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Integrating Diabetes Primary Prevention into the Michigan WISEWOMAN Program

Kristi Pier, MHS
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The objective of the WISEWOMAN program was to integrate diabetes primary prevention activities into an existing chronic disease program delivered through nine local health departments in 27 Michigan counties. Between October 2007 and December 2008, 2,925 WISEWOMAN participants received screening blood glucose tests; 179 had glucose values in the prediabetes range, and 43 previously undiagnosed women had values in the diabetes range. Based on pilot data, it was concluded that integration of chronic disease programs is possible at the state level and can be translated to the local level by using data to define need and establishing measureable objectives.

Integrating Diabetes Primary Prevention into WISEWOMAN

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Objective

To integrate diabetes primary prevention activities into an existing chronic disease program, reaching a high risk population.

Why diabetes prevention?

- Evidence that diabetes prevention reduces risk for people identified with prediabetes
- Modest lifestyle changes improve glucose levels for people with prediabetes – 30 minutes of moderate physical activity 5 days a week and 5-7% weight loss
- WISEWOMAN participants are at high risk of prediabetes and diabetes
- Evidence-based lifestyle changes fit well with WISEWOMAN program structure
- Maximize resources and impact by collaborating and joining forces of two “like-minded” chronic disease programs

Design

Establish pilot project in Lenawee County Health Department WISEWOMAN program to 1) determine if glucose testing is compatible with program structure, and 2) integrate lifestyle activities to promote physical activity and weight loss.

Methods

- Between October 1, 2006 – March 31, 2008, all Lenawee WISEWOMAN participants were given the pen and paper American Diabetes Association (ADA) risk assessment.
- Participants determined to be at high risk were offered glucose testing
- Participants identified with prediabetes were offered a tailored curriculum based on the Diabetes Primary Prevention Curriculum

Results of WISEWOMAN Pilot Project

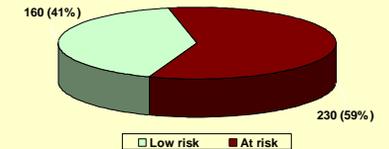
Participants enrolled for first visit between October 1, 2006 and March 31, 2008.

- 392 WISEWOMAN participants were seen and eligible
- 275 had a fasting blood glucose test
- 73 identified with prediabetes
- 11 identified with diabetes

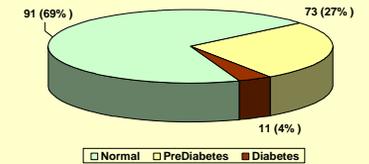
73 participants received prediabetes prevention messages

- 57 were seen again for follow-up 1 year later

Paper risk assessments:
“At risk” = 2 or more factors out of 8 or first degree relative with diabetes.



Fasting Blood Glucose tests:
Women in the prediabetes range were 4 times more likely to be obese than women who had FBG values in the normal range.



Intervention Impact:

Approximately 80% of women experienced at least one positive change in their lifestyle and/or health as a result of intervention.

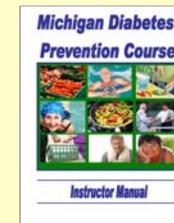


Integration Outcomes

The Lenawee pilot project demonstrated the need for and feasibility of glucose testing and education in the WISEWOMAN program. Statewide testing was phased in through all local programs:

Statewide testing 10/1/07 – 3/31/09

- Glucose tests – 3,729 (1,097 fasting)
- Prediabetes – 288 (26%)
- Diabetes – 99 (9%)



To address lifestyle activities statewide, MDCH developed a standardized instructor training 5-session Michigan Diabetes Prevention course:

- Adapted from the Diabetes Prevention Program 16-session curriculum
- Focuses on nutrition, physical activity and goal setting messages
- 51 new instructors trained since August 1, 2009