

Together on Diabetes Home-Based Program

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Bristol-Myers Squibb Foundation

Together  Diabetes

Communities Uniting to Meet America's Diabetes Challenge

Project Goals and Summary

- 1) Identify gaps and assets in diabetes prevention and care for adolescents and their families in participating communities.
- 2) Design an Evidence Based Intervention for youth and families that is appropriate for the communities' needs and resources.
- 3) Enroll 250 youth and families, implement and evaluate the pilot program, document outcomes, sustain core program, share best practices.

— Key TOD Program Activities:

- Deliver TOD intervention to youth and family
- Connect youth and families to services through referrals
- Attend youth provider visits and improve communication
- Support community healthy living programs

— Key TOD Program Outcomes:

- Improved health behaviors, quality of life, social support, family engagement and physiological measures



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Patient Story- Chinle

Identification
and Referral



Enrollment in
TOD



Completion of
TOD Program



Program Exit

- 10 year old female is diagnosed with T2DM
- Pediatrician refers her to TOD
- Youth enrolls in TOD
- Older sister enrolls as support person
- Youth completes TOD lessons
- Support Person attends lessons
- FHC provides support for existing referrals to Nutritionist.
- FHC assists in provider communication
 - FHC schedules provider visits and attends two provider visits with youth
 - FHC documents youth's progress in medical charts
- FHC provides Transport and support to community events
 - All events are new to youth.
 - Incentives from the events and own physical activity goals provide motivation.
- Youth Shows Significant Progress
 - Loss of approximately 12 pounds from baseline evaluation to 6 months time point
 - 8.0% drop in Currently taking Insulin and Metformin. Potential to be taken off Insulin
 - Provider's praise of stable weight loss and improving A1C encourages youth



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Patient Story- Shiprock

Identification and Referral

Enrollment in TOD

Completion of TOD Program

Program Exit

- **16 year old male is diagnosed with T2DM**
- Primary Care Physician (PCP) refers him to TOD
- **Youth Enrolls**
- Mother enrolls as support person
- **Youth Completes TOD lessons;**
- Assisted in re-connecting youth and support person with PCP; updated PCP about youth
- Referred youth to Shiprock Partners for Wellness (P4W) – local fitness
- Assisted youth to participate in TOD Food Demos, 5K fun runs, Native Vision Summer Camp, Wings Running Camp, and a TOD waterfall hike.
- Support Person Completes TOD lessons and Provides Support
- **Youth Shows Significant Progress**
 - Loss approximately 19.4 lbs. from baseline evaluation to 12 months time point
 - 6.2% drop in A1c over 9 month period (Jan 2014= 12.0%; Sept. 2014 = 5.8%)
 - Youth was taken off Insulin and started on Metformin in September 2014
- **Support Person Shows Significant Progress**
 - Loss approximately 20.6 lbs. over a 6 month period



Quote from school-based health provider "I am very proud of how youth has made diet and exercise changes and he has lost weight. Our goal A1c is 7.0% or below. The drop thus far is great improvement." 4/29/2014

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Project Results to Date

- Clinical and community capacity built
 - Improved communication between providers and patients
 - ~ 2 community events hosted by TOD each month
- Services delivered
 - 257 youth enrolled
 - 226 support person enrolled
 - 2,694 lessons taught
- Youth Outcomes (6 months after program enrollment)
 - Knowledge has significantly increased (46% vs 52%; $p < .0001$)
 - Quality of life has significantly increase (77.2 vs. 83.7; $p < .0001$)
 - BMI z-scores significantly decreased among girls (2.18 vs. 2.10; $p < .01$)
- Health Service Utilization
 - Cost analysis is ongoing



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Sustainability and Next Steps

- Analyze full sample's outcome data
- Disseminate findings
- Sustain and build upon TOD services in pilot communities
- Extend TOD best practices to additional communities
- Implement TOD program in various settings
- Finish cost analysis study
- Maintain presence in community with group wellness events
- Continue presence on social media



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