

**NMSU Cooperative Extension Service Health Outreach  
Programs for Diabetes and other Chronic Condition  
July 15, 2015**

**Kitchen Creations** is a series of four cooking classes for adults with type 2 diabetes. Participants learn to plan and prepare delicious dishes that manage carbohydrates and promote heart health. It is a free program sponsored by the New Mexico Department of Health, Public Health Division, Diabetes Prevention and Control Program and the New Mexico State University Cooperative Extension Service. Annually, it reaches about 500 adults and their families in the following counties. Some cooking schools target Spanish-speaking, Native American, and African American populations because they have an increased risk of diabetes.

Bernalillo	Grant	Otero	Sandoval
Chaves	Guadalupe	Quay	Santa Fe
Cibola	Lea	Rio Arriba	Socorro
Curry	Lincoln	Roosevelt	Taos
De Baca	Los Alamos	San Juan (as	Torrance
Dona Ana	Luna	well as	Valencia
Eddy	McKinley	Shiprock CES)	

<b>Selected Data from Kitchen Creations</b>	<b>FY13</b>	<b>FY14</b>	<b>FY15</b>
% participants who indicated they plan to make changes in their lifestyles (physical activity, nutritious eating, weight loss) as a result of what they learned	89%	94%	97%
% participants who understood the strategies to plan and prepare healthy meals	not on survey at time	99%	100%
% participants who were satisfied with the classes	not on survey at time	99%	100%

The **Pathways to Better Health** program is a partnership between NMSU Cooperative Extension and the Joslin Diabetes Center. This program is currently offered in Doña Ana County and Sierra County. It is a free program to help individuals with diabetes better manage their glucose levels and help reduce the complications that may result from uncontrolled diabetes. It is offered to individuals with prediabetes and those at risk for developing diabetes.

The Program covers:

- The five most important tests for diabetes
- How to discuss test results with your healthcare provider
- How to prepare healthy meals
- Why it's important to be physically active

The Pathways to Health program has reached 1,226 participants in three years. This program utilizes promotoras or community health workers. It has a 91% participant follow-up rate and 86% of participants attend all sessions. Participant demographics are: 80% female, 93% Hispanics and 6% Caucasian. Data analysis has shown 39% improvement in A1C in those that had a baseline of A1C of 8.0 or higher and 57% of those with a baseline blood pressure rate at or above 140/90 also improved their A1C.

The **National Diabetes Prevention Program (NDPP)** is an evidence-based, lifestyle intervention program taught by lifestyle coaches trained through the Centers for Disease Control and Prevention.

The NMSU Extension Family and Consumer Sciences department has a partnership with Molina Healthcare to offer this program in Bernalillo and Doña Ana counties.

This program is also offered through other agencies around the state in the following counties

Bernalillo	Doña Ana	San Juan
*Chavez	Mckinley	Socorro
De Baca	Santa Fe	

**\*The Chavez County Extension Service in Roswell was the first site to achieve “full CDC recognition” in the country.**

FY15 Outcomes for multiple agencies providing NDPP throughout NM

<b>FY15 Outcomes: Diabetes Prevention</b>
<b>National Diabetes Prevention Program</b>
<p><b>How much service was provided?</b>          Lifestyle coach trainings: 3          Lifestyle coaches trained: 30          Delivery sites: 12          Participants enrolled in 8 sites for which we have data: 113</p>
<p><b>What percent are better off?</b>          Average weight loss for 113 participants: 4.6%</p>
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The Stanford Chronic Disease Self-Management Program is known as **Manage Your Chronic Disease (MyCD)** in New Mexico is a family of evidence-based self-management programs designed and tested by the Stanford School of Medicine Patient Education Research Center. In these peer-led workshops, participants learn how to better manage their chronic conditions like diabetes, arthritis, pain, asthma, or high blood pressure. Examples of topics covered in this 6-week workshop include managing symptoms, healthy eating, physical activity, problem-solving, pain management and working with health care providers.

The NM Department of Health funds organizations to provide this program. At NMSU there is a partnership between the College of Health and Social Services and the Cooperative Extension Service to expand the outreach of this program.

From 2010-2015 the program has reached 2,497 participants in the following counties:

Bernalillo	Lea	Roosevelt	Sierra
Chaves	Los Alamos	San Juan	Socorro
Cibola	Luna	San Miguel	Taos
Curry	Mora	Sandoval	Valencia
Doña Ana	Rio Arriba	Santa Fe	

The state contact for the MyCD Program is Chris Lucero. He also has state-wide information about the NDPP program.

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## The CDSMP National Study (2010 – 2011)

Many study participants reported many positive, significant improvements in terms of meeting the Institute of Health Care Improvement's Triple Aim framework:

### Better Health:

- Feel Healthier
- More active lives
- Less depression
- Better quality of life
- Fewer sick days

### Better Care:

- Improved communication with doctors
- Improved medication compliance
- Improved health literacy

### Lower Health Cost:

- \$714 per person saving in emergency room visits and hospital utilization
- Potential saving of \$6.6 billion by reaching 10% of Americans with one or more conditions