

Preventing Diabetes Complications in At-Risk Communities: Inkster, Flint and Northwest Detroit

By: Lindsay E. White, National Kidney Foundation of Michigan

To improve health for people with diabetes and to address health disparities, the National Kidney Foundation of Michigan (NKFM) was recently awarded a five-year grant by the Centers for Disease Control and Prevention. The grant, *National Program to Eliminate Diabetes-Related Disparities in Vulnerable Populations*, was offered to just five organizations across the country and will provide \$2.5 million dollars of funding over the next five years.

NKFM has selected Inkster, Flint and Northwest Detroit because of the significant rate of diabetes in each area. All of these communities also have large African-American populations, high rates of unemployment, areas of high poverty and low education levels.



The long-term goal of the project is to decrease the incidence of diabetes and its related morbidity and mortality.

Community Involvement

The grant allows NKFM to engage multiple sectors to take actions in strengthening policies, improving practices and utilizing community resources. In each community, the NKFM plans to mobilize a coalition, conduct a community needs assessment, develop a multi-year strategic plan and implement community-based interventions.

Groups represented on the coalitions include minority-based organizations, partnering businesses, community agencies, groups, hospital systems, and local government.

Community Assessment

For each coalition, an action plan based on the findings of the community assessment will be developed to address the specific vulnerabilities of each community. This plan will include working toward measurable objectives to achieve health equity, eliminate disparities, and improve the health of all groups.

In order to establish a culture of healthy living and diabetes awareness in these three communities, NKFM will work closely with the state of Michigan's Diabetes Prevention and Control Program and the University of Michigan's Center for Managing Chronic Disease as well as statewide partners with expertise in diabetes.

The NKFM welcomes the opportunity to partner with interested parties in the three communities. To find out how you can get involved, contact Charlene Cole at NKFM: Tel: 734-222-9800, ext. 252.

Diabetes Alert Day is March 22nd

Diabetes Alert Day, observed annually the fourth Tuesday in March, is a one-day wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated. Many do not realize that if type 2 diabetes runs in their family, they may be at risk for developing the disease.

NDEP needs the help of DPAC members in encouraging both their professional and personal networks, including patients who are at-risk for developing diabetes, to take NDEP's Diabetes Risk Test.



The Diabetes Risk Test is available in English or Spanish and can be obtained in several ways:

- Visit stopdiabetes.com
- Visit <http://ndep.nih.gov>
- Call 1-800-DIABETES
- Text JOIN to 69866

Help NDEP raise awareness of family health history and diabetes by “attending” the Diabetes Alert Day 2011 Facebook Event.

New Resources

National Diabetes Fact Sheet 2011 Available

A comprehensive 12-page fact sheet is now available from the CDC, including sections on fast facts, morbidity and mortality and complications. **25.8 million people in the US now have diabetes: 8.3% of the US population.** The fact sheet is available from:

http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf

CDC Releases First Periodic Health Disparities and Inequalities Report – United States 2011

The report highlights health disparities by sex, race, ethnicity, income, education, disability status and other social characteristics. Disparities in health-care access, exposure to environmental hazards, mortality, morbidity, behavioral risk factors and social determinants of health are examined. For a copy of the report, visit:

<http://www.cdc.gov/minorityhealth/CHDIRreport.html>

Upcoming Events:

- Thursday, March 31: DPAC Board Meeting, 9 – 12:30
- Thursday, April 14, 9 am – 3 pm, Diabetes and Kidney Advocacy Day, Radisson Hotel, Lansing

Michigan Receives ActionToQuit Grant

Partnership for Prevention has awarded one of only three ActionToQuit State Grants to Michigan. The ActionToQuit Grant is focused on system and policy change in tobacco cessation. Funds are to be used primarily for the development of state alliances/summit meetings and the creation of strategic plans in order to dramatically increase access to and use of proven tobacco cessation treatments.

These alliances will chart a course for increasing coverage of these services in states. In Michigan, the goal is to provide comprehensive tobacco dependence treatment coverage for the Medicaid population resulting in decreased tobacco use.

Tobacco Free Michigan, a statewide tobacco advocacy group, will convene the partners and act as fiduciary and lead staff will come from Tobacco Free Partners in Grand Rapids. To learn more about the ActionToQuit state grant program and the 2011 projects, please visit http://www.actiontoquit.org/state_grants_2011

Advocacy and Policy Workgroup Update

The Advocacy and Policy Workgroup is working on a variety of projects including preparation for the **2011 Diabetes and Kidney Advocacy Day on Thursday, April 14th.**

The Workgroup is encouraging DPAC members to participate and has set a goal for 15% DPAC attendance. The purpose of the day is to educate legislators about diabetes and kidney disease issues and advocate for disease prevention and management programs in Michigan. For more information, please contact Sally Joy at sjoy@nkfm.org

The Workgroup is also collaborating with the Michigan Department of Education (MDE) on the revision of the MDE *Management of Students with Diabetes in the School Setting* memorandum. The project will be utilizing the revised NDEP guide, *Helping the Student with Diabetes Succeed: A Guide for School Personnel*, as its basis for the revised memorandum and ultimately State Board of Education policy.

