



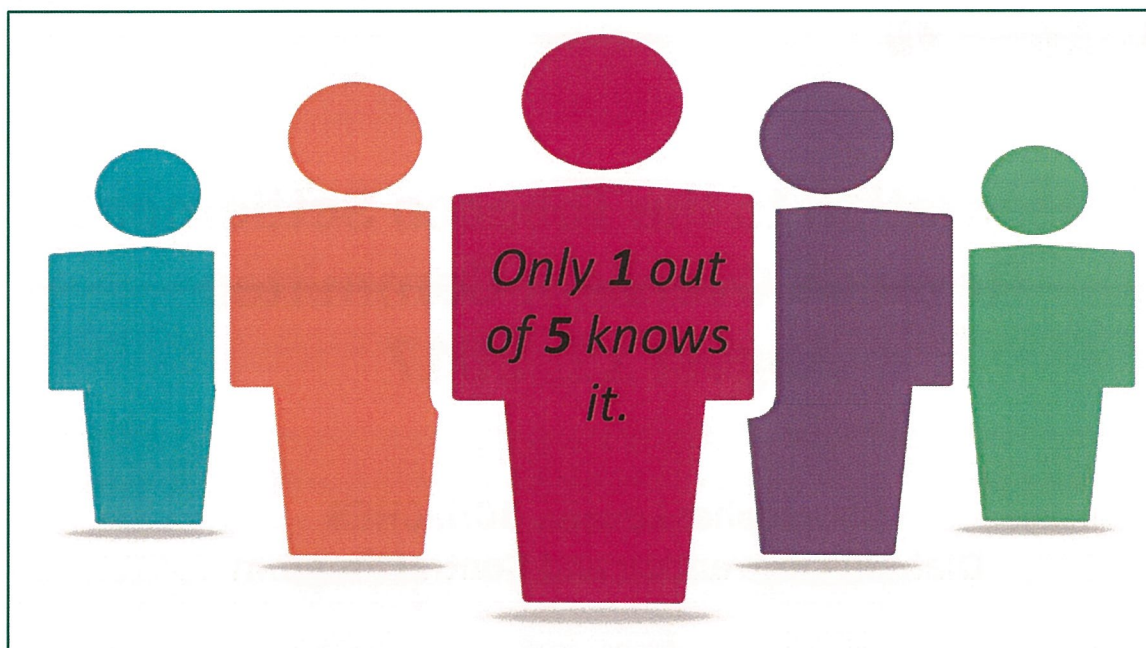
**Presentation to the Tobacco Settlement
Revenue Oversight Committee
August 11, 2017**

**Christopher Lucero, BCH, CHES
Diabetes Prevention and Control Program**

A horizontal row of six colored bars: red, yellow, blue, green, light blue, and orange.

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635,000 NM Adults Have Prediabetes



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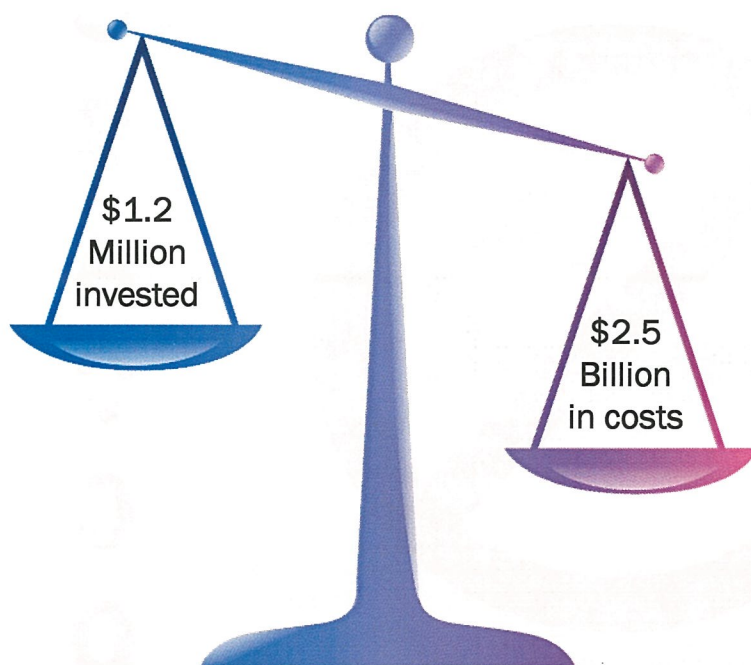
DIABETES



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Financial Burden of Prediabetes & Diabetes



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DPCP Program Goals and Strategies

Prevent or delay diabetes

Implement the National Diabetes Prevention Program throughout New Mexico.

Prevent complications, disabilities and burden associated with diabetes and related chronic conditions

Support health system and community initiatives that improve disease management and reduce complications.

Advance health equity to improve health outcomes and quality of life among all New Mexicans

Implement programs in geographic areas and populations of highest need.

National Diabetes Prevention Program - Proven Intervention

- For people with prediabetes or otherwise at high risk for diabetes
- 5-7% weight loss can prevent or delay the progression of prediabetes to type 2 diabetes

Chronic Disease Self-Management Education and Support - Proven Intervention

- Improved symptom management in:
 - Fatigue (10%)
 - Pain (11%)
 - Shortness of breath (14%)
 - Stress (5%)
 - Sleep problems (16%)
- 13% improvement in # of days/week being active
- 21% improvement in depression
- 6% improvement in health-related quality of life
- 15% improvement in unhealthy physical days
- 12% improvement in unhealthy mental days

Essential Resources to Advance Efforts

- Centralized Referral and Data System
- Marketing
 - New Brand
 - Consistent messaging
 - Marketing and promotional materials

How FY17 TSF Supported Our Work

- ❖ Staff
- ❖ National Diabetes Prevention Program and Diabetes and Chronic Disease Self-Management Programs
 - 751 adult participants
- ❖ Workforce Training and Professional Development
- ❖ Referral System
- ❖ Marketing and Promotion
- ❖ Evaluation and Performance Monitoring

What's Next?

- Incorporate input from FY17 stakeholder meetings
- Create a statewide diabetes prevention plan
- Expand NDPP in communities with a significant number of Medicare beneficiaries
- Expand CDSME/S in communities throughout NM
- Increase referrals for prevention and management programs
- Develop population-specific promotional messaging

For more information

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