

WYOMING *diabetes quarterly*

IN THIS ISSUE...

Page 2

- ◆ Technology on the Streets
- ◆ Chronic Disease Dream Team

Page 3

- ◆ Exercise Watch: Re-Zobics Brings New Moves to Reservations
- ◆ Going to the Chapel

Page 4

- ◆ Grant Money Received for Tobacco Prevention and Cessation
- ◆ Recipe for Success
- ◆ Hot Springs County Receives ADA Recognition

Page 5

- ◆ Improving Diabetes Care in Rural States
- ◆ New Health Educator in Diabetes Program

Page 6

- ◆ Smoking Linked to Diabetes?
- ◆ Two Different Approaches to Monitoring Glucose Through Contact Lenses



Wyoming
Department of
Health

Commit to your health.

Community Spotlight

Diabetes Support Group is a HIT With Lincoln County Patients

by Sue Pearson, Manager, Lincoln County Public Health

Public Health nurses in Lincoln County work closely with medical providers in both hospital clinics in Kemmerer and Afton. When they became aware of the alarming number of patients who were newly diagnosed with diabetes, it was obvious that something needed to be done to help these folks, as well as those who have lived with diabetes for many years, cope with the disease.

"We are not fortunate enough to have a Certified Diabetes Educator in our county, and our clients were reluctant to drive long distances to get the help they needed. So we purchased a full curriculum of current patient education from the American Association of Diabetes Educators and joined forces with the hospital clinics to offer diabetes education and support," shared Sue Pearson, RN, PH Nurse Manager.

Monthly educational meetings are held at local hospitals, and are announced in the newspapers. After obtaining patient consent, the hospital clinics send invitations to patients with diabetes. Each meeting features education about a specific topic related to diabetes based on the formal curriculum. The slides are presented by local physicians, advanced practitioners, and guest speakers. Practitioners are given copies of the materials to review in advance, so they need not spend a great deal of time preparing for meetings. Each lecture is followed by support group

discussion, sharing of experiences, and tips about how to manage the disease.

"Topics we've discussed include the different types of diabetes; short and long term complications; types of blood sugar monitors and how to use them; diet and exercise; medications; how to manage sick days; the emotional and psychological impact of the diagnosis, and much more. There is no charge to attend the meetings, and participants may take home copies of the handouts."

"At our last meeting in Kemmerer, we completed the curriculum. When the participants were asked how they would like to proceed with future meetings, they unanimously requested that we repeat the program again in 2006. We're making arrangements to have other guest speakers from different disciplines join us," said Ms. Pearson.

Public Health nurses Mary Ann Putnam, RN (Kemmerer) and Louise Hughes, RN (Afton) have done a terrific job setting up these meetings. They are also delighted to welcome Lynn Rogers, RN, who works at South Lincoln Medical Clinic, to their diabetes partnership. Lynn is a former Sublette County PH nurse.



knocking out diabetes

cardiac corner

Technology on the Streets

by Paul Knepp, CVD Prevention Program Coordinator, Department of Health

Do you watch Oprah? If you don't, you're going to wish you saw her in-depth coverage on the latest in diagnostic technology on October 19th.

The newest device for scanning heart related conditions is the 64 slice CT scanner. This non-invasive procedure takes less than 10 seconds and the result is a 3D image of the heart and vessels, allowing physicians to view images not before seen. Conditions which may have previously gone

undetected are now much more accurately diagnosed.

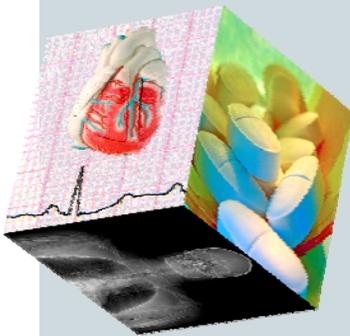
In a news release dated September 29, 2005, the Hospital of the University of Pennsylvania (HUP) installed this scanner in its Emergency Department as a first line diagnostic tool. Low risk patients presenting with chest pain are now evaluated for ischemic coronary artery disease on entry into the facility. The hope of HUP is to reduce

unnecessary hospitalizations for chest pain by approximately 85% and potentially save society large sums of money on hospitalizations and testing.

This system is not only used for diagnosing cardiovascular conditions. Some hospitals are using it during cancer treatment, for locating a thrombosis, fractures, assessment of bypass graphs and a number of other conditions. A scan of the entire body with this system now only takes about thirty seconds. There are limitations, however. The table is designed to accommodate over 400 pounds, but the size may make it difficult to accommodate a morbidly obese patient. At present, neither Medicare nor Medicaid cover this procedure but other health insurance companies have covered its costs.

At a cost of 1.5 to 2 million dollars, most smaller hospitals will not be able to obtain this system for quite some time. Currently there is no such capability in Wyoming. However, three of our surrounding states have the units: Colorado has two, Nebraska has six and Montana has one.

There is a vast amount of information on the web about this new system. I typed "64 slice ct scan" into my search engine and got over 70,000 hits. What I learned was amazing.



Chronic Disease DREAM TEAM

by Paul Knepp, CVD Prevention Program Coordinator, Department of Health

I am excited to be invited by the Wyoming Diabetes Prevention Program staff to work together and attempt to combat common risk factors. Physical inactivity, poor nutrition, high blood pressure, and high cholesterol are just a few of the CVD risk factors. When CVD puts forth opportunities for communities to increase awareness about the dangers of physical inactivity, we are attempting to combat that risk factor for both conditions, and vice versa.

During this fiscal year, CVD has set a few goals: reestablish the coalition; produce a state plan; begin a new CVD burden document; put money into communities for prevention projects; and increase legislator awareness of the need for early detection and control of risk factors. How are we progressing toward accomplishing these goals? Letters to previous coalition members were drafted and will be sent in the coming weeks. Money is set aside for community grants and the first of the letters were sent out. A plan to perform "health fair" type activities is in the works for when the house and senate are in session.

If you are interested in working with the Wyoming CVD Coalition, or you have ideas for future CVD projects or partnerships, please contact me at (307) 777-3732 or pknepp@state.wy.us.

Exercise Watch...

Rez-Robics Brings New *Moves* to

What is Rez-Robics? *Rez-Robics* features health promotion specialist, Pam Belgarde (Ojibwe) and martial artist, Reggie Mitchell (Navajo) leading an exercise class through several fun, easy, low-impact exercise segments that incorporate pow-wow dance steps and basic martial arts moves. The exercise segments are choreographed to popular contemporary Native music and performed on a stylish set you'll love!

Rez-Robics For Couch-Potato Skins features actress Elaine Miles (of the hit TV series Northern Exposure), and White Mountain Apache comedian, Drew LaCapa. In what first appears to be comedy, Drew makes excuses about why American Indians don't like to exercise or eat healthy, but then admits he's been diagnosed with diabetes and he's scared.

The video includes discussion on ways to improve lifestyle to help prevent or manage diabetes. This companion video is designed for those who'd normally never watch an exercise program. Any of the above segments work well as part of a diabetes prevention or management class.

HOW TO GET REZ-ROBICS: *Rez-Robics* was produced by Dreamcatchers and Navajo Health Promotion. Copies of the videos and DVDs are distributed **free of charge** to Indian communities across North America. There are no FBI warnings on the programs. Instead, viewers are encouraged to make copies and give them to friends and relatives.

The Rez Robics video set is available at <http://www.dreamcatchers.org/rezrobics>. It is available for free to any Native Americans living on or near a Navajo reservation, and is an affordable exercise video for anyone else.

going to the chapel...

Move Moore is no ball and chain. But she is newly "hitched" to Health E. Eating, in hopes that he will provide additional spice, security, and adventure to her life. In turn, Mr. Eating is changing his couch potato persona and embracing an active lifestyle. In an affirmation of teamwork and partnership, this surprise ceremony was a fun distraction at the 6th Annual Wyoming Diabetes Conference *Diabetes: Beyond the Basics*. Below is a copy of the vows, as promised.

I, Health E. Eating, take thee Move Moore,
to be my partner in diabetes control from this day forward,
to have and to hold, in good times and bad,
through holidays, family reunions, and late-night cravings.
I promise, from this day forward, to help you monitor your
blood glucose, your blood pressure, and your cholesterol,
and to remind you to take your diabetes medication.
Together we will control the ABCs of diabetes,
partners linking hands,

all the days of our lives.

I, Move Moore, take thee Health E. Eating,
to be my partner in diabetes control from this day forward,
to have and to hold, in good times and bad,
through holidays, family reunions, and late-night cravings.
I promise, from this day forward, to help you monitor your
blood glucose, your blood pressure, and your cholesterol,
and to join you for morning walks and late night dancing..
Together we will be smart about our hearts,
partners linking hands,

all the days of our lives.

laugh a little

excerpt from *Diabetes for Dummies*

One of my patients went to a birthday celebration and was urged to eat cake. She refused and refused, until finally she had to say, "I can't eat the cake because I am diabetic."

The woman urging her said, "Thank God. I thought you just had incredible willpower."



Congratulations to Hot Springs County Memorial Hospital in receiving their ADA recognition!

Darlene Skelton, RN, has worked very hard over the last year and wishes to thank everyone for all of their support and encouragement along the way.

Grant Money Available for Tobacco Prevention and Cessation

by Star Morrison, *Program Coordinator, Department of Health*

Earlier this year, the Diabetes Prevention & Control Program (DPCP) entered into a Memorandum of Understanding (MOU) with the Wyoming Department of Health, Substance Abuse Division, to conduct an intervention project for people with diabetes who use tobacco. Ten sites will be chosen to receive grant funding and to participate in the project. These sites will be selected from those using the Diabetes Quality Care Monitoring System (DQCMS). Focusing grant monies at DQCMS sites creates a convenient way to measure outcomes and determine the success of a project.

Depending on whether sites are selected as an "intervention" group or a "control" group, the DQCMS sites will have the following responsibilities: update patient records in DQCMS to accurately reflect patient's tobacco use status; receive training and materials from the DPCP to assist in a focused intervention with patients who use tobacco or continue business as usual; keep current on DQCMS data entry; submit quarterly summaries on January 1, April 1, July 1, and September 1, 2006; submit other reports as requested.

If you are interested in participating in this project, please e-mail Wanda Webb, Health Systems Specialist, at wwebb@state.wy.us.



A Field-Based Approach...

Improving Diabetes Care in Rural States

Johnson EA, Webb WL, McDowall JM, Chasson LL, Oser CS, Grandpre JR, et al. *Prev Chronic Dis* [serial online] 2005 Oct [date cited]. Available from: URL: http://www.cdc.gov/pcd/issues/2005/oct/05_0012.htm.

Abstract.

Introduction: Diabetes care is a challenge in rural areas where primary care practices are faced with limited resources, few clinical information systems, and relative isolation from education programs and diabetes centers with multi-specialty teams. This report describes an effective field-based approach to support improved care for patients with diabetes in primary care practices in rural states.

Methods: A collaborative effort between diabetes prevention and control programs in Montana, Wyoming, and the University of North Dakota was established to provide support to rural primary care practices for improvement in diabetes care. Field teams from each state diabetes program approached primary care practices. After assessment and orientation of office staff, a computer-based registry was established in each practice. Baseline data were collected in 1997 in Montana and in 1998 in Wyoming; follow-up occurred on July 31, 2004. Health department staff provided ongoing technical support for implementing and evaluating quality-improvement interventions.

Results: Forty primary care practices, providing care to more than 7000 patients with diabetes, participated in this quality-improvement effort at follow-up. Of the 37 primary care practices participating in the quality-improvement program for 6 or more months at follow-up, there were significant improvements in Montana in rates of hemoglobin A1c testing, blood glucose control, low-density lipoprotein cholesterol testing, foot and dilated retinal examinations, and pneumococcal vaccinations, and there were significant improvements in pneumococcal vaccinations in Wyoming.

Conclusion: A field-based approach in which individual practices maintain and use their own registries for both clinical care and quality improvement with ongoing support is a sustainable and an effective strategy for improving diabetes care for rural populations.



New Health Educator in Diabetes Program

by Star Morrison, Program Coordinator, Department of Health

Please join me in welcoming Tammy Howard to the Wyoming Department of Health, Diabetes Prevention & Control Program (DPCP) as our new Health Educator. Before joining the DPCP, Tammy served as the Title IV-Safe and Drug Free Schools Program Manager at the Department of Education. Tammy has a strong background in prevention, publications, technology, event planning, and customer service.

Tammy holds a Bachelor of Arts degree in English and has a wealth of experience in statewide health initiatives, coalition building, and organizing training events, including the annual *Summer Institute*. She and her husband have a nine-year-old son who is obsessed with Star Wars and a newborn son who is the new (and not always benevolent) ruler of the Howard household. Welcome, Tammy!

smoking linked to diabetes?

excerpt from *Diabetes Care*,
September 2005

A five-year study has found that cigarette smokers were almost twice as likely as nonsmokers to develop the most common form of diabetes.

The latest findings to come from the Insulin Resistance Atherosclerosis Study showed that a quarter of smokers who did not have Type 2 diabetes when the study began developed the disease within five years,

compared with 14 percent of nonsmokers.

Capri G. Foy, a research associate at Wake Forest University School of Medicine and the lead author of the paper, said that when the results were adjusted to account for other risk factors for diabetes, "smokers still exhibited significantly increased incidence of diabetes compared to people who had never smoked."

"These findings suggest another poor health outcome associated with cigarettes, supporting current surgeon general's warnings against cigarette smoking," Foy said in a written release. The study, launched in the mid-1990s and no longer funded, focused on insulin resistance .

More than 1,600 people from the four locations were recruited for the study. But

various papers, including the latest, looked at subsets of that total number. Dr. Steven Haffner, who was one of the study's original researchers but among those contributing to the most recent paper, said other studies have shown a less-than-solid connection between smoking and diabetes.

Breaking News in Diabetes Two Different Approaches to Monitoring Glucose Through Contact Lenses

CAN ALTERNATIVES TO FINGER-PRICK TESTS BE PAIN FREE AND ACCURATE?

by Tammy Howard, *Health Educator, Department of Health*

America's University of Pittsburgh Medical Center (UPMC) and England's *Smart Holograms* have something in common — an alternative to measuring blood sugar levels through

the glucose found in tears, using a thin plastic sensor worn in a contact lens. Both methods are convenient, pain free, and non-invasive.

Pittsburgh's UPMC would have patients periodically looking into a special compact mirror with a color chart to compare the color of the sensing material with the chart. The accuracy of this method has not yet been determined. Contact lenses would have to be replaced weekly.

Smart Holograms has taken its measuring process a step further. Their contact lens would change shape (imperceptibly to the wearer) in response to the

glucose in tears.

Smart Holograms' use of kaleidoscopic holograms takes form in a clear 10-micron-thick polymer film imprinted with layers of light-reflecting dots.

Synthetic receptors react to glucose molecules and cause the hologram to change in thickness depending on sugar levels. This changes the length of light waves reflected off the dotted surface. People with diabetes would use an infrared sensor to take a "snapshot" of one eye. The sensor analyzes the light waves and displays the results.

According to *Popular Science* magazine, early tests indicate that the accuracy of Smart Holograms' method is 50 percent more accurate than traditional finger-prick tests.

Wyoming Diabetes Prevention & Control Program STAFF

Program Coordinator
Star Morrison, MS, RD
(307) 777-3579
smorri@state.wy.us

Epidemiologist
Joseph Grandpre, Ph.D., MPH
(307) 777-8654
jgrand@state.wy.us

Health Systems Specialist
Wanda Webb, MHA, BSN
(307) 587-5689
wwebb@state.wy.us

Health Educator
Tammy Howard
(307) 777-6011
thowar@state.wy.us

Administrative Assistant
Marianne Shenefelt
(307) 777-7585
mshene@state.wy.us

6101 Yellowstone Road
Suite 259 A
Cheyenne, WY 82002
Fax: (307) 777-8604

<http://wdh.state.wy.us/diabetes>

