

Diabetes is common, costly, and serious; but can often be prevented or managed.

- Over 13% of adults in Michigan have diabetes (9% diagnosed and 4% undiagnosed).
- **29% have prediabetes.**
- African Americans and Native Americans have twice the prevalence of diagnosed diabetes, Hispanics have 75% more and Asians and Pacific Islanders have 55% more.

People with unmanaged diabetes often have complications:

- Kidney Disease/Failure
- Blindness
- Amputation
- Heart Attack or Stroke

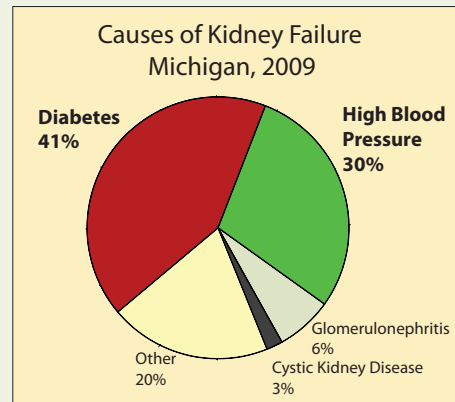
Nationally, 60% of people with diabetes have one or more diabetes-related complications.

The good news:

Lifestyle interventions (weight loss and physical activity) can prevent type 2 diabetes. (95% of people with diabetes have type 2.) Diabetes management to help normalize blood sugar levels can often prevent or delay complications from diabetes.

Chronic Kidney Disease (CKD) doesn't always have to lead to kidney failure.

- Over 9% of adults in Michigan have CKD, but most don't know it.
- In 2009, 18,500 people in Michigan were being treated for kidney failure.
- African Americans are at a 4.5 times greater risk of kidney failure than Caucasians.



The good news:

Diabetes and high blood pressure don't have to lead to chronic kidney disease/kidney failure. Prevention and management of diabetes and high blood pressure are key. CKD detection (Glomerular Filtration Rate (GFR) from a blood test) and treatment are also critical.

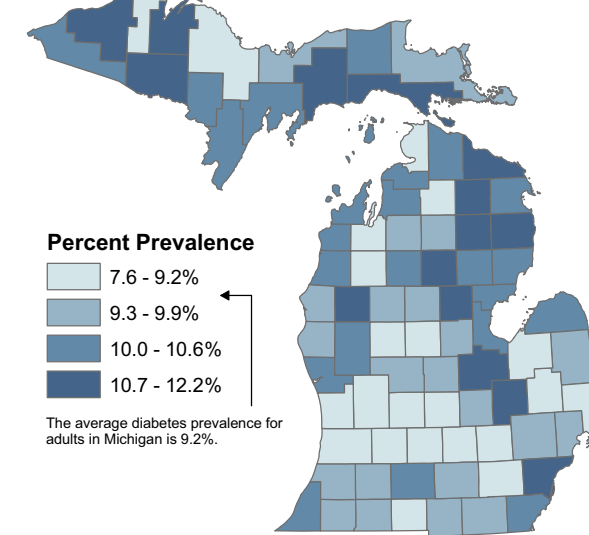
Please support Diabetes and Kidney Programs in the Michigan Department of Community Health budget.

Diabetes and Kidney Disease Prevention A Model "Public-Private Partnership"

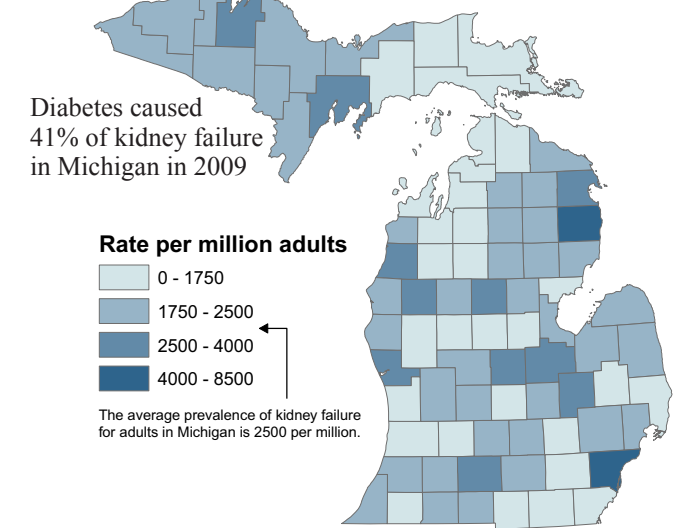
2011 Guide for Michigan Legislators Showcasing Programs That:

- Provide value for money invested
- Improve health
- Reduce health care costs, and
- Bring "match dollars" to Michigan.

Diabetes in Michigan 2008



Kidney Failure in Michigan 2009



\$

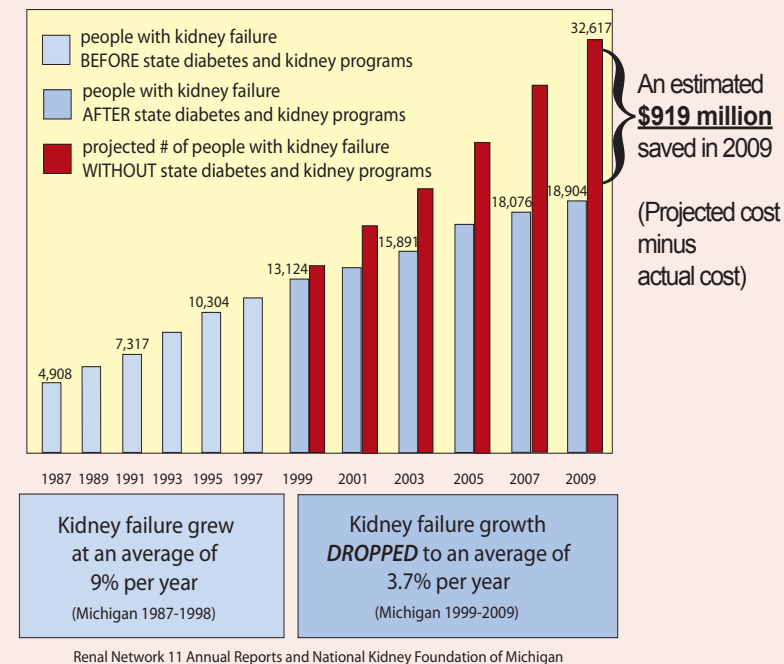
- In 2007 the medical cost of diabetes in the U.S. was \$116 billion. Indirect costs were \$58 billion.
- **Total: \$174 billion.**
- People with diabetes have medical costs that are 2.3 times higher than people with other chronic diseases.
- **1 in 10 health care dollars is spent on diabetes.**
- Michigan could save an estimated \$545 million across all chronic diseases by investing \$10 in preventive care per person per year.

\$

- In 2007 Medicare spent \$24 billion on patients with kidney failure. Non-Medicare costs were \$11 billion.
- **Total \$35 billion.**
- Dialysis treatments cost \$70,000 per patient per year, but \$76,000 if the patient has diabetes.
- 32% of the Medicare spending is on CKD and kidney failure.
- Costs to Michigan Medicaid for people on dialysis are estimated to be \$25.6 million.

Reasons to Continue Funding Diabetes and Kidney Disease Prevention Programs

- **Reducing the Number of People with Kidney Failure Saves Money.**



- **Funding brings "match dollars" to Michigan.**

The Michigan Department of Community Health Diabetes Prevention and Control Program receives a **\$4 : \$1 match** from the U.S. Centers for Disease Control and Prevention.

The National Kidney Foundation of Michigan receives a **\$6 : \$1 match** from private and federal sources.

- **The Diabetes and Kidney Programs were at the top of the list when the "Price of Government" ranked 139 Michigan Department of Community Health budget lines in 2005.**

Price of Government Rankings -2005	
1	Immunization
1	Implement PA 133 MCL 333.17015
1	School health and ed. programs
4	Mental health for older persons
4	Diabetes and kidney programs
5	Special adjustor payments

Diabetes Partners in Action Coalition
www.dpacmi.org
517-335-8378

National Kidney Foundation of Michigan
www.nkfm.org
800-482-1455

CHARITY NAVIGATOR
Four Star Charity
Only 8% of charities receive 4 stars from Charity Navigator

Maintain Evidence-Based Programs That Work!

~Keeping Kids Healthy~ Programs in Pre-Schools, Elementary and High Schools

Healthy Families Start with You and Regie's Rainbow Adventure™

This is a multi generational program (often partnering with Head Start) to promote healthy lifestyle changes.



Served since 2006: 12,400

Locations: Various cities in Ingham, Macomb, Monroe, Oakland, Washtenaw, Livingston and Wayne Counties

Outcomes: 73% of adults and 58% of children report making at least one healthy lifestyle change.

Kids and Kidneys

Elementary school students learn about good nutrition, exercise and disease prevention.

KICK (Kids Interested in the Care of their Kidneys) High school students learn about diabetes, high blood pressure, disease prevention and organ donation.

Healthy Kids and Kidneys

This intensive 8 week program is designed for 6th grade students who are at high-risk for diabetes, high blood pressure and kidney disease. Students learn how to improve their nutrition and exercise habits to stay healthy.

Served in 2010: 82,264

Served since 1997: Over 1.2 million kids

Locations: Statewide

Outcomes: Elementary and high school students show a 15% increase in knowledge from pre to post test.

~Improving Health in Disparate Populations~ in Rural Areas and Minority Communities

The prevalence of diabetes is 17% higher in rural counties than in urban areas.

Upper Peninsula Diabetes Outreach Network

(UPDON): Based in Marquette, UPDON is a 15 county organization that promotes partnerships to strengthen diabetes prevention and detection throughout the entire Upper Peninsula (UP). UPDON coordinates:

- Professional Education and Consumer Resources
- Personal Action Toward Health (PATH) workshops
- Tribal, Community and Clinical Partnerships

Northern Michigan Diabetes Initiative (NMDI):

Based in Traverse City, NMDI is an 11 county collaborative of health and community organizations to prevent and manage diabetes. Since 2006 NMDI has achieved:

- 30% increase in screenings for A1C, LDL, and microalbumin for kidney disease
- 23% increase in A1C screenings to detect diabetes
- 14% increase in physician referrals of patients to Diabetes Self-Management Education

The prevalence of diabetes, high blood pressure and kidney disease is higher in minority populations.

Healthy Hair Starts With a Healthy Body™ and Dodge the Punch; Live Right:™

African American beauty salon stylists and barbers are trained to provide health education in their communities. Healthy lifestyles and other ways to prevent diabetes, high blood pressure and kidney disease are key messages.



Served since 1999: 41,900 clients

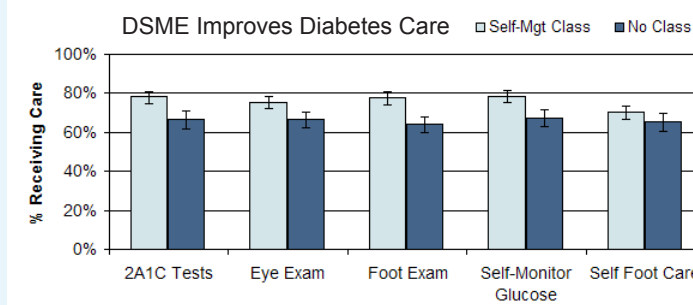
Locations: Detroit, Flint, Grand Rapids, Southfield, Lansing, Muskegon, Pontiac, Saginaw, Inkster, Ypsilanti

Outcomes: 56% of salon clients and 62% of barber-shop clients made at least one healthy lifestyle change and improved medication adherence.

~Helping People Help Themselves~ Disease Prevention and Management Programs

Diabetes Self Management Education (DSME)

Diabetes is largely self-managed and patients are responsible for 99% of their care. *DSME is critical.* Analysis of disease-management education combined with diabetes self-management education found a return on investment (ROI) of \$4.34 : \$1.



Served in 2010: 30,531

Locations: Statewide

Outcomes: Health care costs are reduced by an estimated \$1,000 per patient per year.

Estimated Savings in 2010: \$30 million

EnhanceFitness

This low-cost, evidence-based program helps participants increase their strength and activity levels.



Served in 2010: 1,695 in Southeast MI

Locations: 65 sites in Southeast, Central, West and Southwest Michigan

Outcomes: Increased energy, strength, weight loss, and in some cases lower blood pressure or blood sugar levels - resulting in potential savings of \$755 per person, per year.

Estimated Savings in 2010: Up to \$1.2 million

Personal Action Toward Health (PATH)

PATH is an evidence-based workshop that provides training to adults with chronic health conditions.



Served in 2010: 2,235

Served since 2007: 6,215

Locations: 64 of Michigan's 83 counties

Outcomes: Health care costs are reduced by an estimated \$2,000 per person every 2 years. Better disease self-management results in fewer hospitalizations and physician visits.

Estimated Savings in 2010: \$2 million

WISEWOMAN

Well-Integrated Screenings and Evaluations for Women Across the Nation



WISEWOMAN provides low-income women with diabetes screenings and information to improve their diet and physical activity levels, to maintain health.

WISEWOMAN
Garden Project



Served 2008-2010: 7,638

Locations: 34 of Michigan's 83 counties

Outcomes: 141 diagnosed with diabetes
954 women diagnosed with prediabetes