FUTURE OF NURSING™
Campaign for Action
Objectives

1. Introduce the Culture of Health Framework.
3. Increase awareness of diabetes/prediabetes prevalence.
4. Introduce the Diabetes Prevention Program.
5. Present PHNL Project.
6. Identify the role of the Iowa Action Coalition within the PHNL Project.
Robert Wood Johnson Foundation defines Culture of Health as one in which:

- Good health and well-being flourish across geographic, demographic, and social sectors;
- Fostering healthy equitable communities guides public and private decision making; and
- Everyone has the opportunity to make choices that lead to healthy lifestyles.

“How do we keep people healthy”
2010: IOM - Future of Nursing Report (8 recommendations)
2015: RWJF Culture of Health (COH) Framework

1. Remove scope-of-practice barriers.
2. Expand opportunities for nurses to lead and diffuse collaborative improvement efforts.
3. Implement nurse residency programs.
4. Increase the proportions of nurses with a baccalaureate degree to 80% by 2020.
5. Double the number of nurses with a doctorate degree by 2020.
6. Ensure that nurses engage in lifelong learning.
7. Prepare and enable nurses to lead change to advance health.
8. Build infrastructure for the collection and analysis of interprofessional health care workforce data.

Source: Institute of Medicine: The Future of Nursing, Leading Change, Advancing Health
1. Strengthen Leadership Skills to leverage new and existing partnerships to improve the health of the population.

2. Work with Iowa’s Action Coalition to Build a Culture of Health (i.e., improve population based health).
Diabetes & Prediabetes
Approaching Epidemic Proportions
According to the 2014 CDC report, 29.1 million people (9.3%) have diabetes.

- 8 million (almost 28%) are undiagnosed

The CDC predicts many as **one in three adults** in the US could have diabetes by 2050 if current trends continue.

CDC Diabetes Data and Statistic Surveillance System Findings:
Iowa’s population Diagnosed Diabetes

2014: 8.3%
2004: 5.9%
1994: 3.8%

Source: CDC Diabetes Data and Statistic Surveillance System
An estimated 86 million US adults (or 1 in 3) have prediabetes
- 9 out of 10 people are undiagnosed

*Without weight loss and moderate physical activity, people with prediabetes are 5 to 15 times more likely to develop type 2 diabetes.

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

35% of adults in Iowa have prediabetes.

Economic Costs of Diabetes

THE STAGGERING COST OF DIABETES

Today, 4,660 Americans will be diagnosed with diabetes

Nearly 30 million Americans have diabetes

86 million Americans have prediabetes

Diabetes and prediabetes cost America $322 billion per year

1 in 5 health care dollars is spent caring for people with diabetes

1 in 3 Medicare dollars is spent caring for people with diabetes

People with diagnosed diabetes have health care costs 2.3 times higher than if they didn’t have the disease

Learn how to combat this costly disease at diabetes.org/congress

1. **Overweight or obese**
   - 36% of Iowans are overweight
   - 30.9% of Iowans are obese

**66.9% of Iowan’s are at risk of developing prediabetes based on overweight and obesity rates alone!**

2. Age 45 or older – Iowa 9th leading state for population 50+ based on percentage;
3. Family history of Type 2 diabetes;
4. Physically active less than 3 times per week;
5. History of gestational diabetes or delivering a baby weighing over 9 lbs at birth;
6. African American, American Indian, Hispanic, Asian American, or Pacific Islander

National Diabetes Prevention Program (NDPP)
1 year long, evidence-based lifestyle change program to prevent or delay type 2 diabetes.
Lifestyle Coach works participants in a group setting to reduce their risk by:

- Losing weight through healthy eating (5-7 % of starting weight)
- Physical activity (avg. 150 minutes per week)
- Learning to identify and address barriers to healthy eating and physical activity
Who is Eligible for the Program

Overweight Adults:
- Limited to persons ages 18 years and older
- Participants with a BMI of 24 or greater
  (Asian Americans: 22 or greater)

AND

Prediabetes:
- 50% of participants must have had a recent (within the past year) blood based test (FPG, OGTT, HbA1c) (may be self-reported)
- OR history of gestational diabetes
- Other 50% eligible if screen positive for prediabetes based on National Diabetes Prevention Program Risk Test
2005 – NIH conducted a research study to find out whether losing modest amounts of weight through improving diet and increasing physical activity, or taking the diabetes drug metformin, could prevent or delay type 2 diabetes in people at high risk for developing the disease.

- Major multicenter clinical research study
- 3,234 participants
- 27 clinical centers in U.S.
Study Results: Reduced Chance of Developing Diabetes

- Lifestyle intervention sharply reduced the chances of developing type 2 diabetes by 58%, 71% for aged 60+
- Even after 10 years, participants reduced their risk by 34%.

Preventing Diabetes in Iowans: A Call to Action!
1. Unite entities throughout Iowa to work together on diabetes prevention goals

- Midwestern Public Health Training Center
- Iowa Department of Public Health
- Iowa Healthcare Collaborative
- Iowa Action Coalition
Preventing Diabetes in Iowans: A Call to Action!

2. Statewide Gap Analysis

- Primary Care
- Current DPP Sites
- Potential new program or referral sites
3. Diabetes Prevention Summit

- National & Local speakers
- Address gap analysis findings
- Activate diabetes prevention efforts
Iowa’s Action Coalition Role(s)

Advisory group

Leverage relationships
Thank you!

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