“An Unlikely Recipe for Success: hospital and local public health partnership supports diabetes self-management”

The Richland County Community Diabetes Project

Richland County, Montana

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Richland County, Montana
Frontier, aging community on the border between North Dakota & Montana

Sidney, Fairview, Savage, Lambert, Crane

Population: 9,155 (4.6 persons per sq. mile)

Farming (beets), ranching, oil, small business

1/3 older adults

Median household income (1999) is 32K
Climate & location challenges

- Cold winters, hot & humid summers
- 250+ miles to nearest major hospital & specialists
Culture

- Scandinavian, German homesteaders, ranchers
- Seasonal migrant farmworkers (Hispanic, Native American)
- Near 2 Native American Reservations, one Indian Service area
- Small percentage Native American, Hispanic, Black American, Asian.
- Hardy, independent, stoic, resistant to change, wary of outsiders, private, loyal to neighbors and friends.
Nutrition in Eastern Montana
Physical Activity in Eastern Montana
Richland Health Network

Richland County Commission On Aging

Richland County Health Department

Sidney Health Center (hospital, clinic, pharmacy, extended care, fitness center, assisted living)
Promoting *self-management* of diabetes through primary care settings

Community collaborations to support *self-management* of diabetes and diabetes care
Richland County Community Diabetes Project

- Adults with Type 2 Diabetes
- 15 member Advisory Board

**Staff:**
- Judy Lapan, Health Department Administrator
- Lisa Aisenbrey, RD Diabetes Project Director (Health Dept. & Sidney Health Center)
- Idelle Badt, Diabetes Project Coordinator
- Susan Dahl, SHC Nurse for Education Center
- Rebecca Miller, Administrative Assistant

**Consultants:**
- Mary Madison, CDE
- Phillip Weaver, MD, Medical Consultant
Community Collaboration

- Communities in Action
- WIC, At-Risk home visiting
- Richland County Nutrition Coalition
- Sidney Health Center Community Health Improvement Committee
- Parish Nursing
- RSVP
- Literacy Volunteers of America
- LIONS Club
- American Diabetes Association – Montana
- Montana Migrant Council (on Advisory Board)
- McCone County Senior Center
- Montana Diabetes Project
- Sidney Public Library
- Eastern Montana Mental Health
- Health Fair Planning Committee at hospital
- Media
- And more...
Project Components

- Addressing the whole person with diabetes
  - Physical activity
  - Healthy eating
  - Social support
  - Diabetes education
Physical Activity

- Strike Diabetes Out
- Walk NW North Dakota
  - Motivating short-term pushes, group & individual
- Indoor walking opps increased (community)
  - 8 free, 1 pay
  - Varied hours, day and night
  - Free pedometer
- Walking Rx
Name:___________________  
Date:__________

Exercise Prescription

Walk (or ________________)
_____ times per week
for _______ minutes.

Additional Instructions:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Signature:_______________________
Healthy Eating

- Weight monitoring (Diabetes Watchers)
- Thin 2 Win
- Tasty Fork
- Nurtibase Software
- Recipe in newsletter
- Newspaper articles
- Health Fair booths
- Grocery Store Tours

The TASTY FORK
Richland County Nutrition Coalition
Social support & Continuing Education

- Diabetes Education Group
- Goal Setting
- Newsletter
- Resources at Public Library
- Community Resource Book
- Stanford’s Chronic Disease Self-Management Class
- Ambassadors (lay health workers)
Diabetes Education Center

- Formal group and individual diabetes self-management education in medical setting
  - Housed at Sidney Health Center
  - Staff: RD, RN, Coordinator
- Physician referral required
- Coordinated by Public Health
  - Linked with community projects
  - Strong source of referrals
- Diabetes Quality Care Monitoring System
- Achieved ADA recognition!!
What ADA Recognition Means…

- Standardized, quality education for people with diabetes
  - National Standards for Diabetes Patient Education Programs
  - First recognized program: 1987

- Medicare requires ADA recognition for program reimbursement

- Enhances marketing via ADA logo use and website publicity

- Sustainability!
Sidney Health Center Diabetes Education Program Receives American Diabetes Assn. Award

The Sidney Health Center diabetes self-management education program was recently awarded Recognition from the American Diabetes Association (ADA). This program offers high-quality education services to the participants, treating acute complications; preventing, detecting, and treating chronic complications through risk reduction; goal setting and problem solving; psychological adjustment; and preconception care, management during pregnancy, and management for participants. Self-management education is an essential component of diabetes treatment. One consequence of compliance with the National Standards is the greater consistency in the quality and quantity of services provided, leading to improved patient outcomes.
Other Activities

- Health literacy training
- Motivational interviewing training
- Provider education
- Local Worksite Wellness Programs
Lessons learned

- Diabetes “label” not good for active program involvement.
- Working from community in, focusing on whole environment versus “strike diabetes out”
- Medical model – helps to get people interested
- Community model – available when they want it, adapt to their changing needs. “Drive thru” support.
- Involvement Perception Disconnection
- Some things people prefer to pay for – free does not always mean they will show up (Watchers vs Thin-2-Win)
- Culture – people want support – but on their terms, different for every person
  - people prefer to do things on their own (steps). Just need a push.
- 77% of active participants surveyed (n=38) prefer to manage their diabetes on their own rather than with a friend or in a group
Results

- 101 Type 2 participants in database
  - 6 Type 1, included in activities
  - 6 from McCone County
- 54 Active or consider themselves “Active”
- Average A1c is 7.17 (n=45)
  - Although preliminary, of those who have both pre-program and current A1c’s available, avg. decrease of 0.62 points has been noted
  - Highest = 12.4, Lowest = 5.2
  - Sidney Health Center standard = 6
Results, cont...

- 74% of surveyed participants report increase in physical activity (n=38)
- 50% of surveyed participants report weight loss (n=38)
- Watcher’s Weight loss
  - 22 total in group, some maintaining, some losing (180 pounds lost)
“RCCDP has kept me aware that diabetes is an every day thing that needs daily attention.”

“RCCDP has started me walking and helped me keep doing it”

“It’s fun and helpful to share with others.”