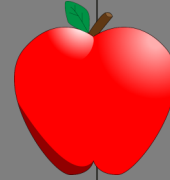




DIABETES



DIABETES EDUCATION AND PREVENTION PROGRAMS

SUMMARY

St. Luke's Miners Diabetes Education Center is an accredited American Association of Diabetes Educators (AADE) Diabetes Self-Management Education (DSME) program providing individual and group diabetes education to residents in the St. Luke's Miners Memorial service area. In FY15, the Center had an opportunity to expand diabetes education services to the Hispanic Center of the Lehigh Valley. The Center also began providing the CDC evidence based National Diabetes Prevention Program (DPP). According to the CDC, the DPP can help people with pre-diabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes to cut their risk of developing type 2 diabetes by 58%.

HIGHLIGHTS

- Two program staff, Jennifer Gross, and Lauri Price became Certified Diabetes Educators.
- Applied for and received Pending Recognition from the CDC Diabetes Prevention Recognition Program (DRPR). The CDC DPRP will evaluate the effectiveness of the St. Luke's DPP program based on data we submit over the next two years, at which point we will become a fully accredited program.
- Two staff, Lauri Price and Dagny Danga-Storm, became certified as lifestyle coaches for the CDC National Diabetes Prevention Program.
- Partnered with the Hispanic Center of the Lehigh Valley to provide diabetes education to seniors engaged in their Senior Center as part of a United Way of the Greater Lehigh Valley funded grant.

SUCCESES

- 50 patients participated in the DSME program this year.
- For the FY15 DSME quality improvement project, program staff focused efforts on increasing the number of diabetic patients enrolled in the Miners Diabetes Education Center who have an annual foot exam. The rate increased from 54% in FY14 to 70% in FY15.
- 100% of DSME program participants reported success in healthy eating, being active, monitoring, taking medications and problem solving.
- Partnered with the St. Luke's Employee Wellness Program, Caring Starts with You, to launch the first DPP class.

CHALLENGES & NEXT STEPS

- The annual rate of patient enrollment in the diabetes management classes has been steadily decreasing over the past three years. Staff is marketing the program to local providers, regional practice administrators and the community to increase program awareness.
- It has been challenging enrolling participants in the DPP due to it being a 20 week program. Those who have enrolled in the first class feel that although it has been a time commitment, they have been successful in losing weight and changing eating habits.