

**Worcester County Health Department/Tri County Health Planning Board
State Health Improvement Process: Supporting Local Health Improvement Coalitions
(LHICs) to Implement Local Health Action Plans
Interim Narrative Report**

The Tri-County (Somerset, Wicomico, and Worcester Counties) community of the Eastern Shore of Maryland through the Tri-County Health Planning Board (Local Health Improvement Coalition) developed a Tri-County Health Improvement Plan (T-CHIP) which has linkages to the Maryland's *State Health Improvement Process (SHIP)*. In reviewing both *SHIP* and local data, the Tri County Health Planning Board established two priority areas- Diabetes and Childhood Obesity. Funding was requested from the Maryland Community Health Resources Commission to enhance the on-going efforts of the Tri-County Diabetes Alliance whose mission is prevention and management of diabetes in Somerset, Wicomico, and Worcester Counties. The overall goal for the project is to provide the National Diabetes Prevention Program (NDPP) that promotes healthy eating, physical activity, and weight loss to prevent and delay diabetes in Somerset, Wicomico, and Worcester counties.

Listed below you will find the two main objectives for this project and a summary of activities completed during this funding period to address the given objective.

Objective 1: To train two or more staff from each of the Tri-County local health departments (minimum of 8-10 staff) to become CDC Certified "Lifestyle Coaches" of the NDPP by December 31, 2012.

Result: This objective has been met. Please see description below.

- The Diabetes Training and Technical Assistance Center (DTTAC) at Emory University, the CDC recognized provider of the NDPP "Lifestyle Coach" training, provided the two-day "coach" training for a total of 10 staff members from the Tri-County local health departments. (3 from Somerset County, 3 from Wicomico County, and 4 from Worcester County). Each participant received a certificate of completion and copies of the coaches' certificates were attached with previous progress report.

Objective 2: To have four newly trained "Lifestyle Coaches" implement the NDPP regionally offering it in at least two locations by the end of FY2013.

Result: This objective has been met. Please see description below.

- **The Somerset County Health Department** implemented the NDPP in October. A total of 12 individuals have registered for the program. Baseline measures are included for your review.
- **The Wicomico County Health Department** collaborated with the YMCA in Salisbury to implement the NDPP. The program started on November 6th and a total of 32 individuals registered for the program and completed baseline measures. Baseline measures are included for your review.
- **The Worcester County Health Department** initiated the NDPP (renamed locally "Lifestyle Balance") at the Snow Hill Health Department site on August 20th. The program meets on Mondays and Wednesdays from 5-6pm for 16 weeks. Following

conclusion of the initial 16 week core program, the group will continue to meet monthly for the next 6 months with the program concluding in June, 2013. Initially, 28 individuals completed baseline measures for the program, however, at the time this report was written a total of 25 participants remain enrolled in the program. In order to provide preliminary program outcomes, a follow up survey for physical activity, fruit and vegetable consumption was provided during week 11. As of week 11, participants had lost a combined weight of 191.6 pounds.

Baseline and Outcome Measures

Objective 1

Performance Indicator	Baseline	Post
1. Number of Staff Trained in the NDPP/Lifestyle Balance Program	10	10

Objective 2

Performance Indicator	Baseline
2. Total # of individuals participating in the NDPP/Lifestyle Balance Program – Somerset County	12
2a. White/Caucasian	2
2b. Black/African American	10
2c. Hispanic/Latino	0
2d. Other racial/ethnic group	0
3. % of participants who consume fruits and vegetables five or more per day	16.6%
3a. White/Caucasian	0
3b. Black/African American	20%
3c. Hispanic/Latino	0
3d. Other racial/ethnic group	0
4. % of participants who are physically active for at least 150 minutes/week	25%
4 a. White/Caucasian	50%
4b. Black/African American	20%
4c. Hispanic/Latino	0
4d. Other racial/ethnic group	0
5. % of participants who lost weight	Outcome data will be provided in final report
5 a. White/Caucasian	Outcome data will be provided in final report
5b. Black/African American	Outcome data will be provided in final report
5c. Hispanic/Latino	Outcome data will be provided in final report
5d. Other racial/ethnic group	Outcome data will be provided in final report

Objective 2

Performance Indicator	Baseline
2. Total # of individuals participating in the NDPP/Lifestyle Balance Program – Wicomico County	32
2a. White/Caucasian	28
2b. Black/African American	4
2c. Hispanic/Latino	0
2d. Other racial/ethnic group	0
3. % of participants who consume fruits and vegetables five or more per day	28.1%
3a. White/Caucasian	28.5%
3b. Black/African American	25%
3c. Hispanic/Latino	0
3d. Other racial/ethnic group	0
4. % of participants who are physically active for at least 150 minutes/week	37.5%
4 a. White/Caucasian	35.7%
4b. Black/African American	50%
4c. Hispanic/Latino	0
4d. Other racial/ethnic group	0
5. % of participants who lost weight	Outcome data will be provided in final report
5 a. White/Caucasian	Outcome data will be provided in final report
5b. Black/African American	Outcome data will be provided in final report
5c. Hispanic/Latino	Outcome data will be provided in final report
5d. Other racial/ethnic group	Outcome data will be provided in final report

Objective 2 - Pre/Post Outcomes included only for the 25 participants that completed both pre and mid (11 week) assessment

Performance Indicator	Baseline	Mid (Wk.11)
2.Total # of individuals participating in the NDPP/Lifestyle Balance Program – Worcester County	28	25
2a. White/Caucasian	19	19
2b. Black/African American	9	6
2c. Hispanic/Latino	0	0
2d. Other racial/ethnic group	0	0
3. % of participants who consume fruits and vegetables five or more per day	28%	80%
3a. White/Caucasian	26.3%	84%
3b. Black/African American	33.3%	66.6%
3c. Hispanic/Latino	N/A	N/A
3d. Other racial/ethnic group	N/A	N/A
4. % of participants who are physically active for at least 150 minutes/week	32%	84%
4 a. White/Caucasian	21%	78.9%
4b. Black/African American	66%	100%
4c. Hispanic/Latino	N/A	N/A
4d. Other racial/ethnic group	N/A	N/A
5. % of participants who lost weight	Will be reported in final report-Baseline Data included with this report	84%
5 a. White/Caucasian	N/A	89.4%
5b. Black/African American	N/A	66.6%
5c. Hispanic/Latino	N/A	N/A
5d. Other racial/ethnic group	N/A	N/A

Additional efforts:

At the September 26, 2012 meeting of the Tri County Health Planning Board, the updated Maryland State Health Improvement Process data for emergency department visits due to diabetes was provided. The emergency department visits due to diabetes for Somerset, Wicomico, and Worcester Counties has reduced from 2010 to 2011. (Please see chart below).

Number of emergency department visits due to diabetes (per 100,000 population)

County	2010	2011
Somerset	513.8	398.6
Wicomico	558.1	505.1
Worcester	433.4	372.7

At the August 10th and September 28th meetings of the Tri County Diabetes Alliance, members revised goals and objectives for the next two fiscal years. Additional goals were added to address reducing emergency department visits due to diabetes. The Tri County Diabetes Alliance will develop and promote a “Know Your Numbers” campaign to highlight the importance of diabetes-self management education. The Alliance will focus on further analysis of reasons for emergency room visits which will drive the action plan.

The Chair of the Tri County Diabetes Alliance and a Diabetes Coordinator from Peninsula Regional Medical Center (PRMC) have been serving on the PRMC Lower Shore Health Reform Coordination Committee. A focus of this committee is addressing diabetes related emergency room visits at the hospital. The Chair of the Tri County Diabetes Alliance collaborated with committee members to develop a Diabetes Quick Reference Guide. This guide will be provided to health care providers and individuals with diabetes. The guide includes resources for diabetes prevention and management. A Renal Quick Reference Guide was also developed which includes a comprehensive list of renal care providers on the Lower Eastern Shore.

The Diabetes Coordinator from PRMC is in the process of reviewing 266 patient charts that had a primary diagnosis of diabetes in the ER in order to determine root causes. The Alliance will review the results of her analysis to determine strategies.

Sustainability Plan:

The CDC-led National Diabetes Prevention Program is designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes. The CDC provides “Recognition” for programs that adhere to the *CDC Diabetes Prevention Recognition: Standards and Operation Procedures*. The first step in this recognition process is for programs to apply for “pending recognition”. In order to qualify for “pending recognition” program providers must meet specific criteria including completion of the “Lifestyle Coach” training by the staff that will be delivering the program. A portion of the CHRC funding was used to provide this “Lifestyle

Coach” training for 10 local health department staff. Following 24 months of program implementation and data submission, organizations are then able to apply for “full recognition”. An organization with “full recognition” will become reimbursable through health insurances.

The CHRC funding was able to cover one full year of the National Diabetes Prevention Program in each of the three counties. The health departments are dedicated to pursuing “full recognition” status and will continue to seek additional funding sources.

The Wicomico County Health Department partnered with the YMCA in Salisbury to provide the National Diabetes Prevention Program. The YMCA did not charge the health department a fee for utilizing the YMCA space and they are offering participants that are not YMCA members the opportunity to use the facility and equipment for a significantly reduced fee during the initial 16-week program.

Leveraging Additional Funding:

The coordinator for the Diabetes Prevention and Control Program for the State of Maryland Department of Health and Mental Hygiene contacted the Chair of the Tri County Diabetes Alliance to discuss applying for National Association of Chronic Disease Directors State Diabetes Primary Prevention Project Funding. The State will be applying for this funding to support Diabetes Prevention Programs offered in Somerset, Wicomico, and Worcester Counties. If the project is funded, the State Diabetes Prevention and Control Programs will focus on strategies for working with health care providers to increase referrals to CDC- recognized programs, developing and implementing systems for referral of people with pre-diabetes or high risk for diabetes to sites offering CDC-recognized lifestyle change programs, and partnering with organizations such as business coalitions to increase support for CDC-recognized lifestyle change programs a covered health benefit by insurance providers and companies that are self-insured.

The YMCA in Salisbury is serving as a co-sponsor for the NDPP by providing space and the opportunity for participants to use the facility and equipment for a significantly reduced fee during the 16 week program period. Worcester is seeking a similar arrangement with the local YMCA.