

# TEXAS DIABETES

The Newsletter of the Texas Diabetes Council 

## Texas Diabetes Council endorses Texas Round-Up

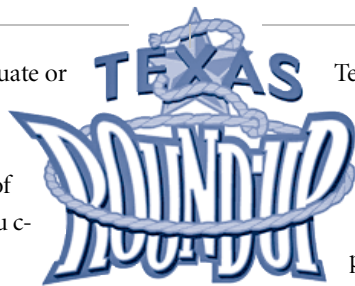
*The Texas Diabetes Council has endorsed the Texas Round-Up, Gov. Rick Perry's health and fitness campaign to encourage all Texans to incorporate daily physical activity and healthy choices into their lives.*

The Governor notes that inadequate or low fitness levels cost Texas taxpayers and businesses \$10 billion each year due to increased use of the health care system and lost productivity in the workplace. Five out of eight Texas adults are considered overweight or obese, and only one in four Texans participates in the recommended amount of physical activity.

"The Texas Diabetes Council is pleased to support the Governor's efforts to combat excess weight and the risk for type 2 diabetes and other chronic diseases," Council Chair Lawrence B. Harkless, DPM, said.

The Texas Round-Up program includes an online training program that provides suggestions and recommendations for making fitness a part of a daily routine. Participants can get information and support on the website ([www.texas-roundup.org](http://www.texas-roundup.org)).

In addition to the Council, more than 50



Texas communities have endorsed the goals of the Governor's fitness initiative. Private sponsors also are part of the effort to promote the goals of the Texas Round-Up program. ■

### Council to meet in Corpus Christi, July 14-15

*The Texas Diabetes Council will hold its summer quarterly meetings in Corpus Christi, July 14-15. The Omni Bayfront Hotel, 900 N. Shoreline Blvd., will host the meetings.*

The Council will meet from 1 PM to 5 PM, Thursday, July 15. The Health Care Professionals Advisory Committee; the Diabetes Coalition of Texas; and advisory subcommittees on Outcomes and Standards Compliance, Medical Professionals, and Materials Dissemination will meet Wednesday July 14, and the morning of Thursday, July 15.

The Council's meetings are open to the public. For more information, visit [www.texasdiabetes-council.org](http://www.texasdiabetes-council.org), or call 512-458-7490. ■

SPRING 2004

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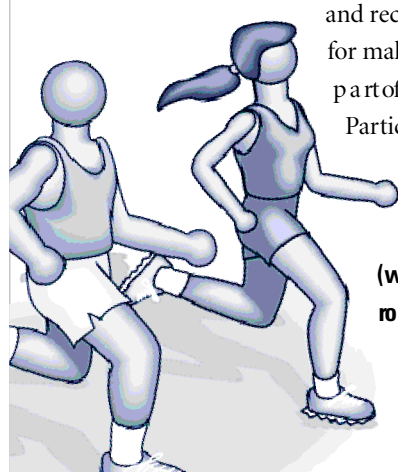
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# Education videos in the library and on television

A new patient education video produced by the Texas Diabetes Council/Program is available from the Texas Department of Health Audiovisual Library.

The video **Controlling Diabetes – One Day at a Time** is designed to help patients with newly diagnosed type 2 diabetes. It explains the importance of getting regular check-ups, controlling blood sugar, eating healthy foods in healthy portions, and participating in physical activity. The 10-minute tape is available in both English and Spanish.

To order the video online, download the media order blank at [www.tdh.state.tx.us/avlib/foms.htm](http://www.tdh.state.tx.us/avlib/foms.htm). To get more information or order by phone, call 512-458-7260. ■



The Diabetes Program/Council is partnering with KLRU, Austin's community licensed television station and Public Broadcasting System (PBS) affiliate, to increase public awareness of diabetes. As part of the initiative, KLRU will schedule 10 broadcasts of the English and Spanish versions of the patient education video developed and produced by the Program/Council. The Diabetes Program staff also has assisted in planning other activities related to the initiative. The broadcast of the Diabetes Program's video and other diabetes-related events coincide with the season premier of the PBS drama series *American Family*. The series features a Latino cast and will incorporate diabetes into its storyline this season. KLRU reaches 1.5 million viewers in 578,000 television households across 13 counties in Central Texas.

From the *Journal of the American Medical Association*:

## Lifetime risk for diabetes mellitus in the United States

**Context** Although diabetes mellitus is one of the most prevalent and costly chronic diseases in the United States, no estimates have been published of

individuals' average lifetime risk of developing diabetes.

**Objective** To estimate age-, sex-, and race/ethnicity-specific lifetime risk of diabetes in the cohort born in 2000 in the United States.

**Design, Setting, and Participants** Data from the National Health Interview Survey (1984-2000) were used to estimate age-, sex-, and race/ethnicity-specific prevalence and incidence in 2000. US Census Bureau data and data from a previous study of diabetes as a cause of death were used to estimate age-, sex-, and race/ethnicity-specific

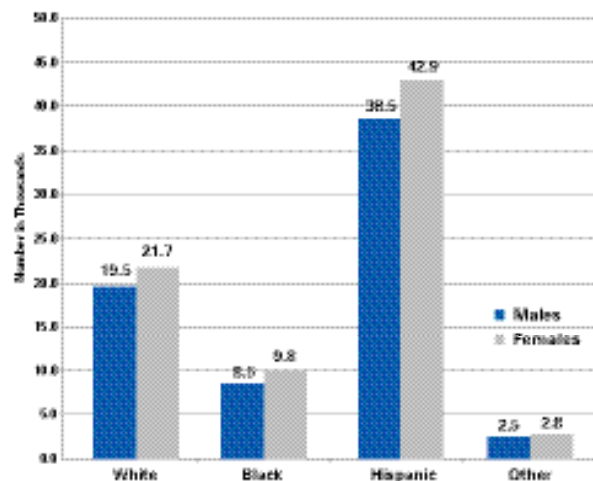
mortality rates for diabetic and nondiabetic populations.

**Main Outcome Measures** Residual (remaining) lifetime risk of diabetes (from birth to 80 years in 1-year intervals), duration with diabetes, and life-years and quality-adjusted life-years lost from diabetes.

**Results** The estimated lifetime risk of developing diabetes for individuals born in 2000 is 32.8% for males and 38.5% for females. Females have higher residual lifetime risks at all ages. The highest estimated lifetime risk for diabetes is among Hispanics (males, 45.4% and females, 52.5%). In individuals diagnosed as having diabetes have large reductions in life expectancy. For example, we estimate that if an individual is diagnosed at age 40 years, men will lose 11.6 life-years and 18.6 quality-adjusted life-years and women will lose 14.3 life-years and 22.0 quality-adjusted life-years.

**Conclusions** For individuals born in the United States in 2000, the lifetime probability of being diagnosed with diabetes mellitus is substantial. Primary prevention of diabetes and its complications are important public health priorities. *JAMA*. 2003;290:1884-1890 ■

**Estimated Number of Males and Females Born in Texas in the Year 2000 at Risk for Developing Diabetes in Their Lifetime**



Source: Narayan, K.M., et al. October 6, 2003. Lifetime Risk for Diabetes Mellitus in the United States. Birth rates based on 2000 population, Texas Department of Health, Bureau of Maternal and Child Health. JAMA, 2003;290:1884-1890

# New CMS regulation updates definition of diabetes

The Centers for Medicare and Medicaid Services (CMS) have revised the definition of diabetes for purposes of covering outpatient self-management training and medical nutrition therapy for Medicare beneficiaries.

The new definition states: “Diabetes means diabetes mellitus, a condition of abnormal glucose metabolism diagnosed using the following criteria: a fasting blood sugar greater than or equal to 126 mg/dL on two different occasions; a two-hour post-glucose challenge greater than or equal to 200 mg/dL on two different occasions; or a random glucose test over 200 mg/dL for a person with symptoms of uncontrolled diabetes.” (*Federal Register*, Vol. 68, No. 216, p. 63223.)

Medicare previously covered self-management training for beneficiaries who had one or more of the following medical conditions present within the 12-month period before the physician’s order for the training:

- ◆ New onset diabetes.
- ◆ Inadequate glycemic control as evidenced by a glycosylated hemoglobin (A1c) level of 8.5 percent or more on two consecutive A1c determinations three or more months apart in the year before the beneficiary begins receiving training.
- ◆ A change in treatment regimen from no diabetes medications to any diabetes medication, or from oral diabetes medication to insulin.
- ◆ High risk for complications based on inadequate glycemic control (documented acute episodes of severe hypoglycemia or acute severe hyperglycemia occurring in the past year during which the beneficiary needed emergency room visits or hospitalization).
- ◆ High risk based on at least one of the following documented complications:
- ◆ Lack of feeling in the foot or other foot complications such as foot

ulcers, deformities, or amputation.

- ◆ Pre-proliferative or proliferative retinopathy or prior laser treatment of the eye.
- ◆ Kidney complications related to diabetes, when manifested by albuminuria, without other cause, or elevated creatinine.

To learn more about the regulation change, go to the <http://a257.g.akamaitech.net/7/257/2422/14mar20010800/edocket.access.gpo.gov/2003/pdf/03-27639.pdf>.

Information is on pages 63222-23 and 63260.

To contact CMS, call 1-877-267-2323 (toll free). ■

## Educational resources on the Web

From the National Diabetes Education Program

In response to the increasing incidence of type 2 diabetes in adolescents, the National Diabetes Education Program (NDEP) has created four tip sheets to encourage young people to manage diabetes for a long and healthy life. The tip sheets cover four topics:

### What is Diabetes?

### Stay at a Healthy Weight

### Be Active

### Eat Healthy Foods

The tip sheets are upbeat, colorful, and fun for kids, and the information may be helpful to many adults as well.

Go to [www.ndep.nih.gov/diabetes/youth/youth.htm](http://www.ndep.nih.gov/diabetes/youth/youth.htm) or call 1-800-438-5383

To help educate overweight Hispanic and Latino Americans about their risk for developing type 2 diabetes and the steps they can take to prevent it, NDEP has launched the “Preven gamos la diabetes tipo 2. Paso a Paso (Let’s prevent type 2 diabetes. Step by Step)” campaign. Campaign materials include:

- ◆ Print (Spanish) and radio (Spanish and English) public service announcements
- ◆ “Paso a Paso” fact sheet



- ◆ The new “Movimiento” CD, featuring original music and lyrics to get Hispanic and Latino Americans more active and moving to help prevent diabetes
  - ◆ The NDEP’s bilingual recipe and meal planner
  - ◆ Spanish version of the GAME PLAN’s Food and Activity Tracker
- Go to [www.ndep.nih.gov/campaigns/PasoPaso/Paso\\_a\\_Paso.htm](http://www.ndep.nih.gov/campaigns/PasoPaso/Paso_a_Paso.htm) or call 1-800-438-5383. ■



# Texas House committee focuses on diabetes

*The Texas House of Representatives Committee on Public Health is studying the demographics and costs of diabetes in Texas and will report its findings to the 79th Texas Legislature, which convenes Tuesday, January 11, 2005.*

The committee's interim study is assessing the impact diabetes will have on Texas' population, budget, and health care system in the future and will recommend appropriate policy changes.

Texas Diabetes Council Chair Lawrence B. Harkless, DPM, was among the speakers during the committee's public hearing in Corpus Christi, February 18, 2004.

The Diabetes Program staff provided members with epidemiological and other information relevant to the committee's charge.

In addition to the Texas Diabetes Council, the Texas Health and Human Services Commission, American Diabetes Association, Texans for the Advancement of Medical Research, and the Corpus ChristiCoca-Cola Bottling Company were represented during the hearing.

Public Health Committee leadership includes Representatives Jodie Laubenberg (R-Parker), chair; Larry Taylor (R-Friendswood), vice-chair; and Vicki Truitt (R-Keller), budget and oversight chair.

Committee members are Representatives Jaime Capelo (D-Corpus Christi), Gamet Coleman (D-Houston), Glenda Daws on (R-Pearland), Jim McReynolds (D-Lufkin), Elliott Naishtat (D-Austin), and Bill Zedler (R-Arlington). ■

The image shows a form titled "Outpatient Rapid Assessment (OPRA) Recommended Services". It includes fields for "Today's Date", "Date of Birth", "Sex", "Race", and "Insurance". There are also checkboxes for "Do You Have Diabetes?" and "Do You Have Diabetes?". The form is divided into several sections with multiple-choice options for various services.

## OPRA promotes prevention

The Out Patient Rapid Assessment (OPRA) is a physician office tool designed by the Texas Medical Foundation to prompt patients and physicians to discuss preventive services.

The patient completes the first portion of the OPRA form, and the physician completes the second portion, noting the patient's status and ordering immunizations or tests as appropriate. Questions related to diabetes request information on A1c, lipid profile, and eye exam. Other topics on the form are breast cancer and immunizations for influenza and pneumonia.



To learn more about the OPRA tool or other services and products available from the Texas Medical Foundation, contact a quality improvement specialist at 1-800-725-9216 or e-mail [partnerships@tmf.org](mailto:partnerships@tmf.org). ■

# Diabetes Council wants to SAFEGUARD kids' health

As part of its ongoing effort to improve nutrition and increase physical activity in children and adolescents, the Texas Diabetes Council has endorsed the concept of the SAFE campaign. Pediatric endocrinologist Stephen Ponder, MD, developed the campaign in cooperation with Driscoll Children's Hospital, Corpus Christi.



SAFE materials encourage youth to:

- ◆ Skip or stop high-calorie drinks,
- ◆ Alter snack habits,
- ◆ Forget unhealthy fast foods, and
- ◆ Exercise daily.

Campaign materials, including posters, brochures, badges, and refrigerator magnets, will be distributed through schools and pediatricians' offices in Texas and other states.

For more information on the campaign, e-mail your inquiry to [patsy.reyes@dchstx.org](mailto:patsy.reyes@dchstx.org). ■

## Diabetes patients continue to lead in expenditures for Kidney Health Care

The Texas Department of Health Bureau of Kidney Health Care reports that in 2003, as in previous years, end-stage renal disease patients with a primary diagnosis of diabetes accounted for the largest portion of client services expenditures (\$10 million).

The Kidney Health Care 2003 Annual Report is available at [www.tdh.state.tx.us/kidney/2003ar/default.htm](http://www.tdh.state.tx.us/kidney/2003ar/default.htm). ■

# TDH recognizes eight school health programs

The Texas Department of Health (TDH) has recognized eight schools and school districts with Awards for Excellence in Texas School Health.

In its 14<sup>th</sup> year, the awards program provides recognition and financial awards to public, private, and charter schools and school districts working to improve long-term health practices among students, staff, and the school community

## Winning “EXCELLENCE” Awards of \$1,500 are:

### Bright Elementary School

Frisco Independent School District, for its *Lunch Bunch* program

### MacArthur High School

North East Independent School District, San Antonio, for its *Mac CPR Club*

### Bluebonnet Elementary School

Lewisville Independent School District, for its *Healthy Care Bears Week*

## Winning “OUTSTANDING” Awards of \$1,000 are:

### Lubbock Independent School District

for its *Beary’s Five Rights pre-school puppet program*

### Kountze Independent School District

for its *fitness center*

### Hirsch Elementary School

Spring Independent School District,  
for its *Planet Health: An Intergalactic Health Game*

## Receiving “PREVIOUS WINNER” Awards of \$1,200 are:

### West Orange-Cove Consolidated Independent School District

for its *Piecing Together Healthy Lives employee health and wellness program*

### St. Mark Catholic School

Diocese of Dallas, for its *Safety + Wellness = Happiness program*

The awards program is administered by TDH and funded by the Texas Health Foundation, For the 2003-2004 school year, three new cash awards funded by the Texas Pediatric Society Foundation will be added to recognize school health programs promoting physical activity and better nutrition to reduce obesity-related illnesses among students. Information on the awards program is available on the Web at [www.tdh.state.tx.us/schoolhealth/awards.htm](http://www.tdh.state.tx.us/schoolhealth/awards.htm).

**P.E.D.S.**  
Pediatric Education for Diabetes in Schools  
National Version



**A Resource Manual  
For School Nurses**

Developed by the PADRE Foundation  
in collaboration with NASN

## PEDS

+ school nurses  
= better care for students  
with diabetes

*The Texas Diabetes Council has endorsed the Pediatric Education for Diabetes in Schools (PEDS) curriculum, a comprehensive training resource developed by the Padre Foundation in California and the National Association of School Nurses.*

A PEDS training program for registered nurses is scheduled in conjunction with the Texas School Nurse Organization’s Annual Conference in November. The participants will train other RNs in their organizations regarding safe and appropriate care for students with diabetes. At the campus level, nurses share their knowledge and PEDS tools with administrators and other school personnel to promote a collaborative, non-discriminatory school environment.

“The training is designed to provide current and consistent professional development to school nurses and enhance nursing practice,” said Vincy Dunn, MSN, RN. Ms. Dunn, who represents the Texas and national associations of school nurses, explained the curriculum to the Texas Diabetes Council during their quarterly meeting in January 2004.

More information on PEDS, including free downloadable materials and online training, is available on the Web at [www.pedsonline.org](http://www.pedsonline.org). ■

# Visit us on the web

Keep the Texas Diabetes Council's Web address – [www.texasdiabetes.org](http://www.texasdiabetes.org) – on your favorites list for quick access to valuable information for health care professionals and patients.

Looking for continuing education? Click on *Diabetes in Texas: Making a Difference*. This site hosts an independent study activity that offers credit in Category 1 of the Physician's Recognition Award of the American Medical Association. There's no charge for health care professionals in Texas.

Other Web-based resources for providers include:

- ◆ The latest versions of the Council's algorithms and standards of care;
- ◆ The *Diabetes Tool Kit*, a teaching aid for health care professionals; and
- ◆ Instructions on how to order publications in Spanish and English for patients.

Point your mouse to [www.texasdiabetescouncil.org](http://www.texasdiabetescouncil.org) and visit us today!



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## Texas Diabetes Council Members

Council members are appointed by the Governor and confirmed by the Senate. Membership includes a licensed physician, a registered nurse, a registered and licensed dietitian, a person with experience in public health policy, four consumer members, three members from the general public with expertise or commitment to diabetes issues, and five state agency representatives who are non-voting members.

For information on the Texas Diabetes Program/Council, contact:

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**Texas Education Agency**

**Texas Rehabilitation Commission**

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