



NORTHERN MICHIGAN DIABETES INITIATIVE

Stakeholder Report 2017 | 2018



nmdi.org

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

A Message from the Medical Director:

Many traditional interventions for managing diabetes focus on exercise and medication, while relying on a patient's engagement. The patients who can't follow through with those recommendations can be the most challenging for a provider to treat. Chances are, there is more to the story.

- If a patient is chronically late or canceling appointments, have you tried to learn why?
- Is the bus making them late?
- Are they a caregiver to another family member?
- Do they work a job with strict time off policies allowing little to no time for appointments during the traditional business hours?
- If nutrition is a concern, is the food you are prescribing available close to home? At a food pantry? Can they store it safely at a shelter?
- Is the cost of medications, supplies, or gas preventing the patient from using or obtaining them?

These influencing factors, among others, are called the social determinants of health, and are increasingly being recognized as a crucial part of overall health care management. It takes a village. In our region, we are developing a tremendous resource to help patients resolve some of these influencing factors that get in the way of being healthy. You can refer patients who may be struggling to the Community Connections program. This group of invested partners will work with the patient to identify resources through phone calls or home visits to ensure needs are being met and secured.

If the patient is referred by their health care provider, a feedback loop is created with the referring provider. Learn more at nwhealth.org/ccchap.html.

Sincerely,



Jill Vollbrecht, MD
Medical Director
Northern Michigan Diabetes Initiative

2017 Regional Survey Results

As part of our goal to improve care for people with diabetes as well as promote its prevention, NMDI conducts a regional survey every five years to help determine the prevalence of diabetes and its risk factors within our communities. Our most recent 2017 survey sample includes 1,000 adult respondents ages 18 years and older, spanning the 14 counties we serve. Among the many valuable insights included in this 34-page report, we share the key highlights here:

- The survey suggests a regional diabetes rate of 16.4 percent. This rate is higher than both the estimated state and nationwide diabetes prevalence of 11.2 percent and 9.3 percent, respectively.
- An additional 15.3 percent of adults surveyed reported either a prediabetes diagnosis or one of the other five terms/conditions: impaired fasting glucose, impaired glucose tolerance, borderline diabetes, high blood sugar and high risk for diabetes. This rate was higher than the nationwide rate of 11.6 percent.
- 28.6 percent of respondents who reported having no diabetes or prediabetes diagnoses fell within the American Diabetes Association's (ADA) defined list of risk factors that can increase their risk for developing type 2 diabetes, including age, weight, family history, and activity levels.
- Nearly 72 percent of respondents diagnosed with diabetes reported that they had received diabetes education. This compares agreeably with the statewide rate of 60 percent.
- While just 50.8 percent of the respondents with diabetes indicated receiving three key preventive care services as defined by the ADA, including monitoring hemoglobin A1c twice per year, an annual dilated eye exam, and an annual foot exam. This figure jumped to 74 percent among those who reported having received diabetes education.
- In attempt to measure the effectiveness of various media outlets, respondents were also asked where they typically received their health information. The most commonly identified resource was a health care provider (56.5 percent), followed by the internet (40.7 percent), and TV news and family members each at 18.6 percent.

Overall, the report shows a general increase in both diabetes and prediabetes diagnoses compared to our 2012 survey and highlights a continued epidemic throughout our region. However, the 2017 research used a slightly adjusted survey instrument and updated sampling methodology, which we plan to use as the baseline for future surveys.

Development of the most recent 2017 report was made possible in part by the technical assistance and support of the Chronic Disease Epidemiology Section and Diabetes Prevention and Control Program, the Michigan Department of Health and Human Services, and Hembroff Survey Research. CS Research & Consulting, LLC was also contracted to collect sample data and prepare a final report.

16.4%
Prevalence
of Diabetes

15.3%
of Adults with
Prediabetes
Diagnosis

28.6%
with ADA's
Risk Factors

72%
Received Diabetes
Education

The Candy Takeback Expands

As part of a program to encourage healthy habits, including moderation, NMDI has partnered with Munson Healthcare since 2013 to collect excess Halloween candy. The candy is then sorted into two piles, and all non-melting candy is sent overseas for deployed troops to enjoy. The remaining chocolate candy is routed to local veteran's groups, where some is frozen and later used in baked goods for veteran fundraising events, while other chocolate treats make their way into holiday stockings for veterans.

2018 marked the fifth consecutive year of this sweet arrangement, with approximately 766 pounds of candy collected in total, nearly tripling since the year prior. The Candy Takeback program now spans three counties,

including Grand Traverse, Manistee, and Wexford, and includes two new sites: the K-Town Youth Health Center in Kingsley, and TBA-ISD in Traverse City.

Approximately 300 pounds of candy were collected at the two Cadillac locations, where a two month youth membership to the Cadillac Area YMCA was raffled.

Manistee Hospital collected nearly 115 pounds of candy from its three locations, and Munson Medical Center's two drop-off locations collected an additional 351 pounds. We provided handouts filled with ideas for households interested in giving their trick-or-treaters some healthier alternatives, including non-food items.

Inspired to launch a Candy Takeback in your community? Contact Munson Healthcare Community Health at **231-935-9255**.



Dan Smith, Executive Director at Cadillac Area YMCA and Sherry McKissen with American Legion Auxiliary Unit 94.



Shaping Sustainable Impacts

Inspiring social change is a considerable task, especially as unexpected challenges come about. Working together with other community advocates is a beneficial way to tackle these and other obstacles.

Recently, members from NMDI Steering, including NMDI Coordinator Amanda Woods, Munson Healthcare Grayling Hospital Community Outreach Coordinator Cheryl Melroy, and Darcia Brewer, Nutrition and Healthy Aging Program Coordinator at The Area Agency on Aging of Northwest Michigan, teamed up with NorthSky Nonprofit Network Consultant Pam Evans to participate in a systematic professional development concept called Systems Practice.

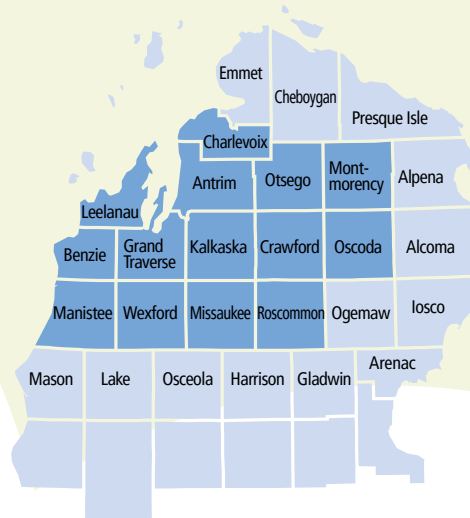
Developed by The Omidyar Group and + Acumen, Systems Practice is designed to help social-sector professionals better understand the complex environments they work in and encourages them to focus on simple actions, as well as how to adapt their thinking over time as new change occurs.

The collaborators presented their discoveries both to the entire NMDI Steering and at an interactive showcase presented by NorthSky. Using their newfound insights, the group will identify one or two key takeaways and adopt them as focus points in 2019.

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Our Mission

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



"This exciting collaboration gave members of the NMDI Steering Committee a new perspective on helping address diabetes prevention and management within our community. We look forward to incorporating key takeaways into our 2019 plan."

- Amanda Woods, NMDI Coordinator



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

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.

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