

Empowering Patients to Take Control of Their Diabetes

**20
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Diabetes: Impact and Overview



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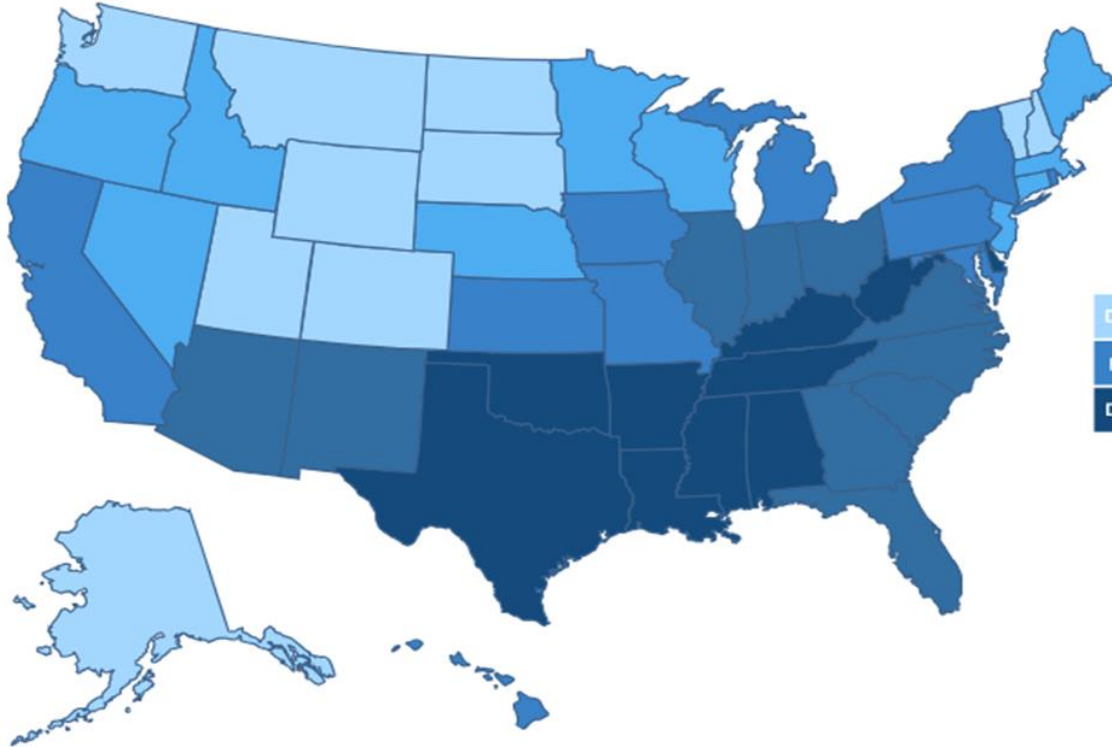
Arkansas: Beautiful,
The Natural State,
Diabetes Epidemic



Diabetes Trends

Diabetes

Percentage of adults who reported ever being told by a health professional that they have diabetes (excluding prediabetes and gestational diabetes)



Data from CDC, Behavioral Risk Factor Surveillance System, 2022



Top States

	Rank	Value
Colorado	1	8.1%
Montana, Vermont	2	8.4%
Alaska, Utah	4	8.7%
South Dakota	6	9.1%
Wyoming	7	9.3%

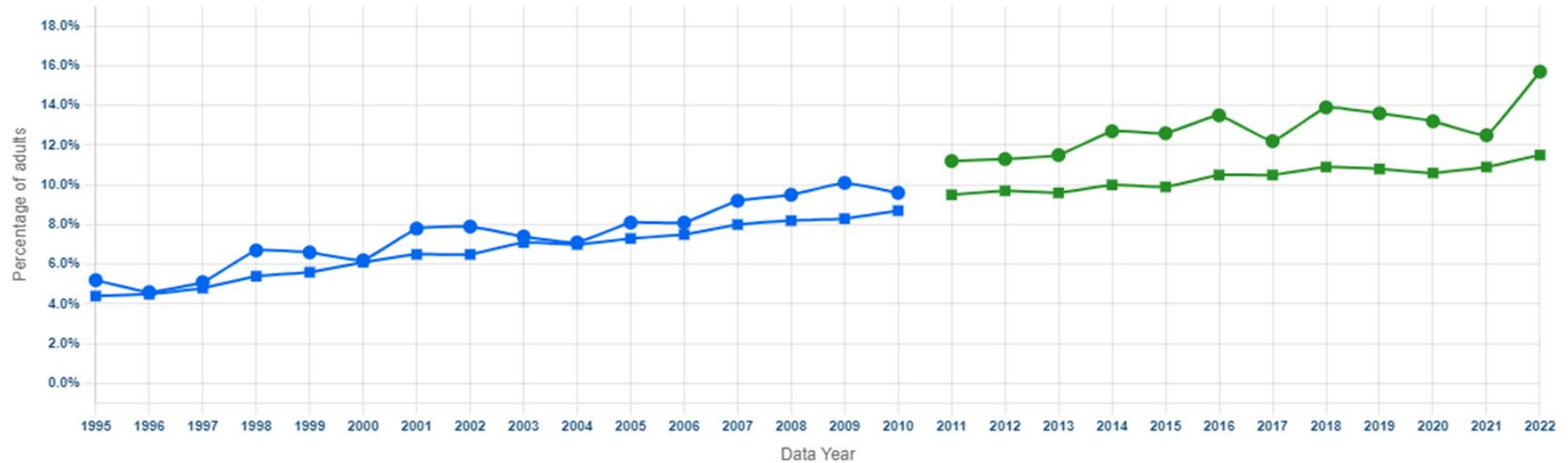
Bottom States

	Rank	Value
DC	45	14.8%
RI	47	15.3%
DE	48	15.5%
Arkansas	49	15.7%
West Virginia	50	17.4%

[View All States >](#)

Diabetes Trends

Percentage of adults who reported ever being told by a health professional that they have diabetes (excluding prediabetes and gestational diabetes)



● Arkansas ■ United States

Line breaks indicate a change in definition and may not be comparable

Source: CDC, Behavioral Risk Factor Surveillance System

Case Study



- Bob, 45-year-old, plumber.
- Followed at the practice for last 10 years.
- He developed increased blood sugars about 5 years ago and has been borderline on fasting blood sugars with an increasing HbA1c.
- His wife, is a schoolteacher, and she attends clinic visits with him most of the time.
- She also struggles with her weight but at this time doesn't show any signs of diabetes.
- Bob - Significant family history of DM Type II, elevated cholesterol, and kidney disease in Bob's mother and father.
- He has tried to walk 2-3 times a week but is tired after work.
- He and his wife have tried to change their diet but really aren't sure where to start.
- Hi wife knows a little about "sugar" but not sure about how she can help her husband eat better.

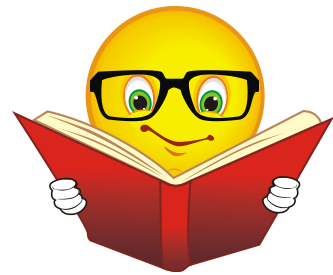
Empowering Bob to Take Control of His Diabetes



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Adults Remember



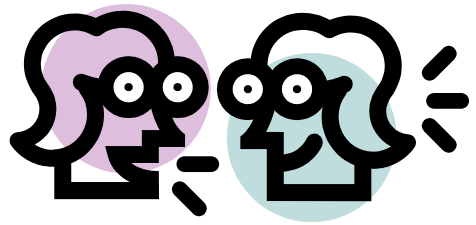
10% of what we read



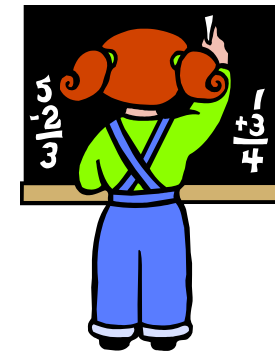
30% of what we see



20% of what we hear



50% of what we
see and hear



90% of what we DO

20
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Diabetes Self-Management Education and Support (DSMES)

Empowerment DSMES

VS

Traditional DSMES



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Diabetes Empowerment
Education Program
(DEEP™)

<https://otm.uic.edu/deep-program-2/>



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DEEP™ Goals and Objectives



DEEP™ Learning Strategies

- Making group rules
- Discussions using visuals
- Feed-back
- Demonstrations
- Group learning activities and games
- Problem-solving



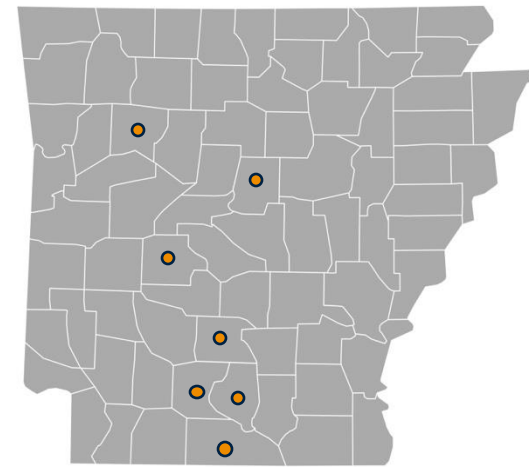
DEEP™ Program Modules

1. Understanding the Human Body
2. Understanding Diabetes and Its Risk Factors
3. Monitoring Your Body
4. Get Up and Move! Diabetes and Exercise
5. Managing Diabetes through Nutrition
6. Diabetes Complications: Identification and Prevention
7. Learning about Medications and Medical Care
8. Living with Diabetes: Mobilizing Your Family and Friends



AFMC Medicaid Quality Improvement (MQI)

- Type 2 Diabetes Prevention and Management Utilizing the Diabetes Empowerment Education Program (DEEP™)
- Offer **FREE** in-person DEEP™ community workshops
 - Faulkner
 - Johnson
 - Dallas
 - Calhoun
 - Ouachita
 - Union
 - Garland



Questions?

Contact mqi@afmc.org
for more information.

