

MINUTES
ALABAMA DIABETES NETWORK (ADN) MEETING
May 16, 2012

The Alabama Diabetes Network meeting was held at the Montgomery County Health Department located in Montgomery, Alabama. The following individuals were in attendance:

NETWORK MEMBERS	EX-OFFICIO MEMBERS (State Health Department Staff)
Dr. Lekan Ayanwale Mike Bice Ethelyn Brown Edith Evans Dana Herazo Michael Henderson David Mann Kay Melnick Lannie Sears Mitchell Israel Moore Kathy Zicarelli	Debra Griffin Vivian Hinson Samille Jackson Mollie Killman Dr. Jim McVay Elana Merriweather Julie Nightengale James K. Reid Arunn Rikhi Ellen Snipes GUEST SPEAKERS Lillie Beasley Hall LaMont Pack Guests Dr. James Johnson Dr. Tom Vocino

CALL TO ORDER/INTRODUCTIONS

LaMont Pack, P.A., M.P.A., *Director of Diabetes Prevention and Control Program*, called the meeting to order at 10 a.m. He greeted everyone and thanked them for attending. He allowed time for introductions of all attendees.

APPROVAL OF MINUTES

Mr. Pack asked the group to review the minutes of the last meeting. A motion to have minutes approved as read was made. Motion accepted.

UPDATES/BUSINESS SESSION

James K. Reid, R.N., B.S.N., M.S., stated that the Centers for Disease Control and Prevention (CDC) is supporting the process of collaboration and combining all of the coalitions. He stated that we are seeing a lot of crossover with the diseases; our current programs include the *Road to Health* training, a new *Road to Health Evaluation Tool* was just released by CDC and we will be implementing that tool soon. According to Mr. Reid, we are targeting impact, reach, and outcome; these are obligations of each

program within the Chronic Disease Bureau. The Chronic Disease Self Management Program is being taught in churches, prison systems, Federally Qualified Health Center in Montgomery, Alabama, and to Tuskegee, Alabama City Employees. These are different opportunities to pursue.

PRESENTATIONS

Lillie Beasley Hall, R.N., B.S.N., presented on *Implementing a Diabetes Support Group at Greenwood Baptist Church in Tuskegee, Alabama*. In January 2010, Mrs. Hall shared she was diagnosed with type 2 diabetes. Her first personal goal was to start a Diabetes Support Group. The questions to be answered included; what would be the goal? She thought no pity party; our goal for the group would be to get together so that we can learn and to do what the doctor says. Ms. Hall's personal goals included reading everything that she could, to look at the American Diabetes Association's mission statement and the mission statement of her church. She developed a mission statement for the support group which is *to create awareness and provide information about diabetes and its associated risk factors*. She stated that she is thankful for the diagnosis because, otherwise, she would not have organized this support group. She is convinced that this is God's plan. This group allows her to reach out, spread the word, and create meaningful support.

The second goal was the development of a health care team for presentations. Diabetes is a family affair which led to the third goal; finding volunteers and support staff. The fourth goal was to get all the churches in Macon County involved. All the goals have been met except having all the churches in Macon County involved. We start each support group meeting with agenda and roll call, a short devotion, and a prayer and scripture reading. The theme song Mrs. Hall created is *The More we get together, The Healthier we will be*. She stated that the support group conducted various topics and presenters over year 2011. The marketing strategies for the group included word of mouth, church announcements, newspaper, and a flier. A survey of the group was conducted and some of the comments included: people are more conscious, have insight for various areas of exercise, great results, valuable information presented, and general information on health and diet management. Each month the group is presented with a new challenge, 1) drink water (May) and monitor blood glucose daily (April) 70-130 mg (Normal). The goals for year 2 include, 1) increase church representation by 25%, 2) partner with an area university for research and funding opportunities, and 3) share with at least one rural county for duplication.

The Diabetes support group celebrated one year in existence in February 2012. The group meets monthly the 4th Friday at 12 Noon- 1 p.m. at Greenwood Baptist Church. Mrs. Hall stated she has reached 26 churches and has a contact person in each church. Also, there are 24 volunteers. The group attendance has been as high as 65 people and as low as 32. The success of her program is partly due to the speakers. Speakers have been podiatrists, optometrists, physicians, nutritionists, and other health specialists. Your Diabetes Director, Physician Assistant LaMont Pack, presented on February 24, 2012, the first year anniversary of the diabetes support group. Mr. Pack presented on the *Impact of Hypertension on Diabetes and Kidney Disease*. Everyone enjoyed the presentation and said they learned a lot. They are still talking about that presentation today. Mrs. Hall further stated she would assist anyone who wants to start a Diabetes Support Group in their local community.

LaMont Pack, P.A., M.P.A., Director, Diabetes Program, served as a replacement for **Dr. Evelyn Crayton, Chair of the ADN**. Both Dr. Crayton and Dr. Mark Swanson's duties required them to be out of the county. Mr. Pack thanked Mrs. Hall for the excellent presentation and related that while he was in attendance at Centers for Disease Control and Prevention (CDC) meeting Mrs. Hall contacted him and asked if he would share the establishment of a Diabetes Support Group in Tuskegee, Alabama and the

theme song to Dr. Ann Albright, Director of the Division of Diabetes Translations at CDC. Dr. Albright remarked, "Outstanding" and she stressed the importance of establishing Diabetes Support Groups in local communities. In addition, she asked that Mrs. Hall be thanked and to keep up the good work. Mr. Pack reminded the ADN members that in our Strategic Plan we should consider establishing Diabetes Support Groups. The capitol city, Montgomery, Alabama, does not have one. Another member asked what about outside of Montgomery, Alabama, we need Diabetes Support Groups there also. Then Mr. Pack reminded the ADN membership that there will be break-out sessions to discuss the Strategic Plan for addressing diabetes in Alabama and the new direction the CDC is headed with objectives to show impact, reach, and outcome. The membership will need to start planning for the next 5 years. Diabetes Support Groups are significant because of the diabetes epidemic in Alabama, the nation, and the world. The national diabetes prevalence rate is 8.3% and the Alabama rate is 13.2%. Mr. Pack stated we need to do more to prevent diabetes and diabetes complication. We have started teaching CDC's The Road to Health diabetes prevention program to the population most at risk-our seniors. Type 2 diabetes is not only afflicting adults; school age children are getting the disease in Alabama. There were 1,000 youths reported to have type 1 diabetes in Alabama public schools and 900 with type 2. Mr. Pack reminded the attendees that the youth is the second population most at risk for contracting type 2 diabetes.

UPDATES/BUSINESS SESSION (Continued)

Dr. Jim McVay, Director, Bureau of Health Promotion and Chronic Disease, stated that we do have to address diabetes in Alabama. Currently, our diabetes prevalence rate is 37 percent higher than the national average. One of our goals is to develop more self management programs, according to Dr. McVay. Dr. McVay stated that he had been tied up in a State Committee of Public Health meeting. The Medicaid Agency is experiencing a serious funding crisis. There is not enough money to fund the Alabama Medicaid Agency. He stated that fifty-one percent of the children are on Medicaid. There is a low reimbursement problem and the system has all kinds of problems. The Federal Health Care System expenditures are built on Medicaid. In January 2014, less than 2 years away, there will be an increase in Medicaid children up to 133% of the poverty level. People holding Medicaid cards may not be able to find a dentist who will be willing to accept them. The All Kids program has 86,000 children who make up to 300% of the poverty level. They provide reimbursement to All Kids, a 40 million dollar program. The 6 Billion dollar Medicaid program is expecting proposed cuts.

Also, the Nursing Home Tax is an issue; the occupancy rate is 87%. Nursing Homes with occupancy rates greater than 85 % pay the tax and 2/3 of nursing home patients are on Medicaid. Dr. Williamson is leading a team to address some of Medicaid's issues. The House is proposing a 400 million dollar budget and the Senate is proposing a 418 million dollar budget. Some questions to be answered include: How can we reduce the All Kids program? All Kids co-pays are 1 and 2 dollars. The reimbursement varies.

From a health promotion stand point, monitoring blood pressure and weight is cost effective. One stroke in a community will cost \$140,000. We should all be striving for a higher quality of life. People taking individual responsibility will lead to improvements in the health of our communities. In closing, Dr. McVay said our goal should be to address what we can control ourselves, influence, and empower people in our community to take control of themselves.

CONVENING OF SUBCOMMITTEES

The break-out sessions discussed the Strategic Plan; it will address Quality of Life, Access to Care, and Education.

NETWORK FEEDBACK

Mr. Pack called the group back to order and requested each subcommittee verbally review their initial plans with the group. Each subcommittee reviewed their plans and different items and views were discussed as follows:

Quality of Life

- Increase access to trails within communities
- Increase opportunities for CDE's to present to civic organizations
- Increase the presence of diabetes support groups

Access to Care

- Coordinating Community Outreach with Wal-Mart
- Tuskegee Area Health Education Center (TAHEC) Health Screenings
- Network with organizations providing screenings. The goal is to ensure that people access higher level of service.

Education

- Education will focus on prevention with outreach to 4-H in Extension and the Boys and Girls Club. The teen group will address gestational diabetes with a focus on prevention and Type 2 diabetes.

In addition, Mr. Pack reminded the attendees of the upcoming 9th Annual Tuskegee Area Health Education Conference (TAHEC) on Diabetes on June 22, 2012, Tuskegee University, Tuskegee, Alabama, sponsored by TAHEC and partners.

Acknowledgement/Adjourn was conducted by Mr. Pack, when no further comments were given.

Respectfully submitted:



Debra Griffin, Nurse Educator/Coordinator
Diabetes Prevention and Control Unit



LaMont Pack, Director
Diabetes Prevention and Control Unit