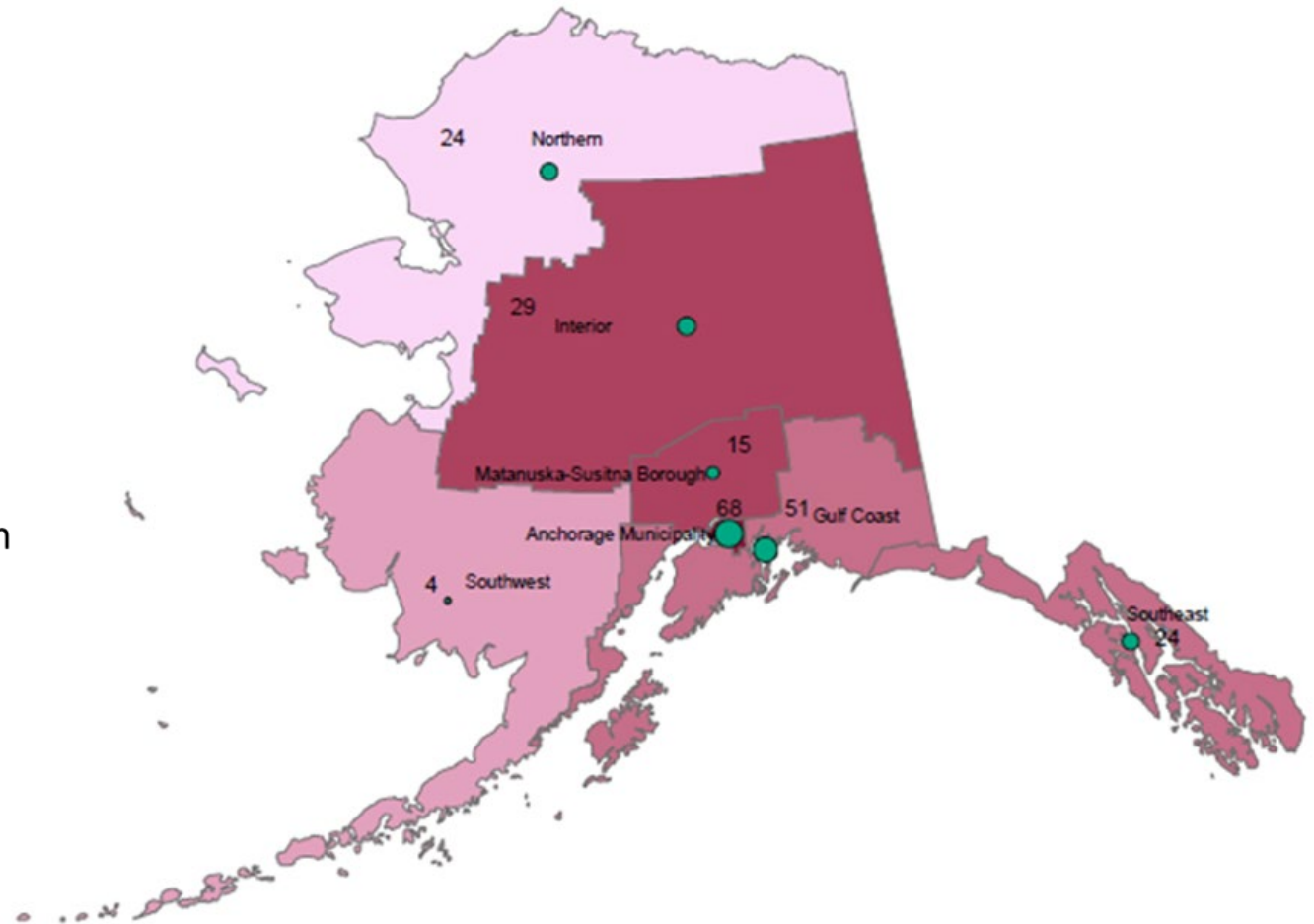
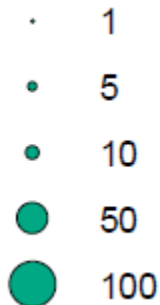
Omada Health Diabetes Prevention Program Participation by Public Health Region January 2020 – January 2021

Legend

Regional Population



Participants per Region



Flyers Available

1 in 3 Americans has PREDIABETES

TEXT HEALTH TO 600400

Take 1 min to find out if you do.

Good News! Prediabetes is 100% reversible! The first step is to text "HEALTH" to 600400 to learn your risk and discover resources.

NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health, Preventing Disease.

STATE OF ALASKA
Department of Health and Social Services

inquisitSMhealth

Join Omada® to build healthy habits that last

Omada is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most—whether that's around eating, activity, sleep, or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

You'll get your own:

- Interactive program
- Wireless smart scale
- Weekly online lessons
- Professional health coach
- Small group of participants

More great news:
There's no cost to you if you're an adult resident of Alaska, eligible, and at risk for type 2 diabetes.

Take a 1-minute quiz to see if you're eligible:

omadahealth.com/alaska

For more information

- Visit our website:

diabetes.alaska.gov

- List of National DPPs in Alaska:

<http://dhss.alaska.gov/dph/Chronic/Pages/Diabetes/prevention.aspx>

- Webinar recording about the Omada Health program in Alaska:

https://www.youtube.com/watch?v=GPJutTmR9oc&feature=emb_logo

Getting the word out – diabetes.alaska.gov

Home >

Key Initiatives

- > Promote **Diabetes Self-Management Education and Support Services** across Alaska
 - > Diabetes Umbrella License Program support in Alaska
- > Promote Diabetes Prevention:
 - > Take the online **Prediabetes Risk Quiz**



- > **Diabetes Prevention Programs**

Alaska Diabetes Coalition

Diabetes Prevention and Control Program

Diabetes is serious, controllable and preventable.

Diabetes is a health condition that can increase the likelihood of heart disease and stroke. Uncontrolled diabetes can lead to significant disability, including blindness, amputations, and kidney failure. On average, people with diabetes have health care costs that are more than two times higher than those without diabetes.

Prediabetes is a health condition involving blood sugar levels that are higher than normal, but not high enough to be diagnosed as diabetes.

- > **Prediabetes** can be **reversed** with a few lifestyle changes before it becomes type 2 diabetes.
- > **Type 2 diabetes** can be **controlled** to prevent life-threatening illness and disability.

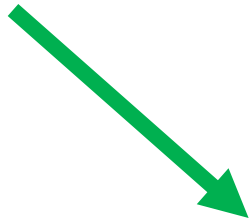
Our program:

Highlights:



COVID-19

- > **Staying Healthy During COVID-19**
- > **Read** the 2019 Alaska Diabetes **Burden Report**
- > **Join a Local Program** to help you manage diabetes.
- > **Find out** — Take the quick 1-minute prediabetes risk quiz.
- > **FREE Online Diabetes Prevention program** for Alaska adults - find out if you are eligible at Omada Health>
- > **FREE** statewide telephone-based diabetes prevention program. **Text "HEALTH" to 600400 to see if you are eligible!**



Getting the word out – messages online

Click

to find a diabetes
prevention program
near you.



Getting the word out – social media

Alaska Health and Social Services
January 4 at 1:00 PM · 🌟

People with prediabetes living anywhere in Alaska can participate in a FREE online program to help them prevent developing type 2 diabetes. Visit <https://go.omadahealth.com/alaska> to sign up for this program offered by Omada Health.

Alaska Health and Social Services
November 30, 2020 · 🌟

1 out of 3 U.S. adults has prediabetes by taking a simple blood test.

Alaska Health and Social Services
December 21, 2020 · 🌟

Most cases of type 2 diabetes can be prevented by choosing healthy foods and drinks. The 12-hour program is available in Fairbanks. Find out more about the program by visiting <https://go.omadahealth.com/alaska>.

Alaska Health and Social Services
August 5, 2020 · 🌟

Having prediabetes doesn't mean you're actually choosing unhealthy foods. The Omada Health Program is a free online program that helps you choose healthy foods and drinks. Find out more about the program by visiting <https://go.omadahealth.com/alaska>.

FREE ONLINE PROGRAM

TAKING YOUR HEALTH INTO YOUR OWN HANDS

STATE OF ALASKA
ALASKA DIVISION OF PUBLIC HEALTH
ALASKA DEPARTMENT OF HEALTH AND SOCIAL SERVICES



Mary Schneider, BS, REHS

Diabetes Prevention and Control Program Manager

Alaska Department of Health and Social Services

Division of Public Health, Section of Chronic Disease Prevention & Health Promotion

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