

## Chapter 4

# OUTCOMES OF THE SPECIAL DIABETES PROGRAMS FOR INDIANS

The Indian Health Service (IHS) National Diabetes Program evaluated the Special Diabetes Program for Indians using accepted frameworks for public health evaluation and incorporated quantitative and qualitative methodologies to provide information on short-term, intermediate, and long-term outcomes. The findings of the IHS National Diabetes Program evaluation of the Special Diabetes Program for Indians are highlighted in this and the next chapters.

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### Outcomes

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Short-term outcomes describe *programs and activities implemented to prevent and treat diabetes*, such as system changes, clinical activities, availability of services and therapies, education services, nutrition and healthy eating programs, physical activity and community awareness programs, and special emphasis on children and youth.

### Short-Term Outcomes

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Intermediate outcomes measure *whether interventions resulted in improvements in clinical measures*, such as blood sugar control, blood pressure control, protein in the urine, cardiovascular disease risk factors, and Body Mass Index (a measure of overweight and obesity).

### Intermediate Outcomes

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Long-term outcomes measure *whether programs and interventions eventually reduce the morbidity and mortality from diabetes* in a population. This can be measured through improvements in diabetes prevalence, mortality, earlier diagnosis, complications rates, improved health costs, and improved health behaviors of the community.

### Long-Term Outcomes