Diabetes Management Resources for American Indians and Alaska Native Veterans

Kathleen O’Hanlon, MSN VA San Diego
Dan Calac, M.D. California Area IHS

Western Region Veterans Benefit Summit
April 2013
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
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 %).

CDC data 2011
Indian Country Rates Nationally
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

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 soya milk

Printed Placemats:
Large, full-color, printed placemats will be available by fall 2012 at [www.diabetes.hhs.gov](http://www.diabetes.hhs.gov). Click on “Online Catalog.” There is no charge for placemats or shipping.

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

Dairy

Grains/Starch

Protein

Fruits

Vegetables

= 9” diameter
American Diabetes Association
Native American 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

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

• 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 : Special Diabetes Program for Indians
VA/DOD Clinical Guidelines: Management of Diabetes in Primary Care

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

• 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

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 HealtheVet

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
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.