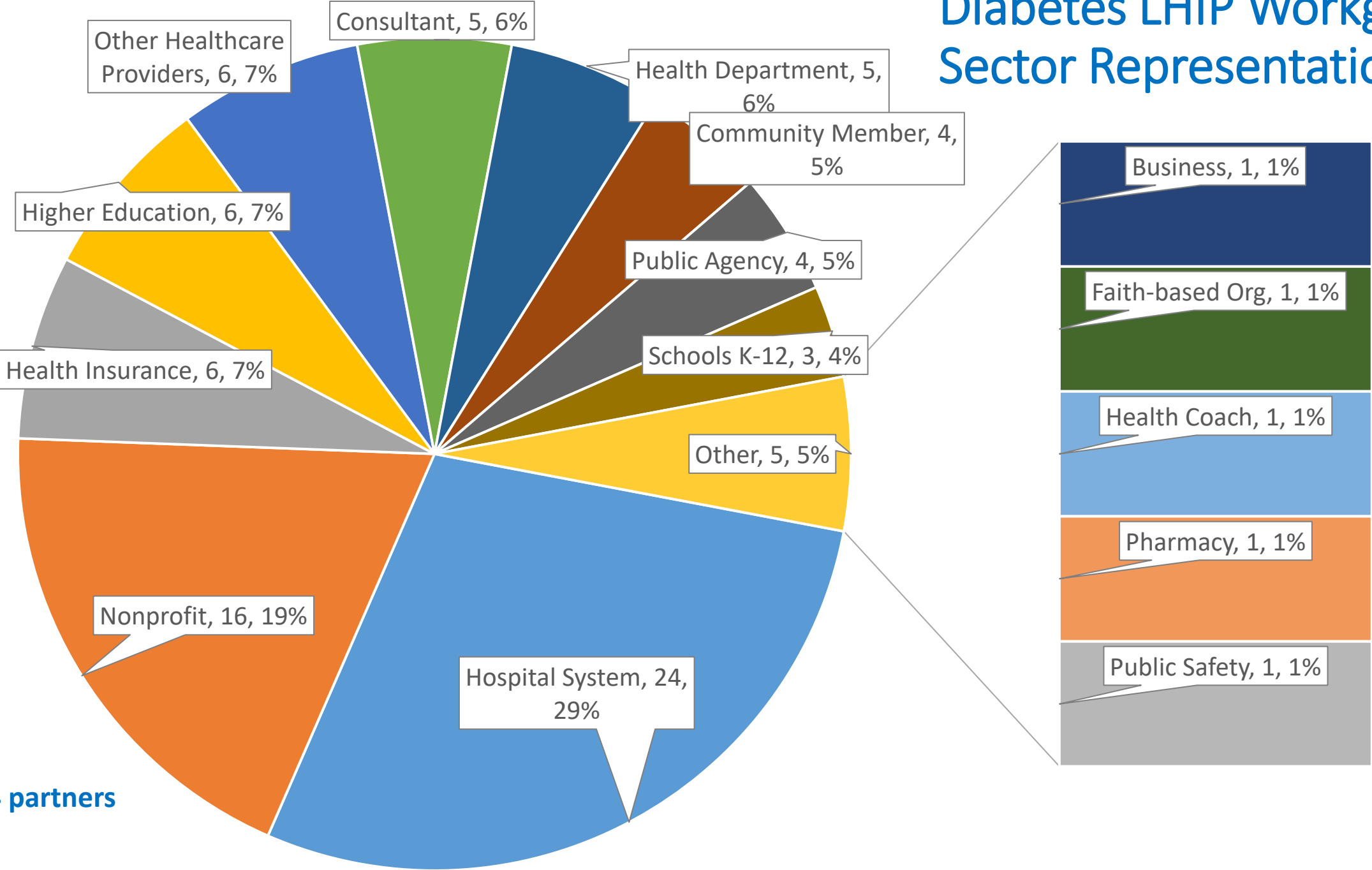


Type 2 Diabetes LHIP Workgroup Presentation to FCHCC Board

Sara C. Littleton, MHA, BSN, RN
Director of Community Health
Frederick Health

09/07/2022

Diabetes LHIP Workgroup Sector Representation



Diabetes LHIP Workgroup – Partner Organizations (44)

A. T. Still University

Aetna Better Health of Maryland

American Diabetes Association

Asian American Center of Frederick

Bridges Lay Health Leader Program

CareFirst Blue Cross Blue Shield

Community Engagement & Consultation Group, Inc.

Community Representative

Encompass Integrative Wellness, LLC

Fort Ritchie Community Center

Frederick County Fire & Rescue Services-Mobile Community
Healthcare Program

Frederick County Health Care Coalition

Frederick County Health Dept-Community Health Services

Frederick County Health Dept-Equity Office

Frederick County Public Schools

Frederick County Senior Services Division

Frederick Health CARE Clinic

Frederick Health Hospital

Frederick Health Medical Group

George Washington University Biostatistics Center

Good Works Frederick (SHIP of Frederick County)

Health Legacy Coaching

Health Management Associates

Hillcrest Pharmacy

HomeCentris Personal Care

Hood College, School of Nursing and School of Public Health

Housing Authority of the City of Frederick, Dept of Health and
Human Services

Illumine & Align Integrative Health Coaching

Justice Jobs of Maryland, Inc.

Love For Lochlin Foundation

Maryland Physician's Care-Community Health Services

Mission of Mercy-Mobile Medical/Dental Clinics

National Cancer Institute, NIH

National Opinion Research Center (NORC) at Univ. of Chicago

Quinn Chapel AME Church

Rachel Mandel, MD, Consulting

Seton Center

Spanish Speaking Community of Maryland, Inc.

Supporting Older Adults through Resources (SOAR)

The Frederick County Chamber of Commerce

The National Academies

University of Maryland Extension, Frederick County

University of Maryland SPH Horowitz Ctr for Health Literacy

YMCA of Frederick County

(Upd 9/6/22)

Diabetes LHIP Workgroup-Vision and Goal

- Vision
 - Frederick County is a thriving community that provides access to healthy lifestyles for all residents and supports all people living with or at risk for diabetes.
- Goal(s)
 - Increase detection of undiagnosed prediabetes and diabetes
 - Decrease incidence of diabetes (new cases)
 - Improve the management of those diagnosed with diabetes

Diabetes LHIP Workgroup-Subcommittees

- Awareness

- Focuses on a general understanding and knowledge of the:
 - Risk factors, symptoms, diagnosis, treatment, and potential long-term complications of the condition
 - Benefits of healthy food choices and physical activity to lower modifiable risk factors,
 - Importance of routine medical care, medication compliance, management of healthy blood glucose levels
 - Social supports and other local resources available to promote healthy lifestyles.

- Prevention

- Focuses on initiatives that:
 - Help all community members receive appropriate medical care (especially primary care)
 - Increase availability of and access to healthy food
 - Provide education on healthy food preparation and stress management
 - Enhance safe places/activities available for physical activity
 - Address any negative Social Determinants of Health (SDOH) that create barriers to health and healthy lifestyle habits.

- Management (formerly known as Treatment)

- Ensures that those with type 2 diabetes:
 - Receive appropriate medical management
 - Have access to and participate in lifestyle change management programs and/or education on other healthy lifestyle resources that help them to maintain healthy blood sugar and prevent serious complications

Diabetes LHIP Workgroup- Awareness Subcommittee

- Lead/Co-Lead

- Mary Ann Van Duyn: Community Member; former NCI/NIH public health scientist
- Maria Herrera: Executive Director of Spanish Speaking Community of Maryland, Inc.

- Initial Actions

- Increase the number of individuals from priority populations that know what pre-diabetes and diabetes is
- Increase the number of individuals from priority populations that know what their individual risk is

Diabetes LHIP Workgroup- Prevention Subcommittee

- Lead/Co-Lead
 - Sharon Edelstein: Lead Research Scientist at George Washington University Biostatistics Center
 - Margie McWilliams: Community Engagement and Business Development Liaison at Home Centris Personal Care
- Initial Actions
 - Increase the number of Frederick County residents (particularly those in identified priority populations)
 - Screened for diabetes and pre-diabetes (pre-diabetes risk test, hemoglobin A1c)
 - Referred to appropriate follow up (DPP, DSMT, PCP)

Diabetes LHIP Workgroup- Management Subcommittee

- Lead/Co-Lead
 - Danielle Haskin: Health Equity Officer with the Frederick County Health Department Equity Office
 - Brooke DeSantis: CEO of Love For Lochlin Foundation
- Initial Actions
 - Increase knowledge of and access to affordable healthy food
 - Identification of individual barriers to managing diabetes and implementation of action plan to remove barriers
 - i.e. transportation, medication (education, financial assistance)
 - Reduce the number of patient care gaps associated with Diabetes

Diabetes LHIP Workgroup- Next Steps

- Review and update action plans monthly and more often as indicated
- Subcommittees to identify opportunities to utilize available ARPA funds to support action plans
- DM Workgroup lead/co-lead to monitor progress and provide routine support

Questions?