



NORTHERN MICHIGAN DIABETES INITIATIVE

Stakeholder Report 2015 | 2016



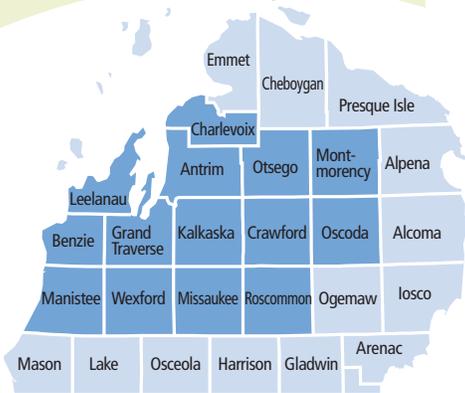
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The Northern Michigan Diabetes Initiative is a regional collaboration dedicated to prevention, early detection, and management of diabetes.



Our Mission

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National Spotlight: Medicare and the Diabetes Prevention Program

During the past few years, NMDI has worked on building capacity in the region for the Diabetes Prevention Program. Only Priority Health commercial insurance in Michigan reimburses program suppliers for the program. Cost and recruitment remain two common hurdles in the NMDI region for launching a group. A year-long program requires dedicated staff time along with the cost of curriculum and supplies. This has left program suppliers uncertain how to deliver and sustain the program without passing the large expense on to participants. Some organizations have chosen to charge a fee of \$50 per participant and seek grant funding to cover staff costs, while others use an income-based sliding scale to determine program charges.

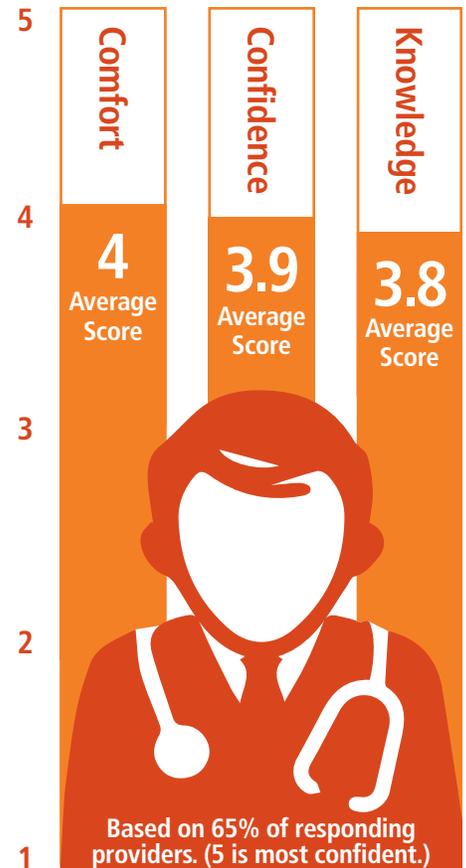
In 2018, Medicare will begin reimbursing providers for member participation in the Diabetes Prevention Program. Such reimbursement is the first federally funded health plan to cover the program. The reimbursement model is heavily focused on outcomes, reimbursing more for member's goal achievements and maintenance.

We hope this reimbursement opportunity through Medicare will encourage other insurance providers to begin covering the program. NMDI will continue to support Diabetes Prevention Program provider's efforts to build sustainability through reimbursement, training, and marketing. If your organization is uncertain how to tackle reimbursement or requires marketing assistance, please contact Amanda Woods at awoods@mhc.net or 231-935-9227.

Primary Care Physician Survey on Diabetes or related Patient Care

NMDI recently worked with Munson Medical Center's Physician Services to learn how area primary care providers manage diabetes care for their patients. Primary care physicians were surveyed regarding their level of knowledge about diabetes care management and their comfort level in having discussions with patients about managing diabetes. Physicians were asked if their patients were struggling to manage their diabetes, and were encouraged to report any other care issues their patients experience in relation to diabetes care management.

Providers were asked on a scale of 1 to 5, how comfortable, confident and knowledgeable they were related to diabetes care management. Each question averaged around a four. The overwhelming number of physicians surveyed reported they are struggling with patient compliance in three specific areas: diet and nutrition, behavior and lifestyle change, and medication adherence. NMDI will be working on an educational seminar to address these issues in 2016-2017.



Top 3 Challenges with Patient Compliance



Diet/nutrition



Lifestyle change



Medication adherence



Follow NMDI on Facebook at Northern Michigan Diabetes Initiative for the latest news and updates on diabetes care in northern Michigan.

A Message from the Medical Director:

Northern Michigan community partners,

For the first time since the 1990's, there has been a drop in average American life expectancy.

The last time there was a decrease was during the AIDS epidemic in 1993.

Causes for the drop? **Obesity, heart disease, stroke, cancer, and diabetes.**

Although this is not "new news," the question remains: despite millions of dollars of research, education, and pharmaceuticals... why isn't anything changing?

We have not "cured" health equality. Racial and ethnic minority populations receive differential treatment, and minority groups experience higher rates of poorer outcomes related to Type 2 diabetes, cancer, asthma and other chronic disease. These same groups experience higher rates of poverty, poor housing conditions, decreased access to health care, educational opportunities, food insecurity, and racial discrimination. These life experiences influence a patient's ability to make good decisions and cope with daily stressors, which further affects health management.

What can we do as part of the Northern Michigan Diabetes Initiative? We are challenging providers to tackle patient compliance with different tools. Rather than blaming the patient for diet or medication adherence, investigate the reasons behind their actions. Do you have to choose between paying for medications and paying for rent? Not coming to appointments because gas prices are too high? Relying on food pantries, with no pots or pans in the kitchen?

Sometimes the best medical care does not involve writing a prescription or ordering a test...but by taking time to understand the world in which the patient is living, and changing one's instructions to reflect that.

Sincerely,

Jill E. Vollbrecht, M.D.
NMDI Medical Director

NMDI Awarded Grant to Increase Diabetes Prevention Program and Pre-Diabetes Awareness

NMDI was awarded a grant from the Michigan Department of Health & Human Services in March 2016 to expand the Diabetes Prevention Program capacity and awareness in our region. As a result, NMDI was able to host a Lifestyle Coach Training, add three Diabetes Prevention Program groups, or cohorts, to the community, and secure high-profile television commercials with northern Michigan's leading news organizations.

Lifestyle Coach Training was held in Traverse City and brought 12 more coaches into our communities from eight organizations. The training was conducted by Michigan State University Extension. If you are interested in being trained in the Diabetes Prevention Program, contact Amanda Woods at awoods@mhc.net or **231-935-9227**.

The grant also allowed NMDI to offer at least three Diabetes Prevention Program cohorts to the community. The last cohort was started in September 2016. To date, 42 participants have enrolled into the program through this grant. Munson Medical Center Diabetes Education has had more than 67 people enroll in the program since March 2015. Once all cohorts have completed the year-long course, we will report to MDHHS on average percent weight loss, average physical activity minutes, and average attendance.

During Diabetes Awareness Month in November, NMDI secured special commercial spots on 7&4 and 9&10 news to promote pre-diabetes awareness and Type 2 diabetes prevention. We hope you caught a glimpse of NMDI on TV!

NMDI Collects Candy for Troops Overseas

NMDI paired up again in 2015 with Munson Medical Center's Employee Health and American Legion Auxiliary Units 219 from Fife Lake and Unit 35 from Traverse City to collect and donate leftover candy to troops serving overseas and to our local veterans. NMDI collected more than 400 pounds of candy in a two-day period. If you want to start a candy donation program in your office, contact Amanda Woods at awoods@mhc.net or **231-935-9227** to take the next steps.



Jay Hewitt, Triathlete with Type 1 Diabetes, Joins NMDI for One Walk

Motivational speaker Jay Hewitt was diagnosed with Type 1 diabetes while studying law at the University of South Carolina in 1991. Determined not to let diabetes hold him back, Jay became an elite Ironman® triathlete and three-time member of the US National

"If you have time to check a text message, you have time to check a blood sugar."

- Jay Hewitt

Team for Long Distance Triathlon. He is the only athlete with Type 1 diabetes to qualify for the US National Triathlon Team. This year, he decided to participate in the Traverse City Juvenile Diabetes Research Foundation One Walk in September.

Jill Vollbrecht, MD, had an opportunity to talk with this Ironman and he told her, "If you have time to check a text message, you have time to check a blood sugar." Watch the interview on NMDI's Facebook page.

The Northern Michigan Diabetes Initiative (NMDI) began in 2006 as a collaborative effort between Munson Healthcare, Priority Health, and stakeholders from the identified Munson Healthcare service area that now includes fourteen counties. Each year we work on different activities that support our mission/vision statement.

Northern Michigan Diabetes Initiative Sponsors

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Munson Healthcare Grayling Hospital
Munson Healthcare Foundations
Munson Medical Center
Otsego Memorial Hospital - Gaylord
Paul Oliver Memorial Hospital - Frankfort
Priority Health
West Shore Medical Center - Manistee

Northern Michigan Diabetes Initiative Partners

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Area Physicians and Healthcare Providers
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Benzie/Leelanau County Health Department
District Health Department #10
Grand Traverse County Health Department
Health Department of Northwest Michigan
JDRF Michigan Great Lakes West Chapter
Michigan State University Extension
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Sign up for the NMDI quarterly e-Blast.
Contact Amanda Woods at awoods@mhc.net