

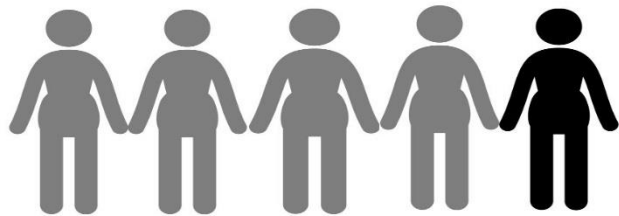
**New Mexico Department of Health  
Diabetes Prevention  
and Control Program**

**Fiscal Year 2016 Report  
Tobacco Settlement Revenue  
Oversight Committee  
October 26, 2016**

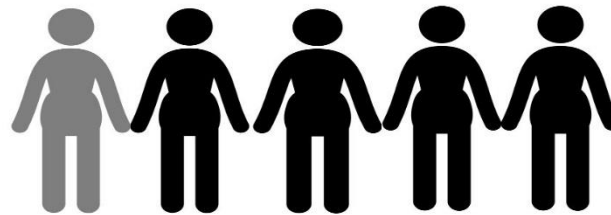


# The Impact of Diabetes in New Mexico

**NM Adults with  
Prediabetes: 634,975**  
*Only 1 out of 5 knows it.*



**NM Adults with Diabetes:  
225,520**  
*Only 4 out of 5 know it.*



# Economic Impact of Diabetes in NM

## Estimated Costs for Diabetes & Prediabetes, NM Adults 18 & Older 2012

Condition	Estimated Direct Medical Costs	Estimated Nonmedical Costs	Estimated Total Excess Costs	Percent of Total Costs
Diagnosed Diabetes	\$ 1.2 B	\$ 481.7 M	\$ 1.7 B	80%
Undiagnosed Diabetes	\$ 87.4 M	\$ 52.5 M	\$ 139.9 M	7%
<b>Diabetes Subtotal</b>	\$ 1.3 B	\$ 534.2 M	\$1.8 B	
Diagnosed Prediabetes	\$ 276.6 M	--	\$ 276.6 M	13%
<b>TOTAL COSTS</b>	\$ 1.6 B	\$ 534.2 M	\$ 2.1 B	

# The Importance of NM's Tobacco Settlement Funds in Addressing Diabetes

The most recent Surgeon General's report concludes that:

- ❖ Smoking is a cause of type 2 diabetes.
- ❖ The risk of developing diabetes is 30–40% higher for active smokers than nonsmokers.
- ❖ The risk of developing diabetes increases with the number of cigarettes smoked.

## In addition:

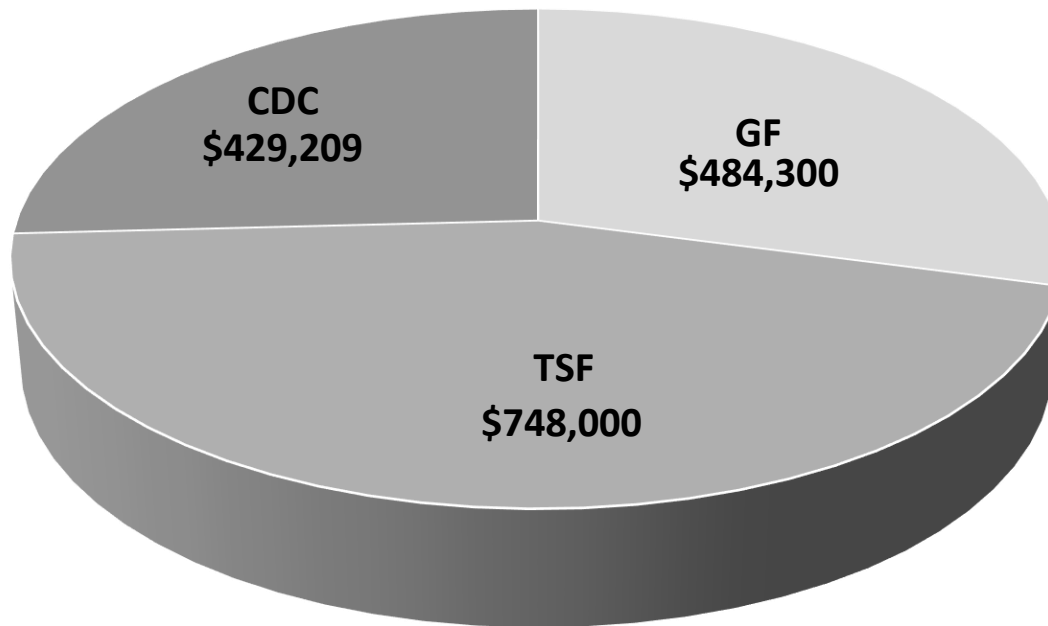
Second hand smoke causes greater than 35,000 heart attack deaths in the US each year.

# Prediabetes and Diabetes and Other Conditions

**Diabetes and prediabetes are associated with a host of other problems such as:**

- ▶ Blindness/vision problems
- ▶ Disability
- ▶ Rating their health as fair or poor
- ▶ Cardiovascular disease
- ▶ High blood pressure
- ▶ Chronic kidney disease
- ▶ Unable to work

# DPCP FY16 Operating Budget



■ GF ■ TSF ■ CDC

# How FY16 TSF Supported Our Work

- ❖ **National Diabetes Prevention Program (NDPP)**
- ❖ **Stanford University's Diabetes and Chronic Disease Self-Management Programs**
- ❖ **Training for health care providers and staff on how to identify and refer their patients to NDPP and self-management programs**
- ❖ **Collection, interpretation and sharing of state level diabetes and prediabetes data**

# **Contractor Evaluation and Performance Monitoring**

- Project reports with detailed data summaries
- Regular communication with contractor



# National Diabetes Prevention Program

## How much did we do?

- ▶ Lifestyle coach trainings: 3
- ▶ Lifestyle coaches trained: 27
- ▶ Delivery sites: 7
- ▶ Participants: 887\*

## How well did we do it and is anyone better off?

Cumulative average percent weight loss: 5.4%

# Chronic Disease Self-Management Education

## How much did we do?

- ▶ Workshop Leaders trained: 79 (56 cross trained in diabetes self-management)
- ▶ Diabetes self-management English workshops: 11
- ▶ Diabetes self-management Spanish workshops: 2
- ▶ Total Diabetes Participants: 154
- ▶ Other chronic disease workshops: 55
- ▶ Other Participants: 731

# Chronic Disease Self-Management Education

## How well did we do it?

*"The information is helpful in day-to-day management of diabetes and pain." (Albuquerque)*

*"I'm learning to deal with my stress. I'm exercising too. [I like that] others have the same problems and that we can know how to deal with our problems." (Farmington)*

## Is anyone better off?

81% of adults who participated in a self-management workshop successfully completed four out of the six sessions.

# What's next?

## FY18:

- Current work
- Expand NDPP in communities with a significant number of Medicare beneficiaries.

**For more information**

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