1. Mission of the Madera County Public Health Department and Prevention First Program.

2. Diabetes prevalence in Madera County

3. Prevention First Program: Strategies for improving diabetes trends in Madera County

4. Environmental Scan Results

5. Our Partners

6. Lessons learned
The Madera County Public Health Department mission: Protect the health of our community by preventing disease and promoting health equity.

“Our vision is to keep all Maderans healthy”
Prevention First Program

• Goal: To **improve** Diabetes and Hypertension management outcomes.

• Madera is 1 of 4 counties in California implementing this 4-year project.

• Other counties participating:
  • **Alameda, Monterey, and Sacramento.**
A partnership with health care organizations to provide Technical Assistance (TA) in the following areas:

- Team-Based Care
- Diabetes Self-Management Education/Training (DSME/T)
- Community Health Workers (CHWs)
- Electronic Health Records (EHR)
Diabetes and its Complications

• Diabetes is a complex group of diseases
  – Result of high blood glucose (blood sugar) due to the body’s inability to make or use insulin.
  – If left unmanaged, it can lead to serious complications including:
    • Heart disease
    • Stroke
    • Hypertension
    • Blindness
    • Kidney disease
    • Diseases of the nervous system
    • Amputations and premature death

Source: National Committee for Quality Assurance
Madera County

• Population of: 154,998
  55% are Hispanic
  36% are White
  3% are African Americans
  2% are Asian Americans
  1% are Native Americans
  3% are others

• Language:
  44% of the population speaks another language (other than English) at home.
  Spanish the most common language spoken. Estimated that at least 50,000 people speaks Spanish.

• Most common industry:
  Agriculture, Forestry, Fishing, and Hunting
  Healthcare & Social Assistance
  Retail trade

Source: census.gov
Diabetes Prevalence in Madera County

• **2011-2012 Survey of Madera County**
  Estimated 10,000 people with a diagnosis of type 2 DM
  10.2% prevalence for Madera County

  • **Obesity in Madera County**
    – Estimated 34,000 people who are obese
    – 34.3% prevalence

  • **If current trends continue:**
    - 1 in 3 adults in the U.S will have diabetes by 2050
    - Trends in Madera may also follow

Source: UCLA, March 2016; Diabetes.org
Environmental Scan Results

Health Care Organizations that have a Policy to Refer Patients to Other Programs

Source: Madera County Public Health Department (2016) Environmental Scan Report, Prevention First Program. Madera, CA.
Madera County Healthcare Organizations working with Community Health Workers

- Yes: 21%
- No: 63%
- Doesn't Apply: 8%
- Don't Know: 8%

Source: Madera County Public Health Department (2016) Environmental Scan Report, Prevention First Program. Madera, CA.
Diabetes Self-Management Education/Training (DSME/T)

- DSME/T aka DSME (Diabetes Self-Management Education).
  - DSME is the preferred term, but CMS requires the term DSMT.
- A series of classes that teaches patients to cope with and manage their diabetes:
  - Tips for eating healthy, being active, monitoring blood sugar, taking drugs, and reducing risks.

Source: Ihs.gov
Local DSME/T Programs

- Kaweah Delta Health Care District
  - Wellness Center at San Joaquin Community Hospital
  - Bakersfield

- Adventist Health Community Care
  - Hanford

- Valley Children’s Hospital
  - Pediatric Diabetes Care Center
  - Madera

- CRMC Diabetes Care Center
  - Fresno

- Diabetes Treatment Program at Memorial Medical Center
  - Modesto

- Source: ADA and AADE recognized program search online engines
Project Dulce

• Initiated in 1997 – designed by a broad collaboration of San Diego health care and community-based organizations
  • Educational program that addresses the specific needs of culturally diverse populations
  • Geared towards providing guidance on educating patients for diabetes management
  • Addresses:
    - Smoking
    - Diet
    - Lack of physical activity
    - Medication adherence

Source: scripps.org
• Partnership with Vision y Compromiso Network to provide training to Madera promotora groups.

• Their Mission: Commitment to community well-being by supporting Promotores and Community Health Workers

• Vision: *Towards a Healthy and Dignified Life*
  • Promotores are given 32 hour training
  • Learning how to communicate and advocate health for their communities
  • Focus on Diabetes & Hypertension
Working with local Madera Promotora groups

CAMARENA HEALTH

We are community. We are family. We are health.

Madera Unified School District

CalViva HEALTH™
The Role of CHWs in DSME

• A culturally diverse group of CHWs
• Extension and resource for health care providers to provide education on diabetes and high blood pressure
• Reduce health-adverse culture-based beliefs in underserved and underinsured populations with diabetes.
• “Health on Wheels” Project
  • Currently revamping our RV for community school/workplace events
First Set of Trainings
TEMAS #1
4 Tipos de Diabetes
Tipo 1: Insulína Básica
Tipo 2: Insulína y Oral
Pre-Diabetes: Grado 0, 1, 2, 3
Diabetes: Grado 4, 5, 6

JEOPARDY
100
200
300
400
500
600
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1000
Ultimately, implementation of the chronic care model may require a major redesign of health system practice.

Using currently available resources, such as peer educators and nurse core managers, the Project Eureka model can guide health care practices to take the first steps toward improving chronic illness care.
Lessons Learned

1. Community Champions are key
2. Trainings and staff must connect with Community Health Workers and Community Champions
3. Let promotoras/MAs/Health Educators express their creativity
   4. Be open to suggestions
5. We are still learning!
Any Questions?

Thank you!
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References


