

Diabetes Partners in Prevention Newsletter: A Publication of the Connecticut Department of Public Health

CT County Level Diabetes Prevalence Data, Betty C. Jung, RN, MPH, CHES, CT DPH

In June 2008, the Centers for Disease Control and Prevention (CDC) released new 2007 prevalence data estimates that indicates that almost 8 percent of the U.S. population has diabetes (~24 million), while ~57 million are estimated to have pre-diabetes (those at increased risk for developing diabetes). At the same time, the CDC also released estimates of diagnosed diabetes for all counties in the U.S., based on a combination of census and Behavioral Risk Factor Surveillance Survey (BRFSS) data and census data.

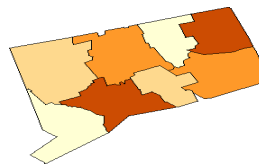
County-level data are useful for identifying areas within states that have higher diabetes rates and helps with targeting public health prevention efforts to meet the needs of specific communities. (1)

According to the CDC, the estimated age-adjusted prevalence of diabetes (for adults 18 and over) in Connecticut for 1994-2005 is 5.9%. (2)

County-level 2005 estimates follow in the table below.

<u>Estimated County Level Prevalence</u>	
COUNTY	%
Fairfield	5.7
Tolland	5.9
Litchfield	6.1
Middlesex	6.4
New London	6.9
Hartford	7.1
Windham	7.4
New Haven	7.8

Source: [http://appsncd.cdc.gov/DDT_STRS2/County Prevalence Data.aspx](http://appsncd.cdc.gov/DDT_STRS2/County%20Prevalence%20Data.aspx)
1. CDC. 6/24/08 Press Release
2. CDC. (n.d.). Connecticut - Percentage of Adults with Diagnosed Diabetes, 1994 – 2005. Retrieved 9/19/2008 from <http://apps.nccd.cdc.gov/>



Keeping Connecticut Healthy

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CT DPH Launches Diabetes Awareness Campaigns, Cindy Kozak, RD, CDE, MPH, CT DPH

To highlight November as Diabetes Month the Diabetes Prevention and Control Program is running two awareness campaigns. One is a media campaign message run on the radio and in newspapers. The second is a African American poster featuring colorful photos and tips on “What to Know” and “What to Do.” These posters will be distributed to barbershops and beauty salons in

African American neighborhoods. This poster is also available for display in your organization. To obtain a copy please contact cindy.kozak@ct.gov



New Milford Senior Center Receives Funding for Diabetes Prevention, Carolyn Haglund, RD, CMH Nutrition, LLC

The New Milford Senior Center, designated a Focal Point by Western Connecticut Area Agency on Aging, Inc., received funding from the Connecticut Senior Centers' 2008 Special Funding Initiative for a pre-diabetes prevention and management program. The program titled, "Nibble and Know" set goals to improve the awareness of pre-diabetes conditions and the management of diagnosed diabetes. The six-week program had 25 participants who live in New Milford and/or regularly participate in New Milford Senior Center activities. The program design included, but was not limited to:

- assisting with healthy meal planning
- encouraging a healthier diet/lifestyle and
- improving participant knowledge of diabetes and its effect on over-all health and longevity.

The "Nibble and Know" program provided the techniques of management through diabetes

education from New Milford Hospital's Certified Diabetes Educators. The program offered "how-to" food demonstrations, nutrition lectures, daily exercise and activity suggestions. The program design enhanced the regular offerings of the Community Health and Wellness Center of New Milford.

Resources used for the program included but were not limited to: USDA Dietary Guidelines, the American Diabetes Association and Community Programming through the National diabetes Education Program. The program was offered by the New Milford Senior Center in collaboration with the New Milford Hospital, New Milford Health Department and the New Milford Visiting Nurse Association.



DPCP Seeking State Plan Updates, Cindy Kozak, RD, CDE, MPH, CT DPH

The Connecticut Diabetes State Plan was released last October and now the Connecticut Diabetes Prevention and Control Program is seeking updates from our partners. Please submit a short description on diabetes initiatives your organization has conducted since Oct 1, 2007. Indicate which of the following

categories the project addresses: Diabetes prevention, disease management, surveillance, education/awareness or access/policy. Please submit these updates to cindy.kozak@ct.gov by Nov 15. They will be published in a State Plan Update Report which will soon be released.

Qualidigm's Preventive Services Utilization Initiative, Michelle Kelvey Albert, Qualidigm

Over the last several years, Qualidigm under contract with Medicare, has been working with approximately forty primary care physician practices to improve preventive service utilization among Medicare beneficiaries. The goal of this initiative is to assist primary care physicians in maximizing utilization of electronic health records systems and registries to increase office efficiency and improve patient care. Qualidigm is working with these practices

on creating performance data reports for diabetes management. Reports are reviewed with clinicians and office staff to identify patients in need of particular medical services. Interventional strategies are then implemented to promote utilization of the missing services. Some of these strategies used in the offices are patient reminders, standing orders, and patient self-management.