



Presentation to the Tobacco Settlement Revenue Oversight Committee Monday, August 26, 2019

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Program Manager
Diabetes Prevention and Control Program
Population and Community Health Bureau**

A Snapshot: **Diabetes** In New Mexico Adults (2017)

Diabetes



8 in 10 were aware of it

Prediabetes



3 in 10 were aware of it



Diabetes in New Mexico is costly in both human and economic terms



Estimated costs for people with diagnosed diabetes.

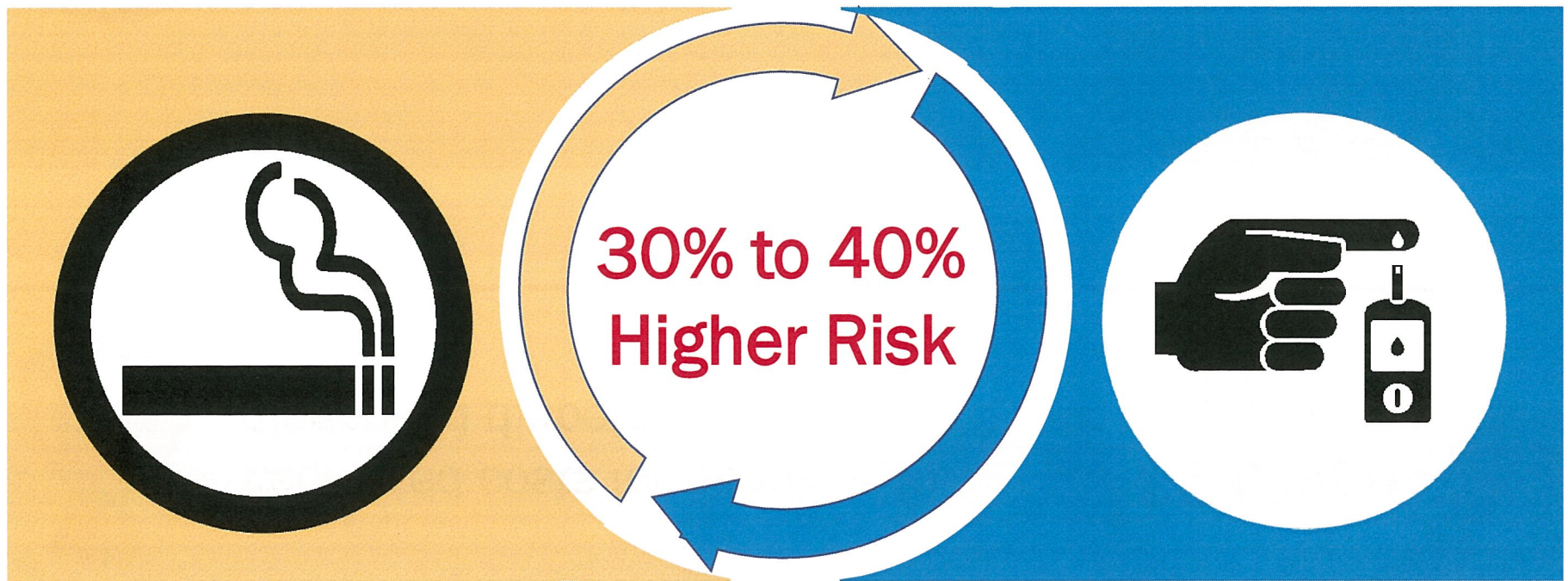
**\$2 billion
a year**



Deaths listed as diabetes being primary cause in 2017.

RIP
673

Smoking and Diabetes



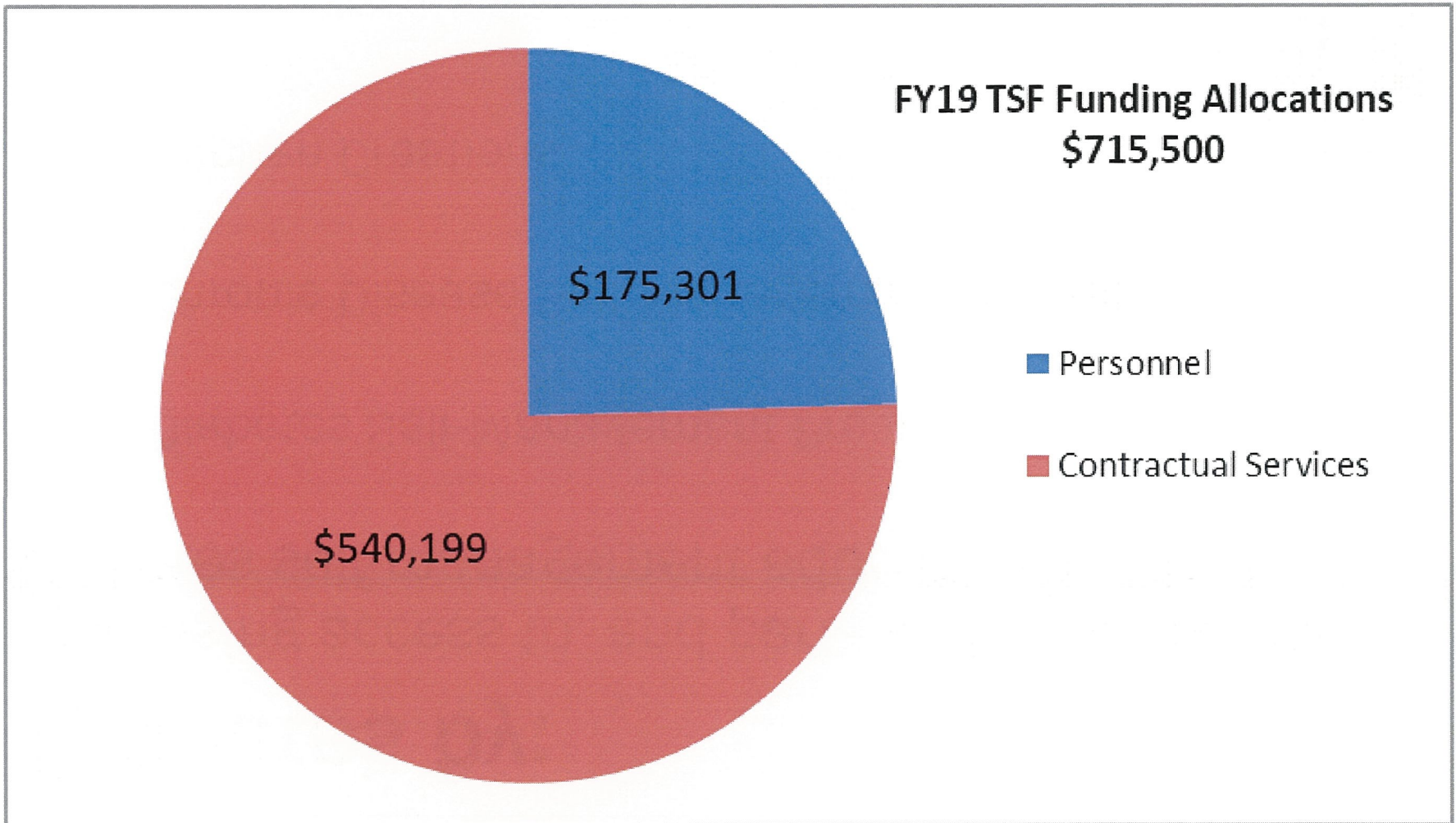
Diabetes Prevention and Control Program (DPCP)

- **Mission:** working to reduce the burden of diabetes and its complications in New Mexico through proven prevention and self-management education services, community-based and health care system partnerships, and training of health care professionals.
- **Vision:** New Mexicans have the resources and skills to prevent or effectively manage type 2 diabetes.

DPCP Goals

- 1) Prevent or delay diabetes.
- 2) Prevent complications, disabilities and burden associated with diabetes and related chronic conditions.
- 3) Advance health equity to improve health outcomes and quality of life among all New Mexicans.

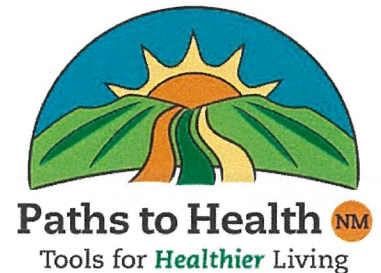
How Tobacco Settlement Funds were **Allocated** in FY19



Reducing the Burden of Diabetes by:

Increasing access to, and participation in, proven diabetes self-management education services.

- Diabetes Self-Management Program
- Chronic Disease Self-Management Program
- Kitchen Creations



FY19 Achievements

Diabetes and Chronic Disease Self-Management Programs

Diabetes Self-Management

- English
 - 133 participants
 - 113 completers (85%)
 - 12 workshops

Chronic Disease Self-Management

- English
 - 111 participants
 - 91 completers (81%)
 - 11 workshops
- Spanish
 - 53 participants
 - 50 completers (91%)
 - 5 workshops

FY19 Achievements

Kitchen Creations

- Number of cooking classes: 28
- Number of participants: 392
- Number of counties served: 17
- Percent of surveyed participants who self-report satisfaction with the Kitchen Creations classes:
100%

FY19 Achievements:

New Mexico Diabetes Advisory Council

- Number of Trainings : 4
- Number of attendees: 276
- Percent of survey respondents who express overall satisfaction: 95%
- Percent of survey respondents who report an increase in knowledge/skills: 88%
- Percent of attendees who receive continuing education units: 68%

FY19 Achievements

Outreach and Education

Funding supported outreach and education activities in New Mexico's Native American and African American Communities.



Native American Partnership

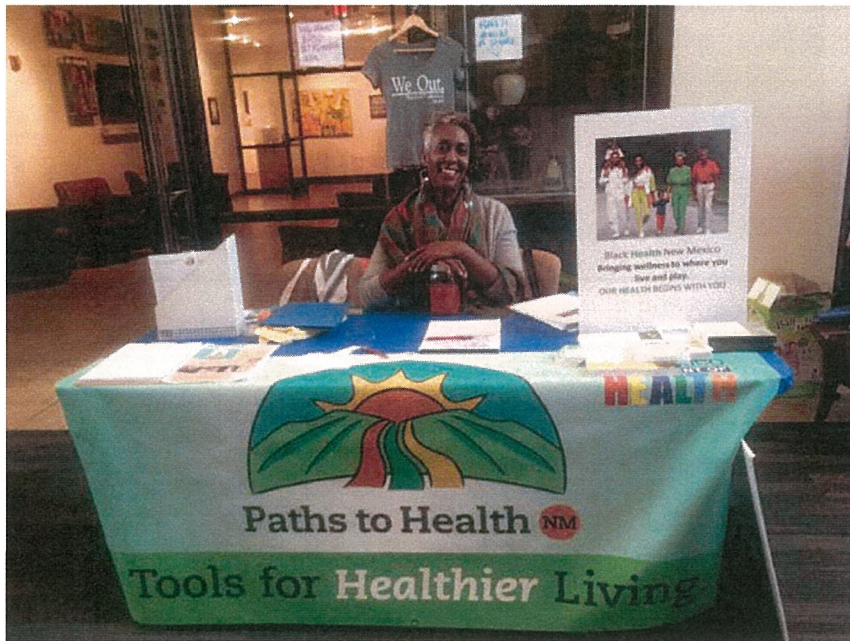


Moderator Paula Szloboda for panel discussion on farming, food sovereignty and a community approach to promoting health and preventing diabetes



Facilitator Ray Baldwin Louis, Navajo Nation Special Diabetes Program for Indians and long-time Native American Partnership Core member

Engaging our African American Communities



Sunshine Muse, African American Outreach and Education Coordinator

A promotional poster for the GirlTrek New Mexico Kichoff event. The poster features a woman in a blue GirlTrek shirt standing in a scenic landscape. The text on the poster includes: 'NEW MEXICO GirlTrek Take a walk. Join a movement!', 'Join us for the GirlTrek New Mexico Kichoff!', 'GirlTrek is a national movement that has activated more than 150,000 Black women and girls to move in the direction of their healthiest, most-fulfilled lives by establishing a routine of walking. We are celebrating the OAAA's new push to support GirlTrek walks and events in all over New Mexico!', 'April 12th 5:00 pm - 8:00 pm', 'African American Performing Arts Center 310 San Pedro NE, Albuquerque', 'Join us for music, food, fun, movement, giveaways, and to sign up for GirlTrek!', 'For more information and to RSVP, email or call lakiesha.cotton@state.nm.us or 505-383-6222', and 'This event is FREE and open to the public'. Logos for the New Mexico Department of Health, NMY Mountain Health Services, and GirlTrek are also present. The website <http://www.oaaa.state.nm.us> is listed at the bottom.

FY19 Achievements

Marketing, Promotion and Referral



Paths to Health NM
Tools for *Healthier* Living



Caminos de Salud NM
Técnicas para Vivir *Mejor*


www.pathstohealthnm.org

(505) 850-0176




or

(575) 703-2343

Home Contact



Paths to Health ^{NM}
Tools for *Healthier* Living

 Find a Class  Refer a Patient  Instructor Login

[Programs](#) [Healthcare Professionals](#) [Resources](#) [Training](#) [Success Stories](#) [Partners](#)



Paths to Health NM: Tools for Healthier Living is an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life.

Technical assistance and funding for *Paths to Health NM* are provided by the *New Mexico Department of Health Diabetes Prevention and Control Program*.

[Learn more about *Paths to Health NM* Programs >](#)

Find a Class

How to find a class:

1. To find a specific class, click on the Search Options tab.
2. Under the Program Workshops heading, check the box of the class or classes you are interested in attending. Pins will pop up on the map to the right. Pins reference locations of the program(s) you are interested in attending. Use the zoom feature (+ or - at the lower right corner of the map) to see all the classes within a community.
3. Click on each pin to learn more about the class. A box left of the map (under the Class Details tab) will include the dates, time, location, whom to contact to register and a brief description of the workshop.
4. For more information about these programs, visit Programs. Highlight and click the program you are interested in to learn more.

Search Options **Class Details**

Program Workshops

- National Diabetes Prevention Program
- National Diabetes Prevention Program (Online)
- A Matter of Balance
- Moving for Better Balance
- Otago Exercise Program
- Tai Chi for Arthritis and Falls Prevention
- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Chronic Pain Self-Management Program
- Cancer: Thriving and Surviving
- UNM-H Prediabetes Class

Map Legend

- right corner of the map) to see all the classes within a community.
- 3. Click on each pin to learn more about the class. A box left of the map (under the Class Details tab) will include the dates, time, location, whom to contact to register and a brief description of the workshop.
- 4. For more information about these programs, visit Programs. Highlight and click the program you are interested in to learn more.

Q Search Options
☀ Class Details
▼ Map Legend

← [Return to Class Search Options](#)

Sandoval County Health Common

1500 Idalia Rd Bldg B
Bernillo, NM 87004

Classes

Chronic Disease Self-Management Program

08/12/2019 to 09/16/2019 from 9:00 AM - 11:30 AM

Registration Contact
Catherine Offutt
(505) 884 - 8389
(505) 259 - 0976

Chronic Disease Self-Management Program

Registration Contact
Ernestine Montoya
(550) 301 - 3073
ERMontoya@sandovalcountynm.gov

For More Information

☎ 505.850.0176
575.703.2343

LINKS

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[Programs](#)
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Site Last Updated on Aug 09, 2019

DPCP is Focused on Long-Term Success

- Work with Medicaid to reach recipients with diabetes prevention and management services.
- Align work with Heart Disease and Stroke Prevention Program and Tobacco Use Prevention and Control Program.
- Expand diabetes prevention and self-management education services via online.
- Educate health care providers.
- Engage Community Health Workers and pharmacists.
- Implement innovative funding arrangements for sustainability.



Thank You

For more information contact:

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