

# Diabetes Management Resources for American Indians and Alaska Native Veterans

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# Diabetes by the Numbers

- There are an estimated 25.8 million Americans with diabetes, with numbers rising in tandem with obesity
- Diabetes accounts for 1 in 5 hospital admissions
- Type 2 diabetes is on the rise in children



## Most alarming:

There are 72 million people in the US with pre-diabetes now.

Within 5-10 yrs, 30-60% of these people progress to full-blown diabetes.

Like a tsunami, this will overwhelm medical resources unless prevention efforts are increased.

# Diabetes in the VA System

- Approximately 8.3 million veterans receive healthcare from VA
- About 24% of these veterans are living with diabetes
- Agent Orange exposure makes diabetes a service-connected condition

# Diabetes and American Indians / Alaska Natives (AI/AN)

At nearly 16.1 percent, AI and AN people have the highest age-adjusted prevalence of diabetes among all U.S. racial and ethnic groups.

- Diabetes rates vary among Alaska Natives (5.5 %) to American Indians in southern Arizona (33.5 %).

# Indian Country Rates Nationally

[www.ihs.gov/disparities.asp](http://www.ihs.gov/disparities.asp)

- 72 % higher suicide rate
- 92 % higher homicide rate
- 149 % higher unintentional injury rate  
(includes motor vehicle crashes)
- **195 % higher diabetes rate**
- 500 % higher tuberculosis rate
- 519 % higher alcoholism rate

# More Health Disparities

[www.uihi.org](http://www.uihi.org)

## Urban Indian Rates Nationally

- 38% higher accident mortality
- 54% higher diabetes mortality
- 126% higher chronic liver disease mortality
- 178% higher alcohol-related mortality
- Urban Indian youth are nearly 5 times more likely to attempt suicide requiring hospitalization than all other urban youth combined

# Diabetes Management Resources for Providers and Veterans

- Outside VA
- Within VA

# Indian Health Service-Division of Diabetes Treatment and Prevention

<http://www.ihs.gov/MedicalPrograms/diabetes>

LEARN (Linked Education and Resource Network) offers resources for specific diabetes topics

- Clinical standards of care
- Best practices
- Podcasts, videos and downloads
- Training: CME/CE
- Patient education materials

# MY NATIVE PLATE

## An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

### Remember these 3 steps:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
  - 1/4 plate is fruits
  - 1/4 plate is vegetables
  - 1/4 plate is grains or starch
  - 1/4 plate is meat, fish or poultry
3. Stack food no higher than 1-1 and a half inches.

### Pictured Here

- Canned peaches, no syrup
- Baked squash and peppers
- Steamed white and brown rice
- Baked deer meat with garlic
- Low-fat, nonfat, lactose-free or soy milk

### Printed Placemats

Large, full-color, printed placemats will be available by fall 2012 at [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov), click on "Online Catalog." There is no charge for placemats or shipping.

Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



Fruits



Dairy

Grains/  
Starch

Vegetables



Protein

### Remember:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
3. Stack food no higher than 1-1 and a half inches.



= 9" diameter



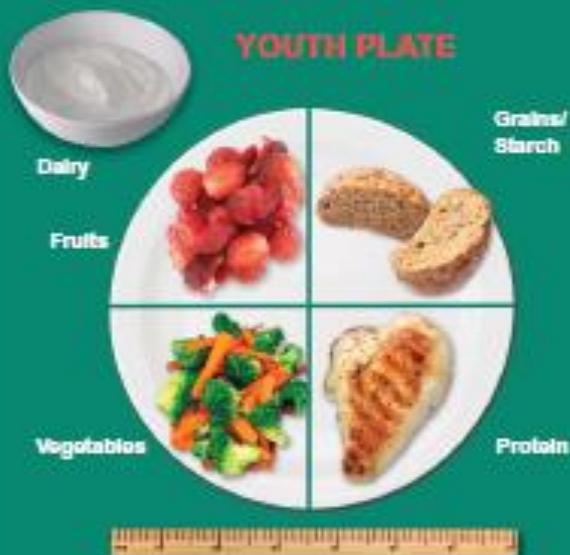
# More My Native Plates for Your Family

## Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

## Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt



Use a 7-inch plate for youth.

## BREAKFAST



## Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

## Pictured Here

- Medium-sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

## Lunch Tips

- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

## Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea



## DINNER



## Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

## Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water



# American Diabetes Association Native American Programs

[www.diabetes.org/in-my-community/programs/](http://www.diabetes.org/in-my-community/programs/)

## Awakening the Spirit

Develops and disseminates educational materials and participates in advocacy activities to spread the word about diabetes in the Native community.

- Check out the recipe booklet of easy, tasty and healthy meals



# National Diabetes Education Program

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=193>

**Living a Balanced Life with Diabetes:** A Toolkit  
Addressing Psychosocial Issues for American  
Indian and Alaska Native Peoples

Helpful info for dealing with denial, anger,  
depression, stress, tobacco and alcohol users

# Centers for Disease Control and Prevention

[www.cdc.org](http://www.cdc.org)

- Info about the Diabetes Prevention Program and association with YMCA (30 states)
- Native Diabetes Wellness Program which has a wealth of educational materials such as:
  - Talking Circles
  - Diabetes Curriculum for Tribal Schools K-12

# More non-VA Resources

- [Association of American Indian Physicians](#)
- [United National Indian Tribal Youth \(UNITY\)](#)
- [National Congress of American Indians](#)
- [www.nihb.org/sdpi](http://www.nihb.org/sdpi) : Special Diabetes Program for Indians

# VA/DOD Clinical Guidelines: Management of Diabetes in Primary Care

[www.healthquality.va.gov/Diabetes Mellitus.asp](http://www.healthquality.va.gov/Diabetes_Mellitus.asp)

- Provides evidence based recommendations for diabetes management for providers throughout the DoD and VA Health Care systems.
- Formatted in algorithms dealing with prevention, medications, self-management education, etc.
- LOTS of great patient education materials

# VHA National Center for Health Promotion and Disease Prevention

[www.prevention.va.gov](http://www.prevention.va.gov)

- Monthly prevention topics aligned with “9 Healthy Living Messages”
- Includes links to other VA program offices and programs (see next slides)

# VA Resource: MOVE PROGRAM

[www.move.va.gov](http://www.move.va.gov)

Group or telephone support for weight loss, weight management, and exercise

Every VAMC is mandated to offer a version of the MOVE program (since 2005)

San Diego VAMC has a group specifically for veterans with diabetes

Bariatric surgery is performed at various VA Medical Centers

# My HealthVet

[www.myhealth.va.gov/index.html](http://www.myhealth.va.gov/index.html)

- VA's online personal health record that gets veterans involved in their health care
  - See lab results
  - Reorder prescriptions
  - Check appointments
  - Read progress notes
  - Send on-line messages to providers

# VA Pilot Program for Diabetes Prevention

- Based on Diabetes Prevention Program that showed modest weight loss and regular activity reduced risk of progression from pre-diabetes to diabetes by 58%
- VA Medical Centers in Minneapolis, Baltimore, Greater LA, and Ann Arbor will pilot a veterans' version
- Results will be used to further tailor the program for all VAMC's

# VA Resource: Home Telehealth

In-home monitoring unit that plugs into a landline phone.

Patient enters results for such things as blood pressure, weight, blood sugars.

Nurse Case Manager monitors progress & communicates with the patient and Primary Care Provider

## VA Resource: Telemedicine

- Clinical Video Telehealth (CVT) allows long distance appointments between veterans and specialists without the travel
  - May not be available at every center yet
- Veteran goes to his/her VA Community Based Outpatient Clinic and interacts with the specialist at their VA medical center
- Diabetes providers and educators at San Diego VA have these appointments

# VA Resource: Televideo Consults

- Another growing technology - allows PCPs to consult directly with specialists
- PCPs connect from CBOCs, saving time and travel
- Usually includes a brief teaching segment for PCPs on specialty topics
- San Diego VAMC has this for diabetes management

Your VA Healthcare System can help with diabetes management.

Contact your local VA Medical Center and ask to speak with the diabetes educator who can answer questions or direct inquiries to appropriate staff.

With 152 Medical Centers and over 800 community clinics, VA is sure to be within reach!

# Questions?

Also see printed list of websites mentioned in the presentation.