

Providing Patients the Tools for Better Health: Linking Health Homes to Evidence-Based Programs



Our Mission: To protect and improve the health and environment of all Kansans.

Presenters:

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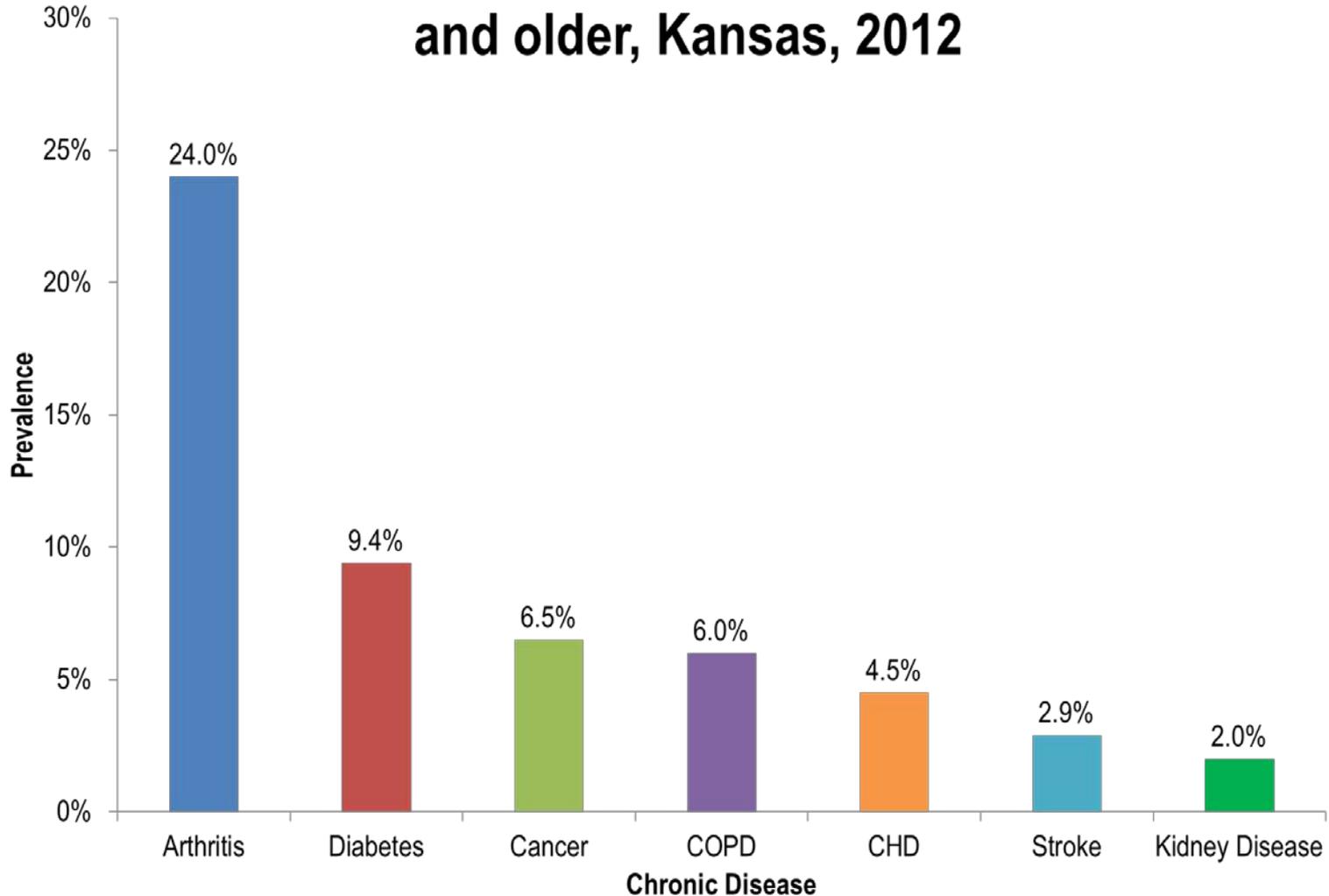
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Housekeeping!



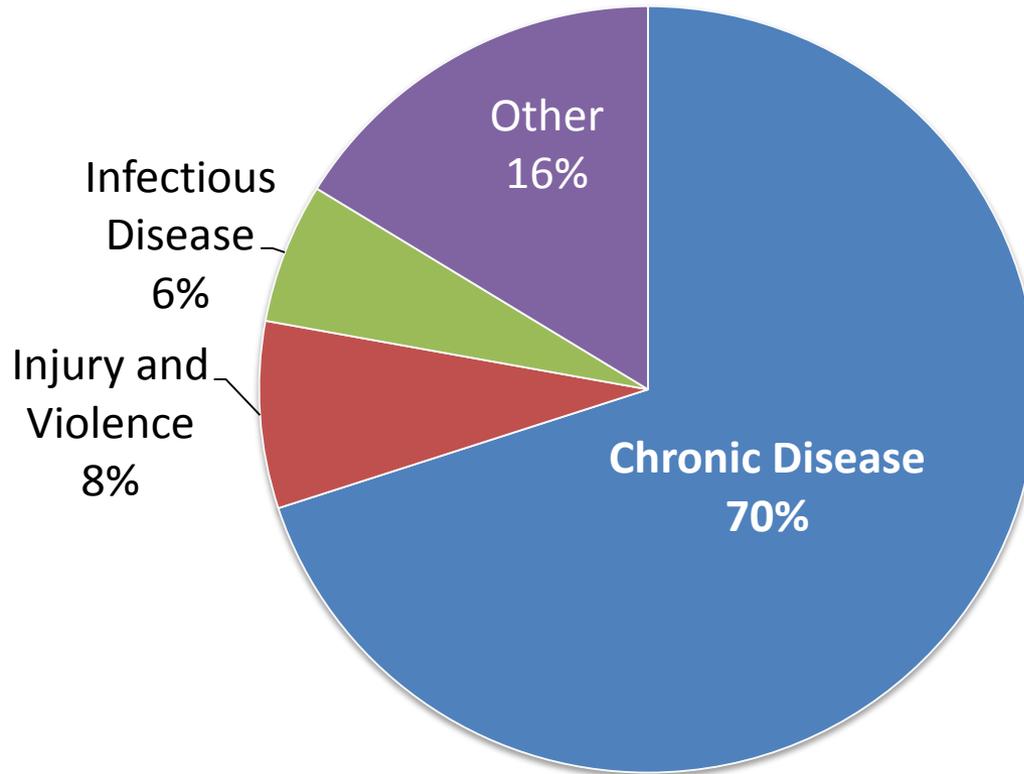
Our Mission: To protect and improve the health and environment of all Kansans.

Prevalence of chronic diseases among adults 18 years and older, Kansas, 2012



Source: 2012 Kansas Behavioral Risk Factor Surveillance System, Bureau of Health Promotion, KDHE.

2013 – Causes of Death in KS



Health Care Costs in the U.S.

75% of health care costs are a result of chronic conditions



That equals more than **\$2 Trillion** per year

\$2,000,000,000,000

Health Home Goals:

- Ensure access to appropriate services
- Improve health outcomes
- Reduce preventable hospitalizations and emergency room visits
- Promote use of Health Information Technology (HIT)
- Avoid unnecessary care.

http://www.kancare.ks.gov/health_home/download/KanCare_Health_Homes_Program_Manual_SMI.pdf



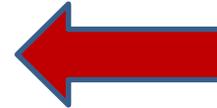
Our Mission: To protect and improve the health and environment of all Kansans.

We Can Help!

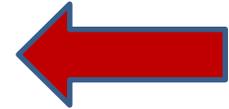
Health Home Goals:

Ensure access to appropriate services

Improve health outcomes

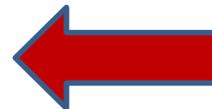


Reduce preventable hospitalizations and emergency room visits



Promote use of Health Information Technology (HIT)

Avoid unnecessary care

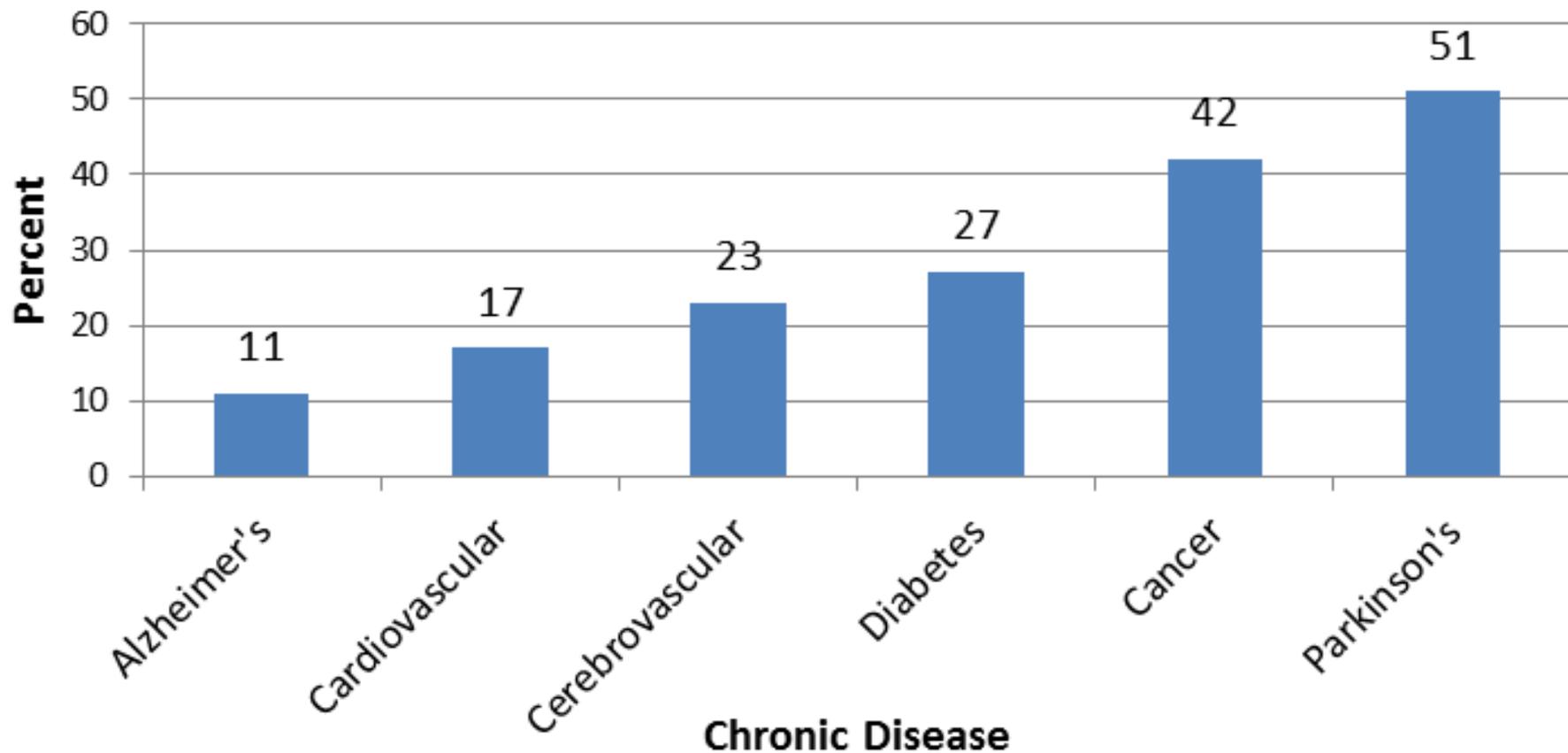


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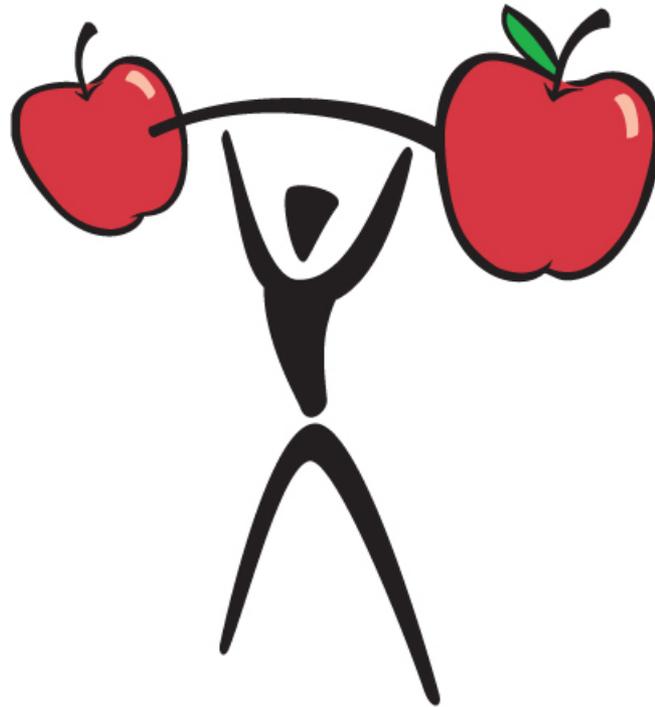
Our Mission: To protect and improve the health and environment of all Kansans.

Prevalence of Major Depressive Disorder in Chronic Disease



Source: NHDS, NAMCS, NHAMCS, Mayo Clin. Proc. 73:329

What health challenges do
your consumers face?





Tools for Better Health Programs in Kansas

- Diabetes Prevention Program (DPP)
- Stepping On – Falls Prevention Program
- **Physical Activity programs** – Walk With Ease and Enhance Fitness
- Chronic Disease Self-Management Education



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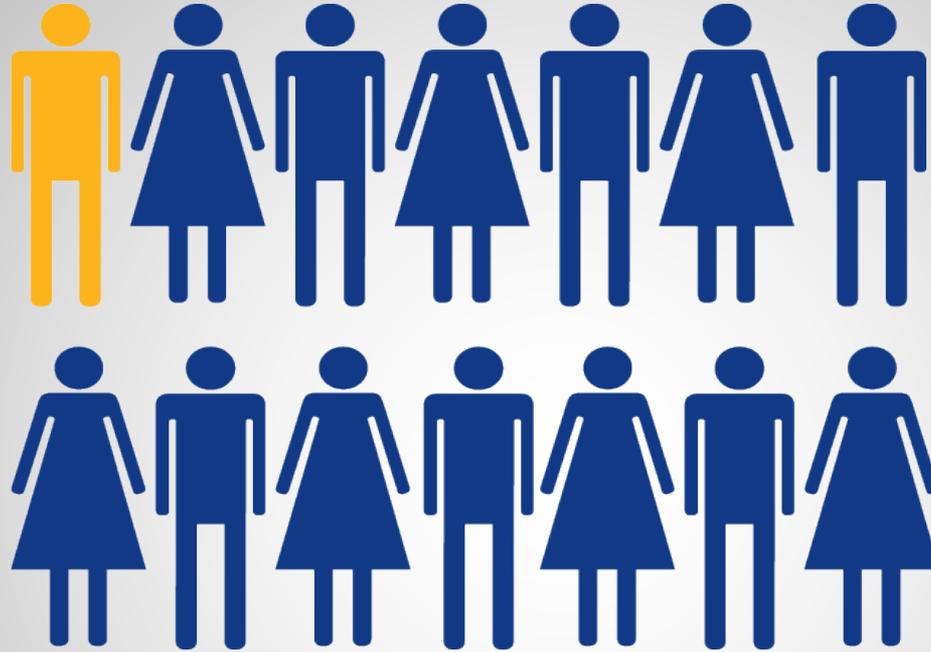
National Diabetes Prevention Program



“An ounce of prevention is worth a pound of cure.”

- Benjamin Franklin

Prevalence of Pre-diabetes

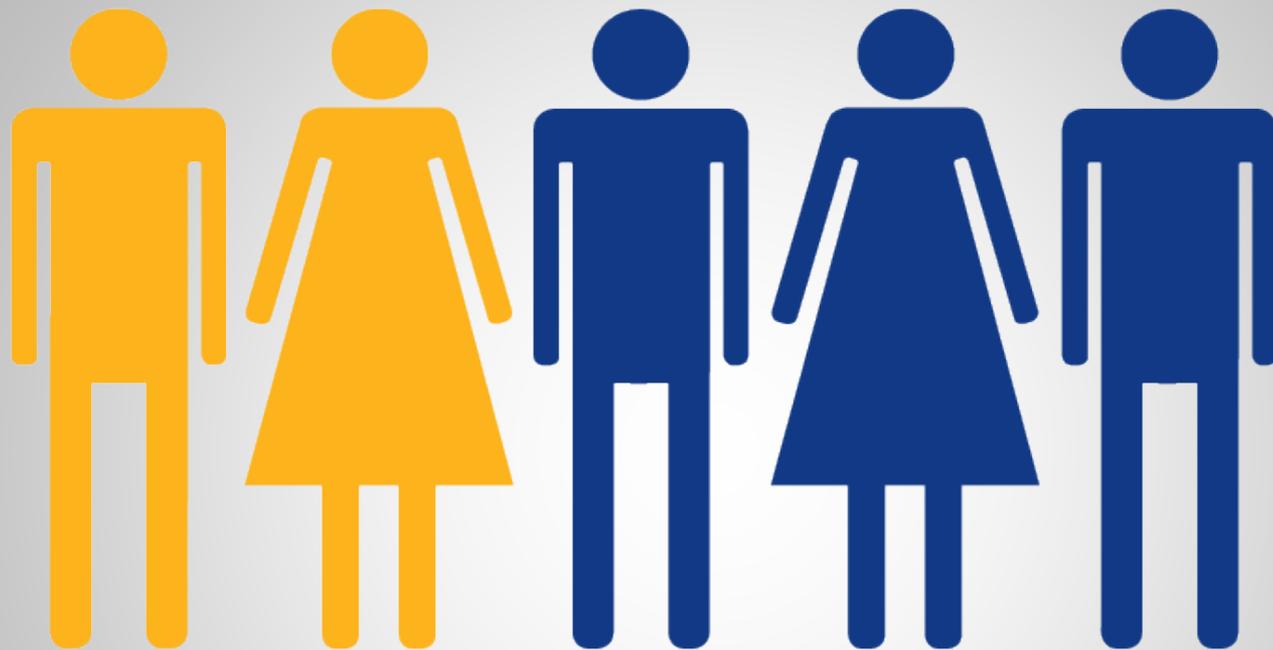


Approximately 1 in 14 adults have ever been diagnosed with pre-diabetes.

(2013 KS BRFSS)



At Risk for Diabetes



Approximately 2 in 5 adults are at risk for developing diabetes.

(2013 KS BRFSS)



Percent of Kansas adults who are **at risk for developing diabetes** significantly higher among:

Non-Hispanic whites and non-Hispanic African Americans

compared with non-Hispanic other race/multi-race adults and Hispanics

Adults with **less than a high school education or high school graduates**

compared with adults with some college or college graduates

Adults **living with a disability**

compared with adults living without a disability

Adults with **self-reported fair to poor health**

compared with adults with self reported excellent, very good or good health



CDC Data

9 out of 10 people with prediabetes don't know they have it



Without weight loss and moderate physical activity



15-30% of people with prediabetes will develop type 2 diabetes within **5 years**



What Tips the Scales of Risk?



Risk Assessment Tools

ARE YOU AT RISK FOR TYPE 2 DIABETES? American Diabetes Association.

Diabetes Risk Test

1 How old are you?
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)

2 Are you a man or a woman?
 Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)

6 Are you physically active?
 Yes (0 points) No (1 point)

7 What is your weight status?
 (see chart at right)

Write your score in the box.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bengt et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Lower Your Risk
 The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.
 If you are at high risk, your first step is to see your doctor to see if additional testing is needed.
 Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

STOP DIABETES.

Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

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CDC Prediabetes Screening Test NATIONAL Diabetes PREVENTION PROGRAM

COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
9	0

AT-RISK WEIGHT CHART

Height	Weight Pounds	Height	Weight Pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

National Center for Chronic Disease Prevention and Health Promotion
 Division of Diabetes Translation

Small Changes Have Big Impact

- Participating in a structured lifestyle change intervention makes a difference
- Losing 5-7 percent of body weight reduced risk of type 2 diabetes by 58 percent
- Recognized Diabetes Prevention Programs can help.



Diabetes Prevention Programs

- ❖ 16 weekly group sessions
- ❖ 6 monthly follow-up sessions
- ❖ Trained lifestyle coaches
- ❖ Learn healthy lifestyle skills
- ❖ Offered in community locations
- ❖ Adherence to CDC quality standards



DPP Programs In Kansas

- Greater Wichita YMCA
- YMCA of Greater Kansas City
- Crawford County Health Department



Opportunities

KDHE Grant Funded Communities

~Opportunities for Program Collaboration

Sedgwick County

Wyandotte County

Johnson County

Allen County

Crawford County

Finney County

North Central Kansas (MC,
LC, SM, RP, JW)



Questions about Diabetes Prevention Programs?





Stepping On Falls Prevention

How Significant is the Problem?

Statistics in the United States
for Falls:



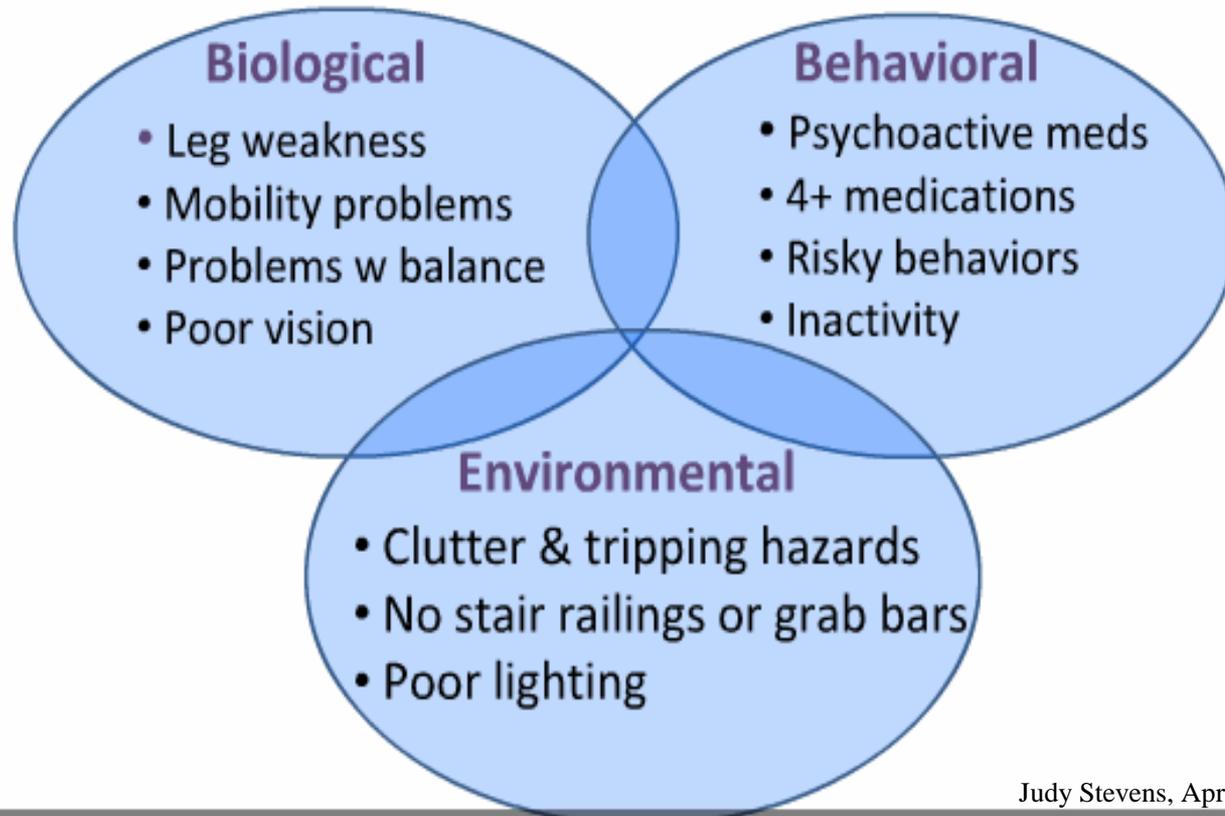
Source: scottrosenberglaw.com

- **1 out of every 3** people ages 65 years & older fall each year.¹
- In 2008, over 19,700 older adults in the US died from injuries resulting from falls.¹
- In 2012, 397 Kansans died from falls.²

1.CDC. Fatalities and injuries from falls among older adults—United States, 1993-2003 and 2001-2005. MMWR 2006;55:1222-4

2.KDHE – Annual Summary of Vital Statistics, 2013;9.

Modifiable Risk Factors



Judy Stevens, April 2013

The more risk factors, the increased chance for a fall.
Also, the interaction between risk factors can increase falls.



Medications Associated With Falls

Strong Association:

- Tricyclic and SSRI antidepressants
- Benzodiazepines and sleepers
- Alcohol
- Antipsychotics
- Anticonvulsants

Possible Association:

- Beta-blocker eye drops
- ? some antihypertensives
- Narcotics



Stepping On Workshop Details

- 2 hours per week for 7 weeks
- Highly interactive
- Simple & fun strength and balance exercises
- The roles vision and medication play in balance
- Safe footwear
- Safety hazards at home



Randomized Control Trial

Outcomes

- Primary outcomes:

- ✓ Intervention group had a 31% reduction in risk of a fall ($p=0.025$) Relative Risk (RR) = 0.69 (0.50-0.96)

- Secondary outcomes:

- ✓ Intervention group maintained confidence in the more mobile Activities of Daily Living (ADL) tasks , e.g. walk up & down a ramp $p=0.042$
- ✓ Intervention group used more protective behaviors $p=0.024$
- ✓ Minimal difference in amount of physical activity undertaken, no difference in fear of falling during activity, health perceptions or worry



A Matter of Balance

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Transitions Services Coordinator

**North Central Flint Hills Area Agency on
Aging**

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Walk With Ease

6-week program



Walk With Ease

Topics covered include:

- Safe, comfortable, and fun exercise
- Goal setting and planning focused on individual goals, needs, and health
- Overcoming barriers to behavior change
- Basic body mechanics
- Simple strength training & stretching exercises

No equipment required!



Walk With Ease

Evidence shows that Walk With Ease:

- Reduces the pain and discomfort of arthritis
- Increases balance, strength and walking pace
- Builds confidence in ability to be physically active
- Improves overall health

Not only for people with arthritis!



Walk With Ease

Originally designed to be instructor-led, group program...

Sign up for self-directed version at

http://www.toolsforbetterhealthks.org/walk_with_ease.htm

We can provide people who sign up via our website with books and pedometers while our supplies last.

- Stretch break brought to you by your friends at AF
- Preceded by EF slides, followed by WWE slide
- Get SO slides from Lori

Enhance[®] Fitness:

Treating Arthritis through Fun, Laughter and Friends

Slides developed by: **Lianna Bodlak**

Director of Medical Based Programs

GREATER WICHITA YMCA



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Proven senior fitness and arthritis management program

- Project[®] Enhance
- Help older adults become more active, energized, and empowered for independent living
- Recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging

Program format

- Group based exercise (*cardiovascular exercise, strength training, flexibility and balance*)
- Meet 3 times per week; 60 minutes per session
- Led by an EnhanceFitness certified instructors
- Fitness assessments every 4 months

Program Outcomes

- EnhanceFitness has been proven to help adults:
 - Grow stronger
 - Improve balance
 - Become more limber
 - Boost activity levels
 - Elevate mood
 - Relieve arthritis symptoms



Programs Currently Offered at...

- YMCA of Greater Kansas City
 - Olathe Family YMCA and Providence Family YMCA
- Greater Wichita YMCA
 - South YMCA and West YMCA
- McPherson Family YMCA
- Salina Family YMCA
- Garden City Family YMCA (2016)
- YMCA of Hutchinson (2016)



Promotional Materials



the Y
WICHTA

FEELING GOOD NEVER GROWS OLD

EnhanceFitness—Treating Arthritis through Fun, Laughter and Friends
GREATER WICHITA YMCA

ARTHRITIS SYMPTOM MANAGEMENT FOR SENIORS

EnhanceFitness is a proven community based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized, and empowered for independent living.

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging.

The program consists of low impact exercise classes that are safe and challenging for older adults of all fitness levels... from active to less fit or frail.

EnhanceFitness exercises focus on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for each participant.

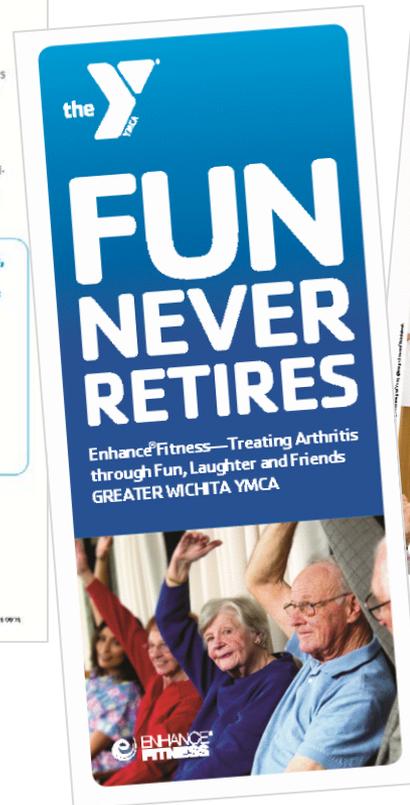
Classes are held in a relaxed atmosphere that promotes fun and laughter and provides lots of opportunities for the social interaction that is vital to senior health and well-being.

FOR INFORMATION OR TO REFER PATIENTS, CONTACT:

For regular attendees, EnhanceFitness is proven to help adults:

- Grow stronger
- Improve balance
- Become more limber
- Boost activity levels
- Elevate mood
- Relieve arthritis symptoms

14131 0671



the Y
WICHTA

FUN NEVER RETIRES

EnhanceFitness—Treating Arthritis through Fun, Laughter and Friends
GREATER WICHITA YMCA

ENHANCE FITNESS

14131 0671



the Y
WICHTA

FUN NEVER RETIRES

EnhanceFitness—Treating Arthritis through Fun, Laughter and Friends
GREATER WICHITA YMCA

BE MORE ACTIVE, ENERGIZED AND EMPOWERED

Join us for EnhanceFitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles.

EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults.

Of all EnhanceFitness' multiple benefits though, the one that matters most is that it's a great time.

So if you're an older adult, lift your body and your spirits—join EnhanceFitness today!

FOR MORE INFORMATION CONTACT:

Seniors, do you want to:

- Have a great time?
- Make new friends?
- Relieve your arthritis symptoms?
- Grow stronger?
- Improve your balance?
- Become more limber?
- Boost your activity levels?

14131 0671

Questions

Lianna Bodlak

Director of Medical Based Programs

Greater Wichita YMCA | Community Development

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Chronic Disease

Self-Management

Education

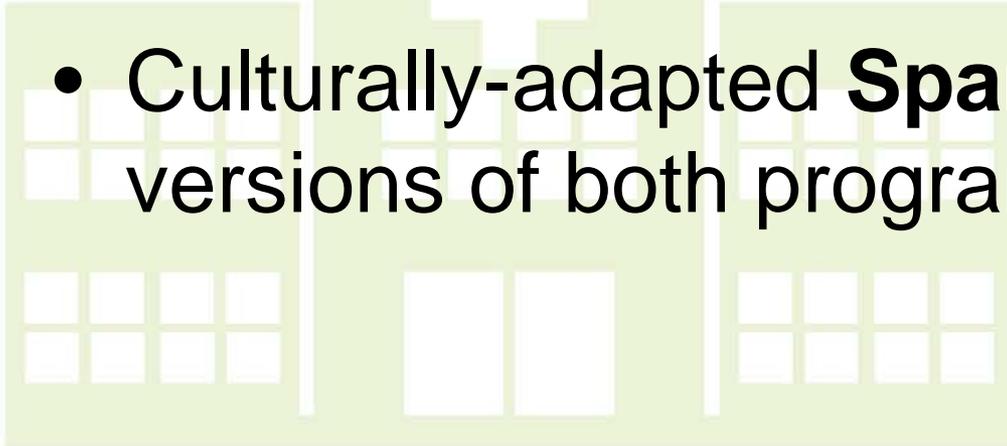
Improving the Health of
Your Patients by
Referring them to Self-
Management Programs

we do
CDSME

because it works

Chronic Disease Self-Management

- **CDSMP** is for anyone with a chronic disease and their family or caregivers
- **DSMP** is for people with diabetes and their family or caregivers
- Culturally-adapted **Spanish-language** versions of both programs are available.



CDSME Basics

- Address a variety of chronic conditions in small groups
- Teach techniques to deal with pain, fatigue, physical limitations
- Model behavioral skills like goal-setting, problem-solving, overcoming barriers
- Meet once a week for 6 weeks
- Share action plans and progress with providers



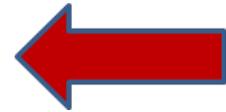
Symptom Cycle



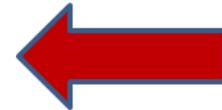
Evidence-based Benefits of CDSME

- Reduced pain and fatigue
- Improved range of motion
- Increased physical activity & energy
- Improved psychological well-being
- Increased confidence in managing health

**Improved
Health
Outcomes**



- Better communication with PCP
- Reduced hospitalizations
- Better health care utilization



**we do
CDSME**

because it works

Success Stories from Comcare

- One patient was using a walker and was in extreme pain due to fibromyalgia. But, by the last day of the group her pain had significantly decreased and she stopped using a walker.
- Another individual who has OCD actually attended 5 out of 6 of the groups, which is major progress for her, as she usually did not go to places. In addition, she had not been sharing her symptoms of OCD with assigned Care Coordinator, but started to do that after attending the group.
- Another individual attended the group as support for his girlfriend. However, he had not been to see a PCP for over 25 years, and as a result of attending the groups, he decided to finally schedule an appointment with a PCP. His girlfriend said he did follow through and is attending appointments with his PCP regularly now.

we do
CDSME

because it works

Provider Referrals are Essential!

- Patients are **18 times** as likely to participate in a self-management education workshop if their healthcare provider recommends it



Tools for Better Health Self-Management Programs Referral Process

1. Provider introduces CDSMP opportunity to patient. Patient completes Patient Referral Form.

2. Patient Referral Form sent to to KDHE or local coordinator.

3. State or local coordinator contacts patient and enrolls them in a workshop.

4. Patient attends CDSME workshop.

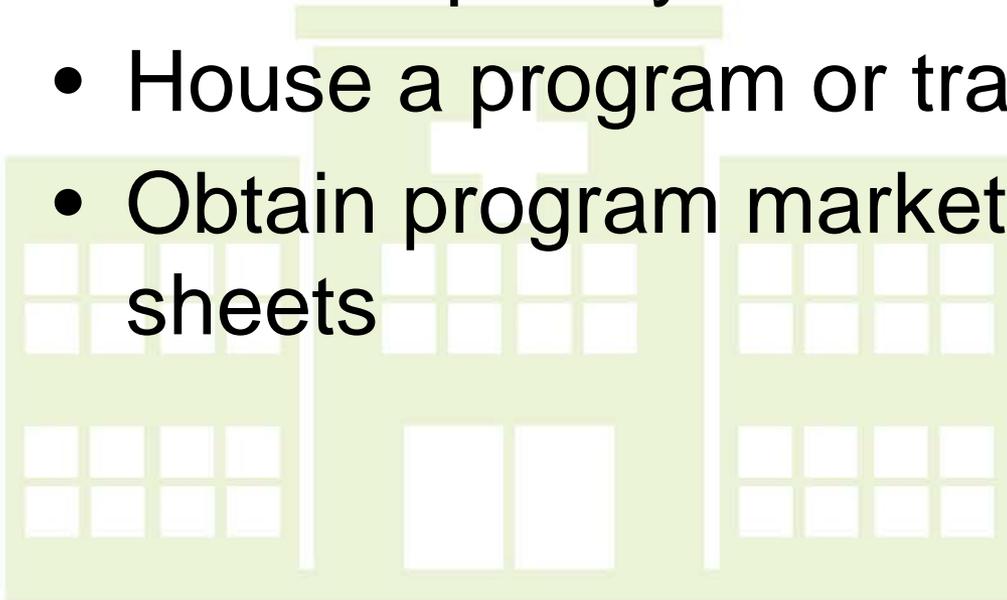
5. Patient completes Provider Feedback Form describing what s/he learned during workshop.

6. Provider Feedback Form sent to referring provider.

7. Provider follows up with patient on goal-setting and action plan.

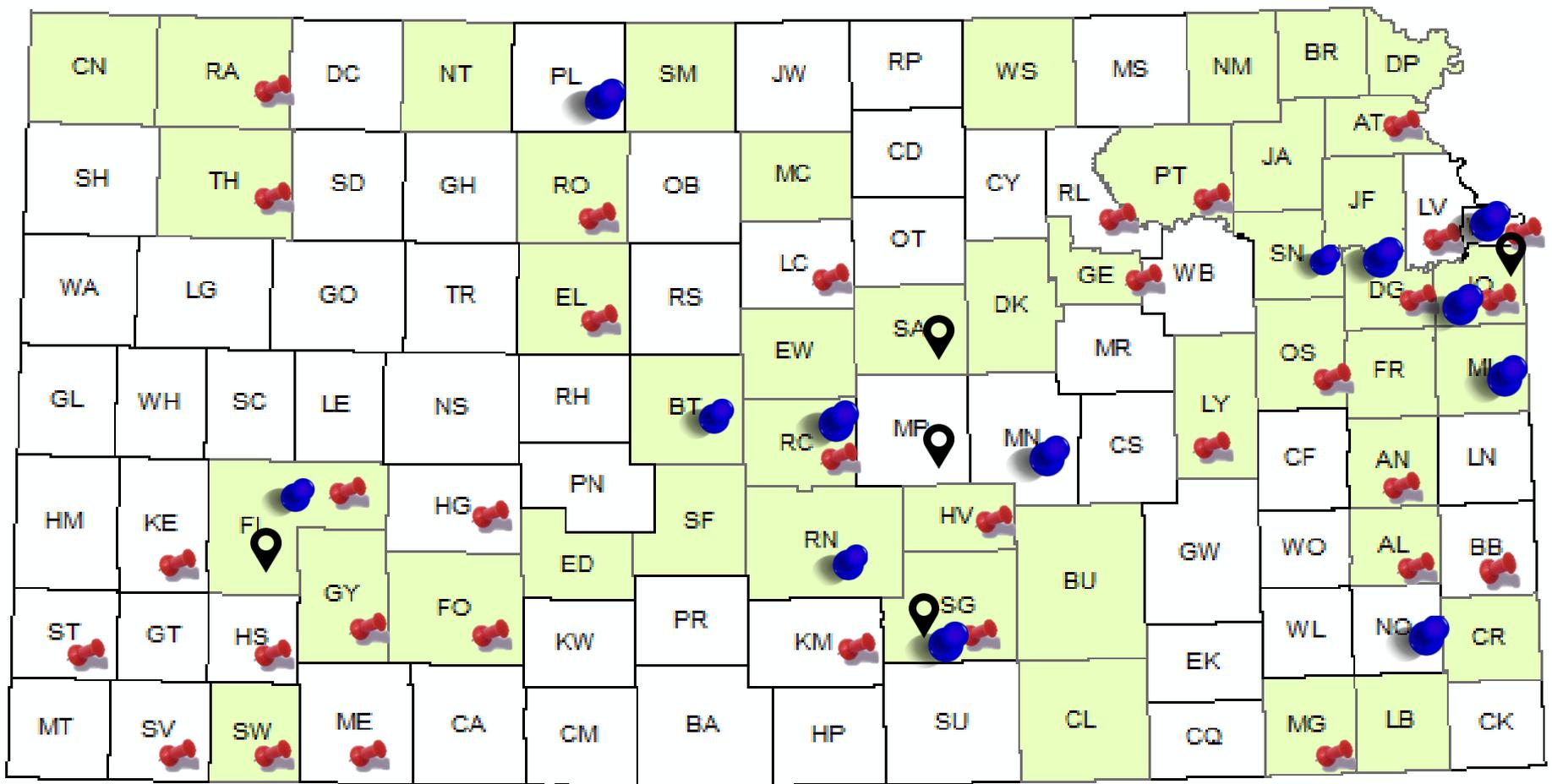
We Can Help You...

- Work with KDHE to set up a referral process that will connect your patients to workshops in your area
- House a program or train a leader
- Obtain program marketing materials & fact sheets



Questions about CDSME?





-  = at least one active CDSME leader living in that county
-  = location of Enhance Fitness classes (currently all are at YMCAs)
-  = location of Stepping On classes (by county)
- CDRR funded counties have a green background

DPP in Garden City, Kansas City, and Wichita branches of the YMCA
 WWE – Recommend the self-directed version at this time

Back to the parking lot...

How could your organization use TFBH to address these health challenges?



www.ToolsForBetterHealthKS.org

