

# TEXAS DIABETES

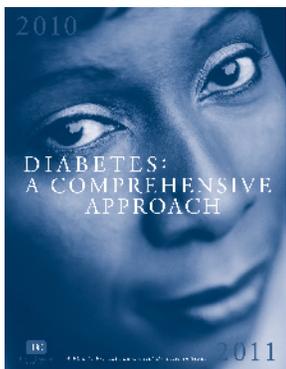
The Newsletter of the Texas Diabetes Council



## Texas Legislature Expands State Resources for Community-based Diabetes Outreach

### “PRIORITY: Increasing Public Awareness, Promoting Community Outreach and Diabetes Education”

A priority of the TDC’s strategic plan for 2010-11 is increasing public awareness of diabetes, promoting community outreach and education.



With new appropriations from the 81st Legislature, the TDC and partner organizations are taking the next step in implementing the TDC’s plan through training and support of four

centers for the development of community-based diabetes education programs.

During both the 80th and 81st legislative sessions, the TDC worked with the University of Texas Medical Branch (UTMB) at Galveston and projects of its Stark Diabetes Center to propose four regional centers located in Webb, Cameron, Nueces and Galveston counties. Stark will provide these communities with needed staff support and programmatic expertise to prevent and control diabetes at the community level over the next biennium.

Proyecto Juan Diego in Brownsville is an initiative already underway with support of the Diabetes Program at the Texas Department of State Health Services and *Frontera de Salud*, a UTMB service organization staffed by medical, nursing and allied health students committed to bringing primary health care to the underserved. Community health workers, or *promotores(as)*, trained by Proyecto Juan Diego provide diabetes education and support to residents of Cameron Park, a colonia north of Brownsville, while assessing local diabetes prevalence and access to medical care through resident surveys. Students active in *Frontera de Salud* live in the community during month-long elective rotations and provide technical assistance and support to *promotores(as)* and the residents they serve.

“Expansion and evaluation of Stark’s outreach efforts will serve to strengthen capacity for professional and patient education in underserved areas of Texas,” said Victor Gonzalez, MD, TDC Chair. “Our partnership with Stark will assure coordination with other state-funded community organizations to promote training and use of community health workers and development of quality diabetes self-management education programs.”

#### ***A brief timeline of state community-based diabetes programs:***

**1990:** The Texas Department of Health and the Centers for Disease Control and Prevention (CDC) Division of Diabetes Translation establish the first Diabetes Complication Intervention Grant Sites through community-based organizations and health centers. Projects target Texans newly diagnosed with type 2 diabetes.

SUMMER 2009

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TEXAS DIABETES  
COUNCIL

## Texas Legislature *continued*

**1993:** State appropriations to the Texas Diabetes Council expand the number of state community-based diabetes programs.

**1998:** Additional federal (CDC) funds allocated to Texas for community-based education and outreach to those at risk for diabetes.

**2009:** State appropriations provided for Texas Diabetes Council's Stark model of community-based diabetes prevention and control.

### Diabetes-related Bills Passed During 81st Legislature

The last issue of Texas Diabetes highlighted a number of bills filed during the 81st Legislature which affect persons with diabetes. The following become effective on the dates indicated below:

- **HB 1487** relating to the alignment of certain Medicaid procedures regarding written orders for diabetic equipment and supplies with comparable Medicare written order procedures – Effective 9/1/09.
- **HB 2064** relating to premium discounts for certain participants in the Texas Health Insurance Risk Pool and to funding for those discounts through certain penalties – Effective 1/1/10.
- **HB 1990** relating to a diabetes self-management training pilot program under the state Medicaid program – Effective immediately, pending pilot development by Texas Medicaid.
- **HB 978** relating to the employment rights of certain individuals with disabilities – Effective 9/1/09.
- **HB 1363** relating to the diabetes mellitus registry pilot program – Effective 9/1/09. ■

## Back to School: Updated Guidelines

The TDC's *Guidelines for Training School Employees who are not Licensed Health-care Professionals to Implement House Bill 984* have been updated. Changes include 32 new test questions for unlicensed diabetes care assistants (UDCAs). Also, the recommendation for annual training updates has been revised to include options for how to go about conducting annual updates. A new skills checklist helps trainers assess specific training needs of already-trained UDCAs.

### New Training Resource:

**Diabetes Care at School: Bridging the Gap** is an online training resource for all school personnel, including school nurses. Both RNs and LVNs can receive continuing education (CE) credit after course completion. The product can be reviewed and ordered on the following website: [www.SalusEducation.com](http://www.SalusEducation.com).

Other training materials that are recommended for training staff to care for students with diabetes in schools include:

### Helping the Student with Diabetes Succeed: a Guide for School Personnel,

published by the National Diabetes Education Program. This manual can be accessed at <http://ndep.nih.gov/hcp-businesses-and-schools/Schools.aspx>.

### Diabetes Care Tasks at School: What Key Personnel Need to Know,

a PowerPoint program developed by the American Diabetes Association. The modules are available at [www.diabetes.org/schooltraining](http://www.diabetes.org/schooltraining).

### Helping Administer to the Needs of the Student with Diabetes in School (H.A.N.D.S.),

a live continuing education program developed by the National Association of School Nurses (NASN) specifically for school nurses. Contact NASN at [www.nasn.org](http://www.nasn.org).

The 2009 Guidelines can be accessed on the Texas Diabetes Council web site, [www.texasdiabetescouncil.org](http://www.texasdiabetescouncil.org). ■



Austin – Representatives of the UTMB Stark Diabetes Center and diabetes coalition members from Webb, Cameron, Nueces and Galveston counties joined TDC members at their quarterly meeting on August 6 for presentation of the TDC/Stark Diabetes Center model of community-based diabetes prevention and control.

# New State Laws and Initiatives Surrounding Chronic Kidney Disease Build Momentum for the Upcoming Biennium

## Chronic Kidney Disease Task Force

Last January, the Chronic Kidney Disease Task Force, created by legislation in 2007, released a report of its recommendations based on its charge to study the burden of chronic kidney disease in Texas, summarize findings and make recommendations to address the problem.

Copies of the task force's report can be downloaded at [www.savekidneys.com](http://www.savekidneys.com).

The work of the task force continues into 2011 with the recent passage of **HB 2055** requiring the task force to develop a plan for surveillance and data analysis to assess the impact of chronic kidney disease in Texas and continue development of a cost-effective plan for prevention, early screening, diagnosis and management of the disease.

State appropriations to the Texas Department of State Health Services (DSHS) direct the task force to work with Texas Tech University on a study that will:

- identify statistically significant subgroups who are at risk for kidney disease, and recent patterns of change within these subgroups;
- identify costs associated with kidney disease and its precursors, including projected costs over the next ten years; and
- develop public health policy hypotheses and conclusions.

- The state also allocated funds to DSHS to continue its End-Stage Renal Disease (ESRD) prevention campaign through the next biennium.

Other kidney-related legislation includes **HB 2330** which requires a laboratory that performs a serum creatinine test to also calculate and include in the reported results the person's estimated glomerular filtration rate (eGFR). Physicians requesting the serum creatinine test shall provide all relevant clinical information about the person necessary to calculate the person's eGFR.

## The Campaign for Kidney Health – TMF Health Quality Institute

Currently, 168 practices (348 physicians) in Texas are participating in the TMF Health Quality Institute's Campaign for Kidney Health, a quality improvement initiative for Medicare providers. These primary care practices, nephrologists and other specialty physicians engage in office process changes and continuing education to improve outcomes for persons who are at risk for kidney disease, have kidney disease or have ESRD.

Table 1 shows that more than half of Medicare ESRD patients are younger than 65. Table 2 illustrates the higher prevalence of ESRD among African-American and Hispanic Medicare beneficiaries.  
Data Source: TMF Health Quality Institute

**Table 1: Texas Medicare Beneficiaries with ESRD Age Distribution, 2008**

Age	Number with ESRD	% of Total Beneficiaries with ESRD
0-17	309	0.74%
18-35	2,760	6.65%
36-45	4,493	10.83%
46-55	8,358	20.14%
56-65	10,914	26.31%
66-75	8,790	21.19%
76-85	4,981	12.01%
> 85	885	2.13%
<b>All Ages</b>	<b>41,490</b>	

Studies show ethnic minority populations are more likely to develop kidney failure, particularly African Americans (four times more likely than Caucasians) and Hispanics (twice as likely). TMF assists practices with culturally appropriate communication tools to provide care that is sensitive to patients' health practices and beliefs.

Visit <http://kidneyhealth.tmf.org/> for more information about the Campaign for Kidney Health. ■

**Table 2: Texas Medicare Beneficiaries with ESRD during Calendar Year 2008**

	Medicare Beneficiaries with ESRD	Total Medicare Beneficiaries	Prevalence
Overall	41,490	2,955,805	1.40%
<b>By Gender</b>			
Male	22,251	1,336,558	1.66%
Female	19,239	1,619,247	1.19%
<b>By Race</b>			
Caucasian	21,528	2,372,279	0.91%
African American	11,749	316,446	3.71%
Asian/Pacific Islander	630	37,447	1.68%
North American Native	102	4,795	2.13%
<b>By Ethnicity*</b>			
Hispanic	15,861	536,139	2.96%
White, Non-Hispanic	11,915	2,013,591	0.59%
<b>By age</b>			
0-17	309	324	95.37%
18-35	2,760	51,597	5.35%
36-45	4,493	84,219	5.33%
46-55	8,358	162,647	5.14%
56-65	10,914	514,855	2.12%
66-75	8,790	1,206,392	0.73%
76-85	4,981	710,130	0.70%
> 85	885	225,641	0.39%

\*Hispanic ethnicity is identified through a process of surname matching.

## TDC and AACE to present “An Update in Managing Diabetes in Texas” in Tyler

The Texas Diabetes Council and the Texas Chapter of the American Association of Clinical Endocrinologists (AACE) have partnered to offer “An Update in Managing Diabetes in Texas” in Tyler on October 31. A link to the final agenda and registration information will be posted on the TDC web site when registration opens.

Since 2007, this program has been offered

in Amarillo, South Padre and Odessa. Topics to be addressed include:

- Introduction to Diabetes and Management with Oral Drugs
- Initiation and Use of Insulin in the Management of Diabetes
- Integrating Incretins and Pramlintide in the Treatment of Type 2 Diabetes
- Use of Non-Insulin Injectables and DPP4 Inhibitors in the Management of Diabetes
- Management of Non-Glycemic Risk Factors for Cardiovascular Disease in the Patient with Diabetes
- Diagnosis and Treatment of Diabetic Nephropathy and CKD

The program will begin at 7:00 a.m. on Saturday, October 31, 2009, at the Holiday Inn Tyler - South Broadway and conclude at 1:00 p.m. Continuing medical education hours are offered for physicians. Allied health professionals may also attend and receive a certificate of participation. Registration is \$25 and includes breakfast and a copy of the 5th Edition of the TDC’s Diabetes Tool Kit with the latest diabetes treatment algorithms, protocols, guidelines and recommendations approved by the TDC.

**Advance registration is required. Check the TDC home page ([texasdiabetescouncil.org](http://texasdiabetescouncil.org)) in September to reserve a seat! ■**

## Governor Announces Appointments to Texas Diabetes Council

In May, Governor Perry appointed one new member and reappointed three current TDC members to terms expiring February 1, 2015.

Newly appointed member Arthur E. Hernandez of Corpus Christi is dean of the Texas A&M University at Corpus Christi College of Education. He is a member of the American Public Health Association, American Psychological Association and American Education Research Association. He is also past chairman of the Texas State Board of Psychologists. He replaces Avery Rhodes of Diboll.

Reappointed members include:

- TDC Vice Chair, Gene Bell, RN, CFNP, CDE (Lubbock) – A certified diabetes educator and family nurse practitioner in the practice of Dr. Mike Rice.

- TDC Chair, Victor H. Gonzalez, MD (McAllen) – An ophthalmologist in private practice at Valley Retina Institute P.A. Gonzalez is a member of the clinical faculty of the University of Texas, San Antonio’s Department of Ophthalmology and is an adjunct clinical professor for the Tecnológico de Monterrey School of Medicine in Monterrey, Nuevo Leon, Mexico.
- Dora Rivas, MS, RD, SFNS (Dallas) – Executive director of the Dallas Independent School District’s Food and Child Nutrition Services. Rivas is president-elect of the School Nutrition Association and past president of the Texas School Food Service Association. ■

## NDEP Launches New Campaign for National Diabetes Awareness Month

The National Diabetes Education Program (NDEP) is asking diabetes prevention and control partners to promote a unified message for National Diabetes Awareness Month in November 2009 as part of its *Control Your Diabetes. For Life.* campaign.

New campaign materials can help you or your organization communicate the seriousness of diabetes, the importance of managing the disease to prevent or

delay complications based on the UKPDS Follow-Up Study, and the idea that **managing diabetes is not easy but it is worth it.**

Visit the updated NDEP web site at [www.yourdiabetesinfo.org](http://www.yourdiabetesinfo.org) to download sample press releases, feature articles, radio and print PSAs, and other promotional tools for increasing awareness of the importance of diabetes management in November. ■

**Managing Diabetes**

I made a plan. It wasn't easy, but I did it. So can you.

**It's not easy, but it's worth it.**

For more information, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)  
or call 1-888-433-NDEP (6373). TTY: 1-888-433-7427

© 2009 National Diabetes Education Program. All rights reserved. Diabetes is a chronic disease that can lead to serious complications. It's important to manage your diabetes well. For more information, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-433-NDEP (6373). TTY: 1-888-433-7427.

## CDC Introduces New Web Site to Help Employers Combat Obesity and Reduce Health-Related Costs



In June, the Centers for Disease Control and Prevention (CDC) unveiled LEANWorks!, a web site designed to help businesses address obesity. LEAN stands for Leading Employees to Activity and Nutrition.

“CDC LEANWorks! was developed in direct response to organizations asking CDC for help in addressing the obesity epidemic. Specifically they wanted to know what interventions were effective in helping employees maintain a healthy weight,” said William Dietz, MD, PhD, director of CDC’s Division of Nutrition, Physical Activity and Obesity. “CDC has identified science-based interventions that work to prevent and control obesity. CDC LEANWorks! provides the tools that employers need to take action.”

The free site was developed particularly for small and mid-size companies, which

typically have more limited resources to devote to obesity prevention efforts. However, the tools and resources can benefit companies of any size. CDC LEANWorks! can help employers develop interventions such as fitness classes, lunchtime health education sessions, weight management programs and more.

The site provides a variety of resources to employers including:

- An obesity cost-calculator where employers can input employee demographic data to estimate the total costs associated with obesity and determine annual obesity-related medical costs for their companies.
- Information and resources to help employers plan, build, promote and assess interventions to combat obesity.
- Information on how employers can estimate return on investment, a measure of the cost of an intervention compared to the expected financial return of the intervention.

Visit LEANWorks! at [www.cdc.gov/leanworks/](http://www.cdc.gov/leanworks/) ■

## Preventing Type 2 Diabetes: Tips for Kids

The National Diabetes Education Program introduces two new publications that explain type 2 diabetes and the healthy lifestyle choices they can make to prevent it.

### Tips for Kids: How to Lower Your Risk for Type 2 Diabetes

This tip sheet helps 8 to 12 year-olds learn what puts them at risk for diabetes and encourages them to be more active—from taking a walk to playing a fitness video game. It shows healthy foods and gives examples of snacks they can get or make themselves.

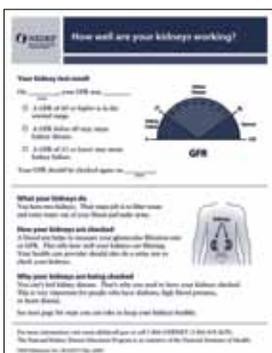
### Come Aliementos Saludable (Teen Tips: Make Healthy Food Choices)

This Spanish/ English tip sheet helps teens and their families take steps to eat more healthy foods. It reviews ways to select and prepare healthy foods and suggests ways to control portion sizes.

All NDEP publications are copyright-free for copying and distribution.

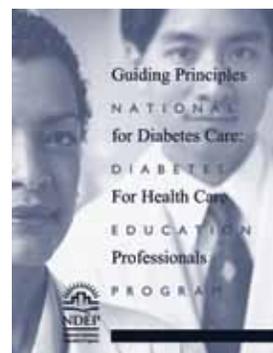
Visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337) to order. ■

## Updated Resources for Health-care Professionals



The National Kidney Disease Education Program’s popular *Explaining GFR: A Tear-off Pad for Clinical Use* is now available in Chinese and Vietnamese. The pad includes 50 easy-to-read patient education tear-sheets that providers can use when explaining GFR results to patients, as well as key concepts and talking points for providers.

Both the English and Spanish tear-sheets recently received Plain Language Awards from the National Institutes of Health given for clear, concise and audience-appropriate documents. To order copies (first five pads free) of the new versions, or the English and Spanish versions, visit [www.nkdep.nih.gov/resources/index.htm#professionals](http://www.nkdep.nih.gov/resources/index.htm#professionals).



The National Diabetes Education Program’s (NDEP) *Guiding Principles for Diabetes Care* has been updated to reflect the findings of several recent studies of people with diabetes that impact clinical decisions for diabetes management. This evidence-based booklet outlines the important patient-centered principles of diabetes care. It helps professionals meet key practice challenges to: identify people with pre-diabetes and undiagnosed diabetes; offer comprehensive patient-centered care, including self-management education; and identify, treat and prevent long-term diabetes complications.

Visit the NDEP’s web site to download this and other titles: [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org). ■

## Obesity Among U.S. Adults Continues to Rise

### **Obesity Prevalence 25 Percent or Higher in 32 States**

The proportion of U.S. adults who are obese increased to 26.1 percent in 2008 compared to 25.6 percent in 2007. The data come from CDC's Behavioral Risk Factor Surveillance System (BRFSS). To assess obesity prevalence, survey respondents are asked to provide their height and weight, which is used to calculate their body mass index (BMI).

In six states—Alabama, Mississippi, Oklahoma, South Carolina, Tennessee and West Virginia—adult obesity prevalence was 30 percent or more. Thirty-two states, including Texas (28.3%), had obesity prevalence of 25 percent or more. Only one state, Colorado, had a prevalence of obesity less than 20 percent. But no state showed a significant decrease in obesity prevalence from 2007 to 2008.

For more information on obesity trends, including an animated map, visit [www.cdc.gov/obesity/data/trends.html](http://www.cdc.gov/obesity/data/trends.html).



TEXAS DIABETES  
COUNCIL  
[www.texasdiabetescouncil.org](http://www.texasdiabetescouncil.org)

## Texas Diabetes Council Members

**C**ouncil members are appointed by the Governor and confirmed by the Senate. Membership includes a licensed physician, a registered nurse, a registered and licensed dietitian, a person with experience in public health policy, three consumer members, four members from the general public with expertise or commitment to diabetes issues, and five state agency representatives who are non-voting members.

For information on the Texas Diabetes Council/Program, contact:

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Texas Department of State Health Services  
PO Box 149347  
Austin TX 78714-9347

**Victor Hugo Gonzalez, MD, Chair**  
*McAllen*

**Gene Bell, RN, CFNP, CDE, Vice Chair**  
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**Texas Department of State Health Services**

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TEXAS DEPARTMENT OF STATE HEALTH SERVICES

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The Newsletter of the Texas Diabetes Council

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