



Diabetes Prevention & Control

Phone: 515-242-6204

<http://idph.iowa.gov/diabetes>

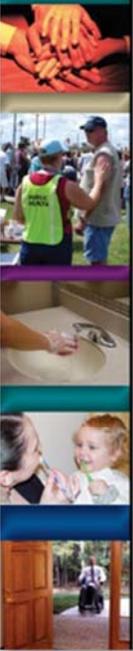
Protecting & Improving
the Health of Iowans



Finding out that you or someone you love has diabetes is scary. You may feel frustrated, overwhelmed, or even angry. Diabetes is a serious health condition, but it can be prevented or controlled. The IDPH works with partners to help Iowans learn how to prevent and control diabetes and its complications.

A participant was admitted to comprehensive diabetes self-management education with a new diagnosis of type 2 diabetes. The participant completed 100% of the program through group sessions. Initial A1c was greater than 13% and BMI was greater than 39. An oral medication was initiated along with nutrition and activity information. The chosen behavior lifestyle goal was in regard to nutrition. At three months, the follow-up A1c had declined to less than 8% and BMI had decreased to 38, with the nutrition lifestyle goal achieved at 100%.

The Iowa Department of Public Health helps Iowans learn how to prevent and control diabetes.



Did you know? One in three adults has prediabetes, and one in eleven has diabetes.

Why is Diabetes Prevention & Control important to protecting and improving the health of Iowans?

- Prediabetes is a condition when a person's blood glucose levels are higher than normal but not high enough to be considered diabetes. An estimated 9 in 10 adults with prediabetes don't know they have it; many Iowans have prediabetes but don't know it.
- Type 2 diabetes can be prevented or delayed through evidence-based and cost-effective diabetes prevention programs (DPP).
- Diabetes is a disease in which blood glucose levels are above normal. When you have diabetes, your body either doesn't make enough insulin or use its own as well as it should. Approximately 222,136 (9.3%) adult Iowans have been told by a doctor that they have diabetes.
- Risk factors for diabetes include increased age, lack of physical activity, a family history of diabetes, certain socioeconomic conditions, obesity, and certain races and ethnicities.
- Diabetes self-management education can help patients gain knowledge and skills to modify their behavior and successfully self-manage the disease.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

Strengthen the health infrastructure

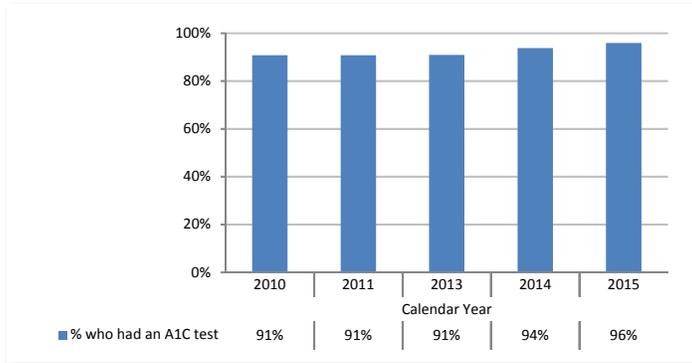
What do we do?

The Health Promotion and Chronic Disease Control Partnership, which includes prediabetes and diabetes, collaborates with private and public agencies and organizations throughout the state to:

- Provide education about diabetes prevention and control through training for health care providers.
- Provide educational materials for communities, health care providers, and certified outpatient diabetes self-management education programs.
- Promote awareness of prediabetes and diabetes.
- Certify community-based outpatient diabetes self-management education programs.
- Maintain involvement with diabetes care providers and educators statewide.
- Monitor, evaluate, and report diabetes-related data.
- Promote and support community-based self-management programs for people with or at risk for chronic disease.

How do we measure our progress?

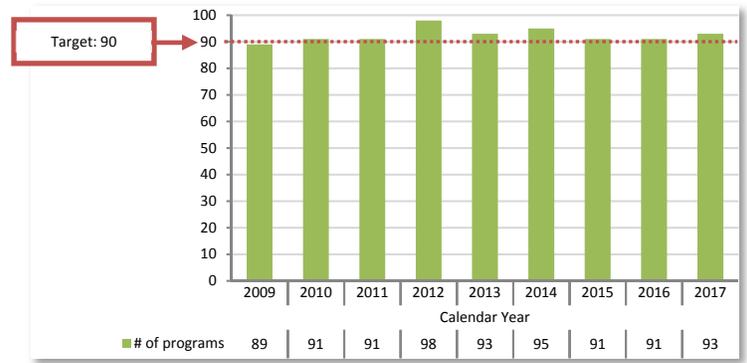
1 Percent of Iowa adults with diabetes who had at least one A1C test in the last year.



Data Source: Behavioral Risk Factor Surveillance System (BRFSS). Data are available annually. BRFSS did not collect data for this question in 2012 or 2016.

How are we doing? The percent of Iowa adults with diabetes who have at least one A1C test annually increased from the previous year. Note, it is recommended that this test be done at least twice a year and at least three months apart.

2 Number of state-certified outpatient diabetes education programs.



Data Source: IDPH program records as of December 31 annually.

How are we doing? The annual target is 90 programs. 91 programs were maintained from 2015 to 2016 and grew to 93 in 2017.

What can Iowans do to help?

1. Iowans can make sure they know their prediabetes or diabetes status and risk by talking to their health care provider.
2. Health care providers can screen and test their patients for prediabetes and refer eligible patients to diabetes prevention programs (<http://bit.ly/NDPPinIA>).
3. Providers working with people with diabetes can refer them to an outpatient diabetes self-management education program (<http://bit.ly/DSMEinIA>).
4. Iowans can reduce their risk for type 2 diabetes by being active most days, not using tobacco, eating healthy, and being at a healthy weight. For someone with diabetes, strict control can prevent or reduce complications including heart disease, stroke, kidney disease, blindness and amputations.

Expenditures

Federal funds: 0153-0728(37%)

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$733,405	\$640,041	\$695,264
Total funds	\$733,405	\$640,041	\$695,264
FTEs	2.84	2.80	3.07

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.