TDC Recognizes Four HMOs for HEDIS® Measures Related to Comprehensive Diabetes Care

Each year, the Texas Diabetes Council (TDC) recognizes Texas HMOs that exceed or are equivalent to the state average for the Healthcare Effectiveness Data and Information Set (HEDIS®) performance measures relating to comprehensive diabetes care. According to The Guide to Texas HMO Quality: 2015 (PDF), four HMOs in seven markets met the criteria for recognition (Figure 1).

Recognition criteria were established for standardization across HMO types and consist of two categories: non-commercial and commercial, which are based on the percentage of the plan’s members enrolled in the HMO by product line. Non-commercial is defined as an organization serving primarily Medicare and/or Medicaid patients (can include commercial group health insurance). Commercial is defined as an organization serving populations using commercial group health insurance (not Medicare or Medicaid patients). Organizations were recognized for exceeding the state average in measures related to diabetes (A1c and blood pressure control).

The following programs received recognition for exceeding state averages:

- Community First Health Plans (San Antonio market) non-commercial category
  - Exceeded the national average in the A1c levels and blood pressure control measures
- FirstCare (Abilene and Waco markets) non-commercial category
  - Exceeded the national average in the A1c levels and blood pressure control measures in both markets
- Humana Health Plans of Texas (Austin, Houston, and San Antonio markets) non-commercial category
  - Exceeded the national average in the A1c levels and blood pressure control measures in all markets and the A1c testing measure in the Austin market
- Scott and White Health Plan (Central Texas market) commercial category
  - Exceeded the national average in four HEDIS measures for diabetes care

HEDIS consists of standardized performance measures designed for comparing the quality of care in managed care organizations. Basic service HMOs with 5,000 or more members are required under Texas law to report HEDIS measures annually to the Texas Health Care Information Collection at the Texas Department of State Health Services.

_The Guide to Texas HMO Quality: 2015 (PDF)_ reflects the experience of Texans in HMOs during 2014. The Texas Office of Public Insurance publishes the guide to assist employers and consumers in selecting HMO coverage.

**Figure 1: Comprehensive Diabetes Care: HEDIS® Measures for Texas and U.S., 2015**

<table>
<thead>
<tr>
<th>The percentage of members 18–75 years of age with type 1 or type 2 diabetes who:</th>
<th>Texas Average 2015</th>
<th>National Average 2015*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had one or more HbA1c tests conducted within the past year</td>
<td>90.1%</td>
<td>90.5%</td>
</tr>
<tr>
<td>Had their most recent HbA1c level greater than 9.0 percent during the past year**</td>
<td>45.4%</td>
<td>31.2%</td>
</tr>
<tr>
<td>Had their most recent HbA1c level less than 8.0 percent during the past year</td>
<td>44.1%</td>
<td>57.5%</td>
</tr>
<tr>
<td>Had their most recent HbA1c level less than 7.0 percent during the past year</td>
<td>28.6%</td>
<td>39.0%</td>
</tr>
<tr>
<td>Had their most recent blood pressure reading at less than 140 mm Hg systolic and 80 mm Hg diastolic during the past year</td>
<td>42.8%</td>
<td>64.6%</td>
</tr>
</tbody>
</table>

*National averages are presented as goals for the state.
**See TDC A1c target recommendations at [http://www.tdctoolkit.org](http://www.tdctoolkit.org). While higher percentages for other diabetes performance measures indicate improved performance, a lower percentage for this measure is favorable.
Antonio Ramos, a Health Educator for Community First Health Plans, accepts an HMO Recognition Award from TDC Chair, Kathy LaCivita, MD, at the TDC quarterly meeting on January 26, 2017.

Robin Fletcher, RN, MPH, Clinical QI Analyst for FirstCare, accepts HMO Recognition Awards.

Cathy Becvar, LVN for Humana, accepts HMO Recognition Awards.
Emran Rouf, MD, VP Medical Director for Scott & White Health Plan, accepts Special Recognition for exceeding the national average in four HEDIS measures for diabetes care.

Diabetes Alert Day is March 28

American Diabetes Association Alert Day® is a day to sound the alarm about the prevalence of type 2 diabetes in American adults by asking America to take the American Diabetes Association Type 2 Diabetes Risk Test. The free, anonymous risk test is available online or via a one-sided handout, and only takes a minute to complete. With questions such as "Do you have a family history of diabetes" and "Are you physically active," participants can learn if they’re at risk for type 2 diabetes in 60 seconds.

Take a Diabetes Risk Test to find out if you are at risk for type 2 diabetes:

- American Diabetes Association (ADA) Diabetes Risk Test
- National Diabetes Education Program (NDEP) Diabetes Risk Test
- DoIHavePrediabetes.org

Visit the pages below to find other type 2 diabetes prevention resources that you can use in your outreach efforts.

- http://www.diabetes.org/are-you-at-risk/alert-day
- http://www.tdctoolkit.org
- http://preventtype2.org
Real Appeal is Helping Texas Health and Human Services Employees Lose Weight

More than 6,000 Health and Human Services employees have enrolled in Real Appeal, a free online weight loss program offered to qualified HealthSelect of Texas participants and dependents.

HealthSelect is the state’s self-funded insurance plan and managed by the Employees Retirement System of Texas. Across the state, 17,607 state employees have lost a total of 77,414 pounds since enrolling in Real Appeal on April 1.

“The program has made entire families healthier,” said Texas Department of State Health Services Wellness Coordinator Melanie Blanchette. “Participating families are making healthier food choices, increasing their amount of exercise and maintaining their weight.”

Employees participating in the program must have a body mass index of 23 or higher and get 24/7 support including coaching sessions. Real Appeal outfits people with a food scale, blender, resistance band and pedometer as well as cooking tools, step-by-step guides and exercise DVDs, all at no cost.

Weekly group coaching sessions show how to use weight and food tracker apps, and support groups allow participants to share their successes and struggles. Text and email reminders also keep participants engaged.

“Real Appeal’s messages remind participants that it’s time to focus on themselves and their health,” said Renatta Kost, Texas Department of Family and Protective Services wellness coordinator.

Karlah Heath, a Texas Health and Human Services Commission caseworker, credits some of her healthy eating and exercise changes to Real Appeal’s accountability system. In six months of following the program, she lost 71 pounds.

“Now I eat better, I feel better and I’m a lot more energetic,” Heath said. “I want to get up and go, instead of just sitting around.”

She also said she enjoys playing outside with her 12-year-old daughter who is also more active as a result.

Real Appeal's goal is to reduce participants' risk of chronic health conditions. Rates of chronic diseases such as diabetes, heart disease, stroke and some types of cancer decrease when a person is at a healthy weight.

“Our workforce is our greatest resource and providing a weight loss program for our employees adds value to our workplace," said Theresa McShan, HHSC wellness coordinator. "A healthy workforce is productive and happy. Real Appeal is a win-win for both employees and the state."
Real Appeal’s Eligibility Determined by BMI

Body mass index is a screening tool that uses a person's height and weight to estimate how much body fat they have. It determines if a person is underweight, overweight, obese or a healthy weight for their height. To participate in Real Appeal, you must have a BMI of 23 or higher. This means that a person who is 5’ 9” must weigh more than 155 pounds, although your BMI can fall into normal, overweight, or obese ranges.

To calculate your BMI, see the Adult BMI Calculator or determine BMI by finding your height and weight in this BMI Index Chart. Here’s a breakdown of the results:

- If your BMI is less than 18.5, it falls within the underweight range.
- If your BMI is 18.5 to 24.9, it falls within normal range.
- If your BMI is 25 to 29.9, it falls within the overweight range.
- If your BMI is 30 or higher, it falls within the obese range.

The Real Appeal website says a weight loss of even five percent has a significant positive impact on an overweight or obese person's health.

5th Annual Texas AADE Conference

The 5th Annual Texas AADE Conference will be held in Round Rock, Texas on March 31-April 1, 2017 at the Marriott North Austin. Education topics this year include:

- Updates on technology and medications
- Health strategies for hormones, lipids, exercise, and prediabetes
- Expert panel on weight management
- Featured topics
  - Diabetes disasters
  - Lasting changes for better health

Learn more and register at www.myaadennetwork.org.
Type 2 diabetes mellitus (T2DM) is an expanding global health problem, closely linked to the epidemic of obesity. Environmental factors, such as obesity, unhealthy diet, and physical inactivity as well as genetic factors all contribute to the impact of the disease. T2DM complications may be disabling or even life-threatening including: cardiovascular disease; nerve damage (neuropathy); kidney damage (nephropathy); and eye damage (retinopathy).

Please join internationally recognized T2DM researcher, Ralph A, DeFronzo, Professor of Medicine and Chief of the Diabetes Division at the University of Texas Health Science Center; Deputy Director of the Texas Diabetes Institute for a discussion of the complexity T2DM including the incidence, symptoms, risk factors, causes, and a special focus on current research into the causes and treatment.

Click here to register to attend the Type 2 Diabetes Research in person or via webinar.

Mobile Mercado Provides Healthy Options for Texans

The Mobile Mercado is a multi-purpose truck that serves as a classroom, kitchen and store and travels to San Antonio and 16 surrounding counties with the goal of increasing access to healthy foods. Operated by the San Antonio Food Bank, the Mobile Mercado brings fresh groceries to people who may have limited access in their own communities. A chef or nutritionist travels with the truck to provide education on healthy eating and demonstrate recipes.

The food bank partners with SNAP-Ed, a federal program that teaches people who use or are eligible for SNAP about being healthy and good nutrition, and allows participants to use their benefits to purchase food from the Mobile Mercado. The program also supports nutritional education by the food bank.
“We’re continuing our efforts to be innovative in how we promote access to programs and services,” said Gary Jessee, deputy executive commissioner for Medical and Social Services. “We’re about getting people services and options they need wherever they are. And if they can’t get to us, we’re going to come to them.”

Visit the Texas SNAP-Ed website, goodfoodgoodmove.org, to learn more about planning meals, eating healthy, and staying physically active.

**Diabetes TV: Your Health with Joan Lunden and CDC**

The Centers for Disease Control and Prevention (CDC) and CBS Television Stations have joined forces in a TV and digital mini-series to provide crucial information about diabetes. Host Joan Lunden and CDC’s Dr. Ann Albright share insights on prediabetes, risk factors, managing diabetes, preventing or delaying type 2 diabetes, and more. View all 19 videos at www.cdc.gov/diabetesTV.

More information about diabetes prevention and management can be found at PreventType2.org.

**Community-Clinical Linkages for the Prevention and Control of Chronic Diseases: A Practitioner's Guide**

The Centers for Disease Control and Prevention (CDC) published the Community-Clinical Linkages for the Prevention and Control of Chronic Diseases: A Practitioner’s Guide (PDF). Community-clinical linkages are defined as connections between community and clinical sectors to improve population health. This document guides public health practitioners on key strategies to implement community-clinical linkages that focus on adults 18 years or older. In addition, this guide presents resources for public health practitioners to use when implementing the strategy and examples of community-clinical linkages. Public health practitioners can use these examples as models for community-clinical linkages in their areas.

The Guide is framed by the following seven strategies:
- Learn about community and clinical sectors
- Identify and engage key stakeholders from community and clinical sectors
- Negotiate and agree on goals and objectives of the linkage
- Know which operational structure to implement
- Aim to coordinate and manage the linkage
- Grow the linkage with sustainability in mind
- Evaluate the linkage
YMCA Diabetes Prevention Program

The purpose of the YMCA Diabetes Prevention Program is to prevent or delay the onset of diabetes through educational classes focusing on maintaining a healthy, sustainable lifestyle. Anyone who has been diagnosed with pre-diabetes and is overweight (BMI ≥25) is eligible. The program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program (NDPP) and is nationally supported by the Diabetes Prevention and Control Alliance.

The program provides a supportive environment where participants work together in small groups to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance.

Find out more about the YMCA Diabetes Prevention Program from your local YMCA or online at www.ymcapkc.org/programs-classes/healthy-lifestyles/diabetesprevention

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