

OHIO  
UNIVERSITY



# THE DIABETES INSTITUTE

**Heritage College of Osteopathic Medicine**

*Where **OUR** RESEARCH becomes CARE*



# Administrative Team:

Calvin James, PhD – Interim Executive Director

Sarah Adkins, PharmD – Associate Director

Karie Cook BSN, RN – Director of Operations

Stacy Wright, MSN, RN – Outcomes and Resource Manager

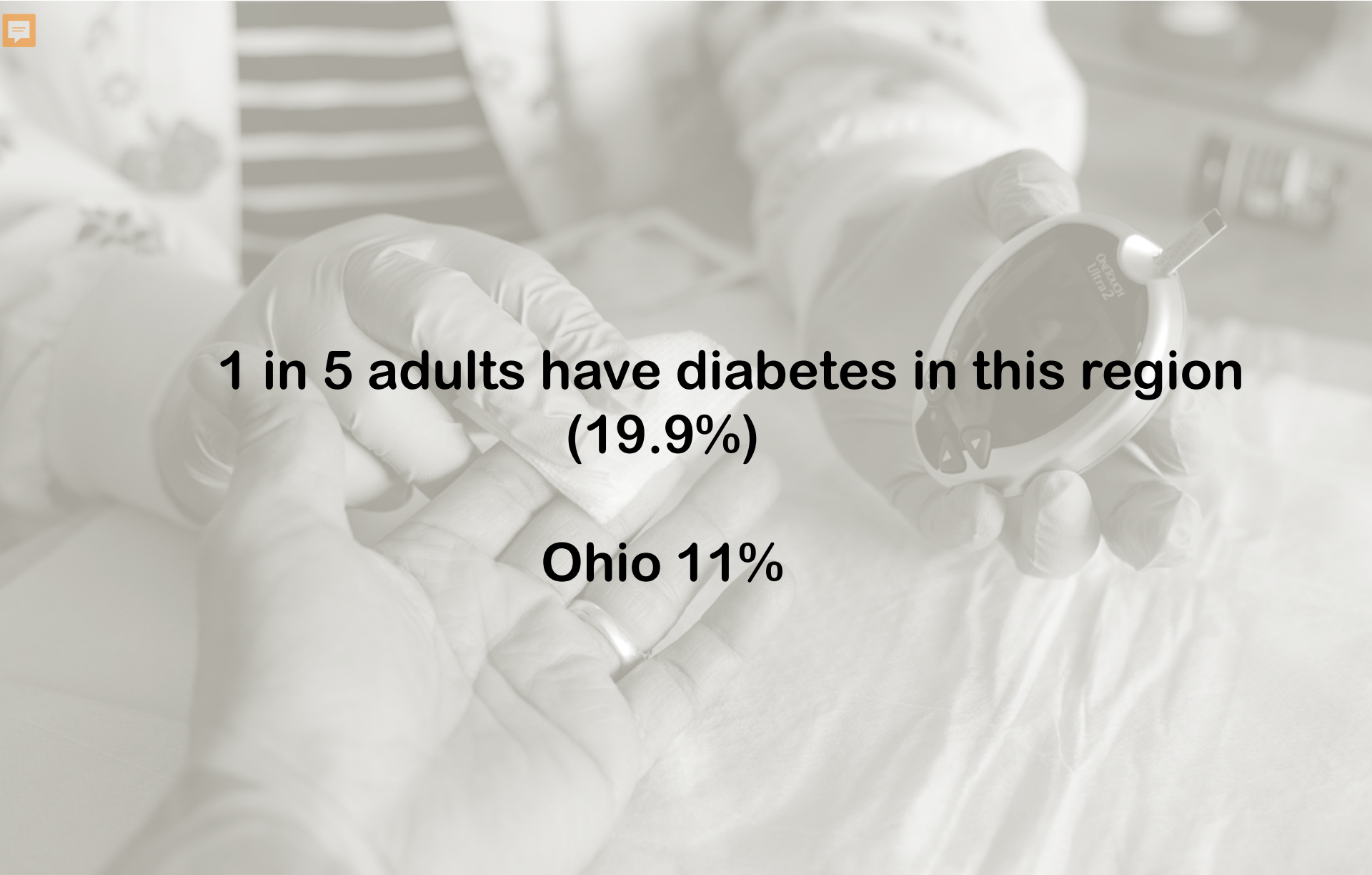
Karen Bailey – MS, RD, LD, CDE – Diabetes Educator

Jody VanBibber, XX – Administrative Specialist



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**1 in 5 adults have diabetes in this region  
(19.9%)**

**Ohio 11%**



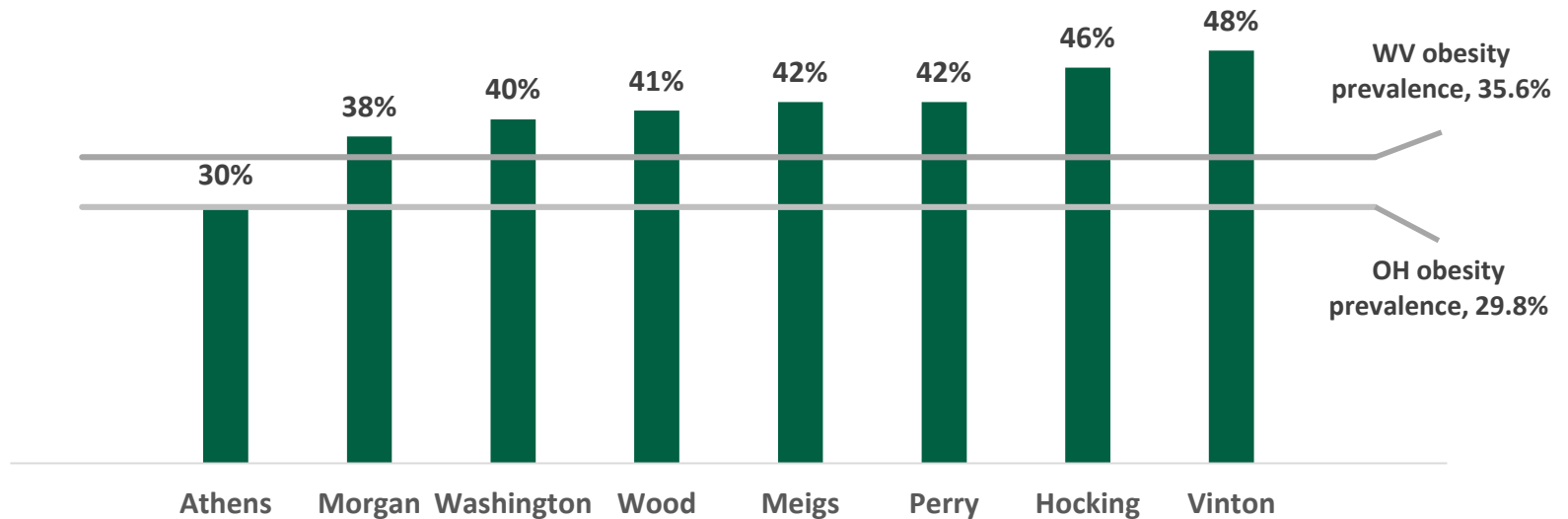
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# Obesity Rates

All counties but one show higher obesity rates than Ohio and West Virginia's averages.

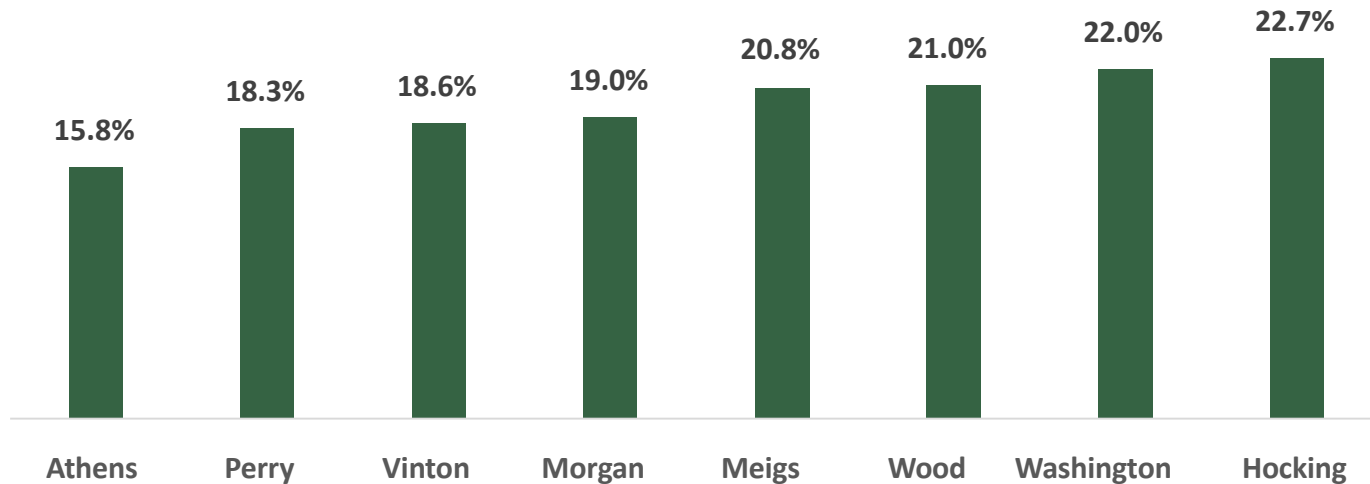


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# Prediabetes Rates

Across counties, 16% to 23% of participants have been told they have **prediabetes** or borderline diabetes.



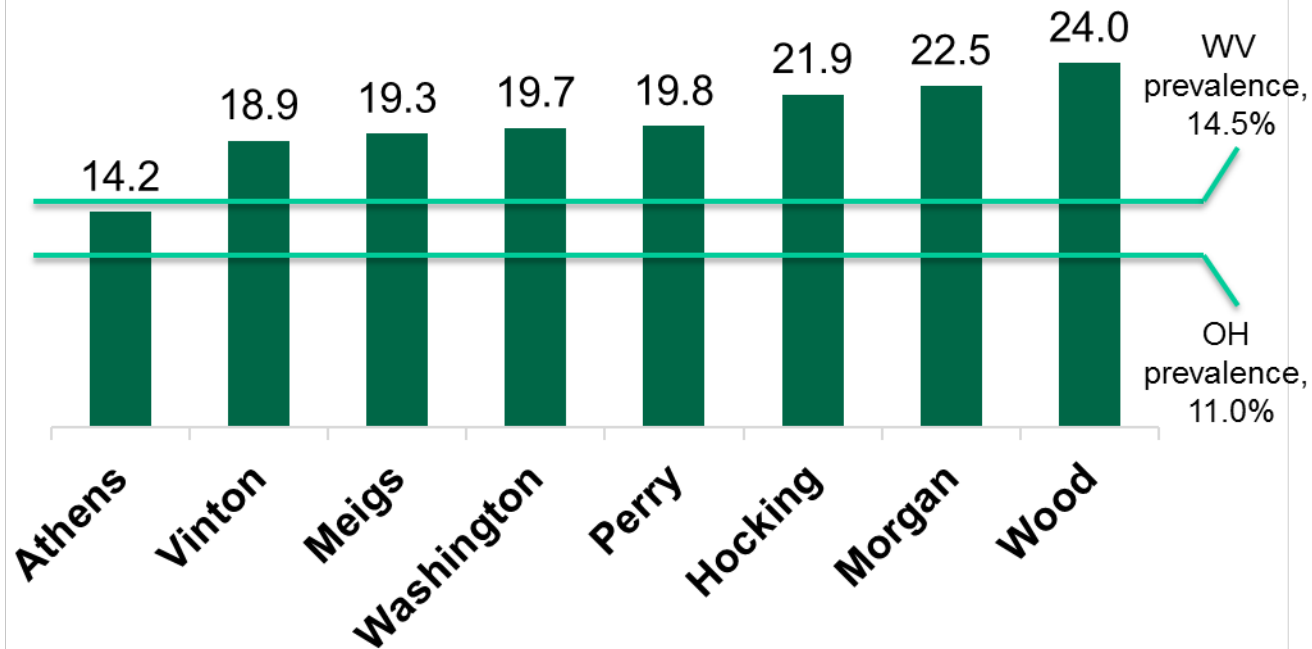
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# Diabetes Rates

All counties but one show higher diabetes rates than Ohio and West Virginia's averages.



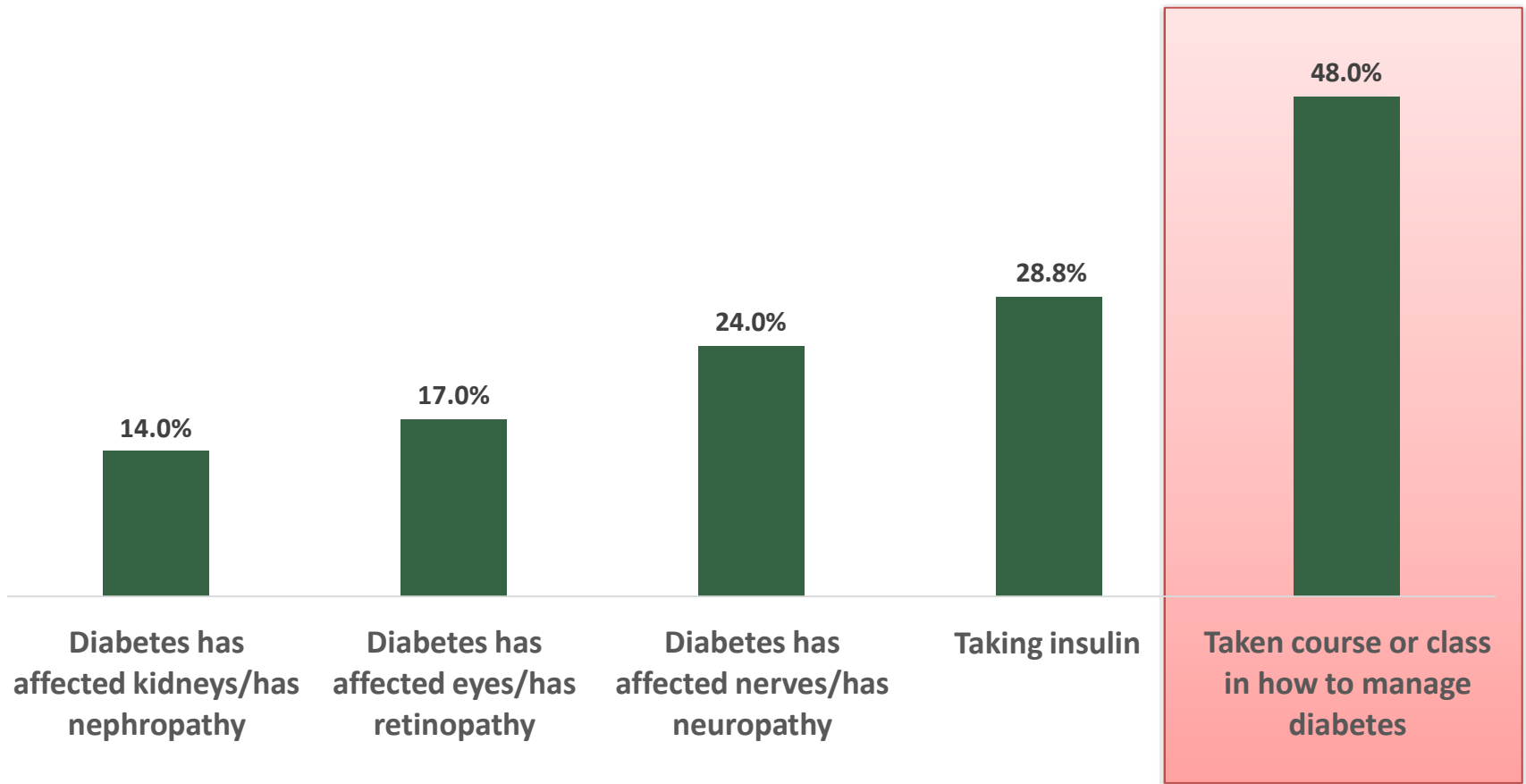
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# Diabetes Education

The percentages below are out of those reporting they have diabetes.

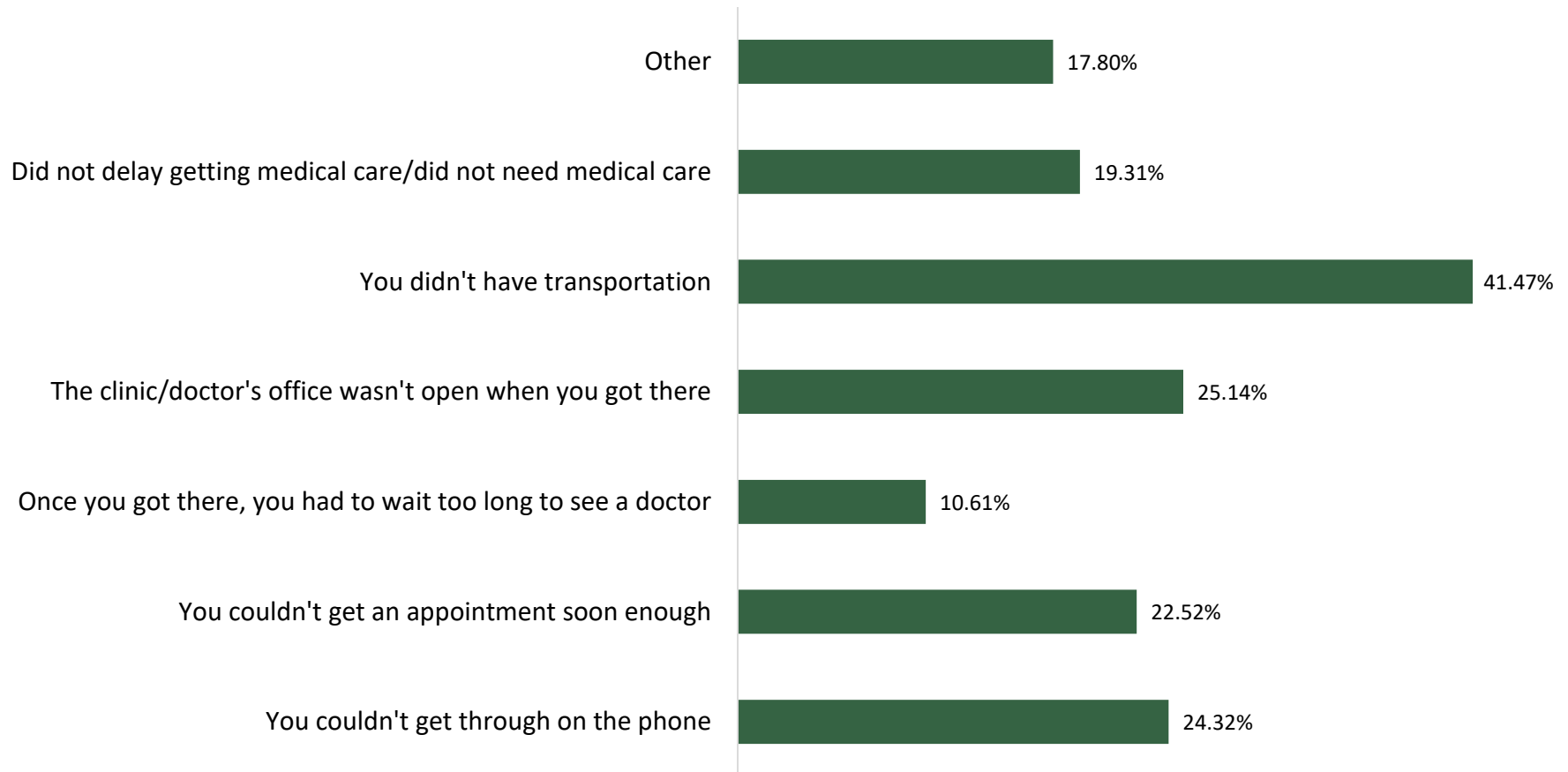


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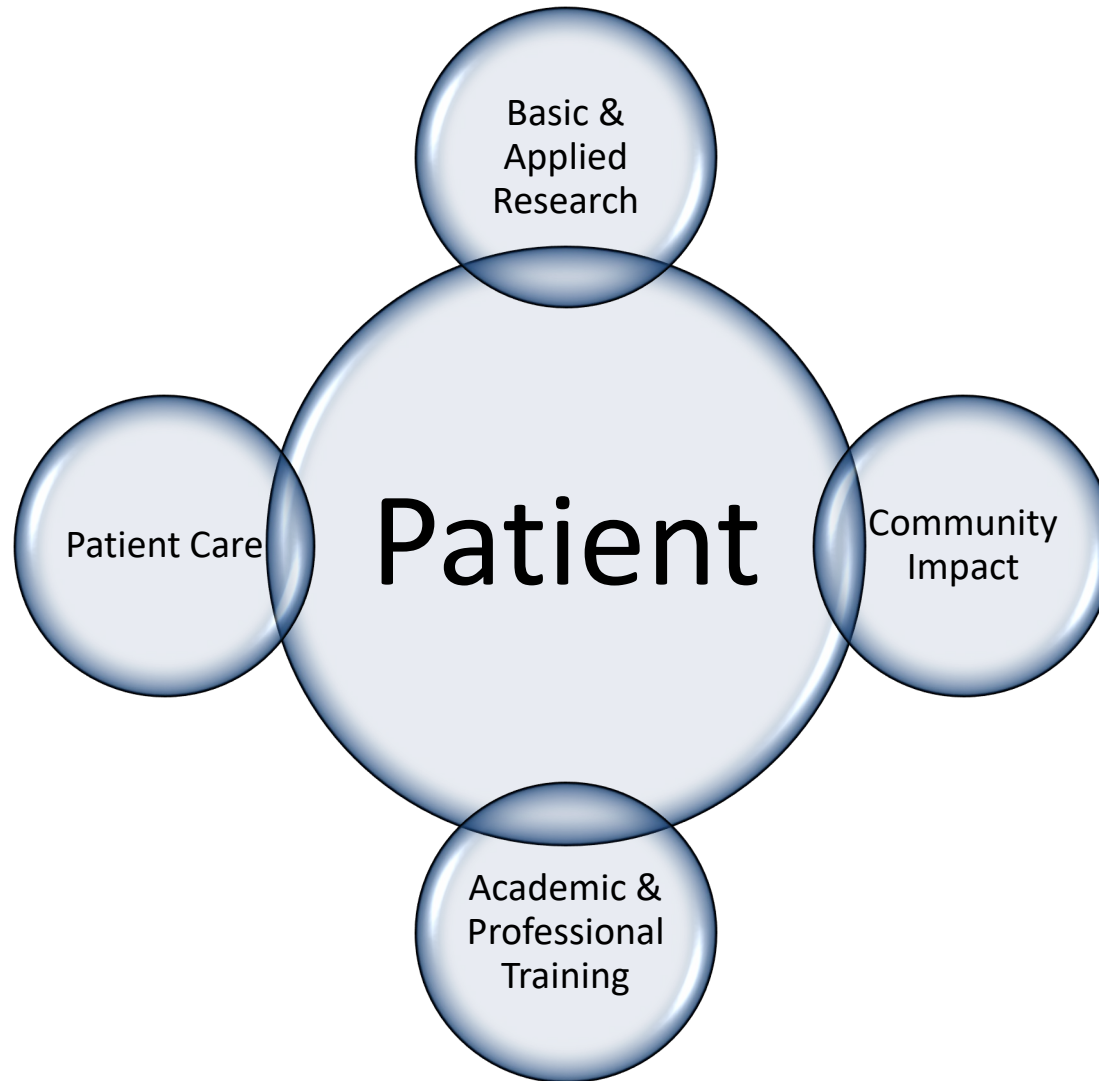


## Have you delayed getting needed medical care for any of the following reasons in the past 12 months? (Diabetes = Yes)





# Patient-Centered Focus



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# The Diabetes Institute at Ohio University

**Who We Are:** A collaborative group of research scientists, clinicians, professors, educators, health administrators and students with a common interest in diabetes.

**Mission:** To improve the quality of life for those affected by diabetes through innovative research, clinical care, education and community outreach.

**Vision:** A Diabetes-Free Society



## Academic and Professional Training

Diabetes Coalition  
Diabetes Certificate  
Research Seminar  
DOSES – Student Club



## Basic and Applied Research

Cutting-Edge Research  
Needs Assessment  
Core Facility Development



## Patient Care

Diabetes Free Clinic  
Diabetes Fellowship Program  
Clinical Diabetes Education



## Community Impact

Diabetes Peer Support  
Diabetes Navigation  
Diabetes Prevention Program  
Diabetes Self-Management

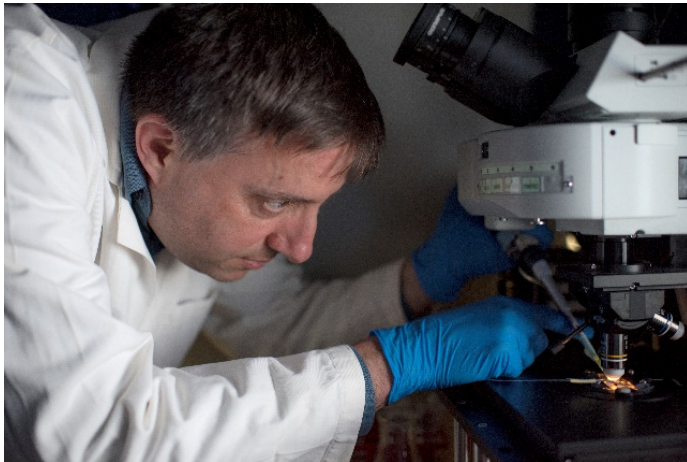


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# Basic and Applied Research

- Emphasis:
  - Metabolic Function
  - Prevention and treatment in underserved populations
  - Drug Discovery



10 • The Athens News

LOCAL

Monday, January 8, 2018

## Assessment: Diabetes' impact growing in SE Ohio

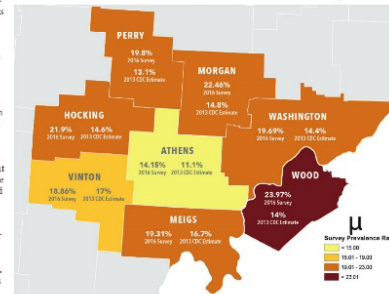
*Editor's note: This is a reprint of an article that appeared in December on the Ohio University Heritage College of Osteopathic Medicine's website. It has been post-edited with minor changes.*

The federal Centers for Disease Control and Prevention has found that diabetes is more common in Appalachia than in the nation as a whole. And according to a recent needs assessment by the Diabetes Institute at the Ohio University Heritage College of Osteopathic Medicine, its prevalence in the southeast region is even higher than CDC estimates from a few years ago.

An executive summary of the study says that in Athens County and the seven counties that border it in Ohio and West Virginia, about every fifth adult has been diagnosed with Type 1 or Type 2 diabetes. Of these, about one-third report they are taking insulin.

The assessment, produced in partnership with the OU Voinovich School of Leadership and Public Affairs, outlines what life is like for area residents living with diabetes; serves as a guide for the Institute's strategic planning; and provides insights to support diabetes care, prevention and education in the region. It was partly funded by an OU Innovation Strategy planning grant awarded to the Diabetes Institute in early 2016.

Diabetes Prevalence rates from Needs Assessment Survey – 2016



Map courtesy of OU-INCOM.

sick when they're first diagnosed. One reason for this attitude, providers said, might be the fact that diabetes is so common in the region.

Flaws in the health care system also play a role, the assessment suggests. Though health insurance coverage rates in the region have improved – and almost all survey respondents reported having some form of health insurance – getting reimbursements is still a challenge.

Patients in focus groups noted that diabetic supplies and medications can be quite expensive and complained they find it confusing to figure out what their insurance plans cover.

Providers added that social determinants of health – income, education levels, housing, food insecurity, transportation and a shortage of diabetes specialists in the region – also present challenges. For those with diabetes, commonly reported reasons for delays in seeking medical care include lack of transportation (over 41 percent of respondents); finding a medical office closed when they arrived (over 23 percent); and inability to get through to the provider on the phone (over 24 percent).

Recommendations from care providers include creating culturally sensitive education materials aimed at local people – for example, Appalachian cookbooks catering to all reading levels and offering recipes for healthy versions of well-known Appalachian meals. Another



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# Academic and Professional Training

## Diabetes Coalition

- Quarterly meetings
- Targets health professionals
- Continuing Education

## Diabetes Certificate

- Undergraduate or graduate
- DI members mentor and provide independent study experiences

## Diabetes Research Seminar

- Monthly seminar
- Share research findings
- Cultivate collaborative interactions



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# Patient Care

- Clinical care
- Diabetes Fellowship
- Diabetes Free Clinic
- Transportation Assistance
- Clinical Patient Education



Nick Meztis, MD  
Endocrinologist



Amber Healy, DO  
Diabetologist



Yuanjie Mao, MD  
Endocrinologist



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# Community Impact

Provide diabetes related education and services in the community

- Diabetes Peer Support (Type 1 and 2)
- Diabetes Self-Management Education
- Diabetes Navigation program
- Diabetes Prevention Program
- Diabetes Support Group
- Diabetes Day Camp



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# CAT CAMP

## TYPE 1 DIABETES DAY CAMP

June 8-10, 2020

Save the Date!

- ★ Make new friends!
- ★ Participate in fun camp activities!
- ★ Gain confidence in your diabetes management.
- ★ Open to campers ages 8-18





# Diabetes Prevention

- For those with **prediabetes** or have been told by their doctor they are at risk for developing diabetes
- PreventT2 – part of the National Diabetes Prevention Program, led by the CDC
- **Proven to prevent or delay type 2 diabetes**
- Research found that the program can help people make modest lifestyle changes and **cut their risk of type 2 diabetes by more than half**
- 12 month series with support from a lifestyle change coach throughout

Are you at risk for diabetes – [Let's find out!](#)



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## ARE YOU AT RISK FOR DIABETES?

Prevent type 2 diabetes and have fun doing it—  
with the year long lifestyle change program, PreventT2.

### Enrolling Now!

*\*Classes start January 9, 2020*

**Join us for an Information Session:**  
December 5th or December 19th, 2019

6:00-7:00 pm

Ohio University Innovation Center  
Room 103

340 West State Street, Athens

**For more information, contact us!**

**Karen Bailey, MS, RD, LD, CDE**  
740-593-2027  
baileyk@ohio.edu

[www.ohio.edu/diabetes](http://www.ohio.edu/diabetes)



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# Diabetes Education



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## Free Online Classes

### Diabetes Self Management Education

- Diagnosed with diabetes
- OPTIONS:
  - 3 session class offered in Parks Hall
  - 6 session class offered in communities throughout the county
  - Online series

*Accredited by American Association of Diabetes Educators*



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*Our FREE ONLINE series will teach you how to manage diabetes and take back control.*

## TAKE CONTROL OF YOUR DIABETES

### OUR PROGRAM WILL

- Teach, coach, and guide you to help you understand your diabetes.
- Help you set and meet goals to improve your health.

### STRONGER TOGETHER

People who receive diabetes education are more likely to have better control of:

- ❖ blood pressure
- ❖ blood sugar
- ❖ cholesterol levels

**Get started today!**

**Contact Karen at 740-593-2027**





# Diabetes Support

- Support Group – Quarterly meeting for those with diabetes or prediabetes or who are working on healthy lifestyle changes
- Peer Support - community members with diabetes trained to provide peer support



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**1 in 5 adults have diabetes in this region**



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# Employee Health & Wellness

Including diabetes prevention and education programs as part of a covered health benefit can reduce employer health care costs

## Diabetes Cost to Employers in Ohio

\$4.6 billion in medical expenses and absenteeism from the workplace in 2010.

\$172 million in costs associated with employee absenteeism from work due to diabetes, either to care for themselves or a family member in 2010.

People with diagnosed diabetes, on average, have medical expenditures 2.3 times higher than what expenditures would be in the absence of diabetes

1. *Ohio Department of Health. The Impact of Chronic Disease in Ohio: 2015*
2. *American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2017. Diabetes Care 2018 May; 41(5): 917-928*



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# Employee Health & Wellness

## *Getting Started*

*Contact Us – we will work with you to improve employee health!*

**\*FREE HgbA1c Test**

**AT RISK:** *Help identify those who may have prediabetes or diabetes*

**DIABETES:** *Monitors how well you are managing diabetes*

**\*Direct connection to diabetes prevention, education, and support**



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# *Thank You!*

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