

TEXAS DIABETES

The Newsletter of the Texas Diabetes Council



SPRING 2009

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Highlights from the 81st Legislature Medicaid Self-Management Training and Americans with Disabilities Act Amendments Act Lead TDC Agenda for 81st Legislature

March 17, 2009 - Diabetes and Obesity Prevention Day at the Capitol set the stage for diabetes advocates who spent the day in Austin educating legislators about issues facing Texans with diabetes.

TDC members joined representatives of Texas chapters of the American Association of Diabetes Educators, the Central Texas Diabetes Coalition, community diabetes education programs, and individuals with diabetes for advocacy training conducted by the American Diabetes Association (ADA). Veronica De La Garza, ADA Advocacy

Director – Southwest Region, provided background and ADA positions on proposed legislation affecting insurance coverage for diabetes, Medicaid coverage of diabetes self-management training, diabetes registries, stem cell research, and obesity prevention efforts. Representative Jim McReynolds (Lufkin), introduced a proclamation on the House floor recognizing March 17 as Diabetes Day at the State Capitol.

Rep. McReynolds also brought **HB 1990** before the House Public Health Committee. If passed, this bill will create a pilot program for diabetes self-management training (DSMT) under Texas Medicaid that meets standards for DSMT recommended by the TDC. The TDC testified in favor of the bill to make DSMT a covered benefit for Medicaid recipients eligible to participate in the pilot.

Earlier in the Session, the TDC testified in favor of **HB 978** introduced by Rep. Lon Burnam (Fort Worth). **HB 978** would conform Texas law to the amended definition of “disability” set forth by the federal Americans with Disabilities Act Amendments Act signed into law in September, 2008. This amended definition assures that persons with diabetes are clearly covered under the Americans with Disabilities Act.

Other proposed legislation of interest:

- **HB 1487** addresses how written orders for diabetic equipment and supplies are processed under Texas Medicaid. By aligning ordering procedures with those of Medicare, paperwork and approval processes can be simplified, resulting in faster access to diabetic equipment and supplies for Medicaid patients. (*cont. pg. 2*)



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TEXAS DIABETES
COUNCIL

Highlights from the 81st Legislature (continued)

- While the Texas Health Insurance Risk Pool offers persons with diabetes an opportunity to obtain health insurance coverage when they are refused coverage by commercial providers, the cost of the premium is twice the cost of the average premium in the individual market, excluding deductibles and co-payments. Texas is one of only three states with a premium rate set this high, making it difficult for many Texans to afford to participate in the risk pool. **HB 2064** and **SB 879** would make high risk pool insurance more affordable by providing discounts to persons with lower incomes.
- The American Diabetes Association and TDC support stem cell research that is conducted within a strong ethical framework and strongly oppose human cloning. Bills related to stem cell research

supported by the ADA this session include **SB 208**, **HB 1764**, **SB 641/HB 1190**, **HB 543** and **SB 73**.

- Currently, all Texas schools are required to have a physical education curriculum, but have no guidelines or rules to help develop the curriculum. **SB 891** would provide guidelines and ensure that the student-to-teacher ratio meets the needs of all students.

The ADA's online Advocacy Action Center provides email updates on state and federal legislation supported by the ADA. To sign up for updates and alerts, go to <http://advocacy.diabetes.org>. Proposed legislation mentioned above can be reviewed at <http://www.capitol.state.tx.us>. ■

TDC Recognizes State HMOs for HEDIS® Measure Performance

Basic service HMOs with 5,000 or more members are required under Texas law to report Health Plan Employer Data and Information Set (HEDIS®) measures annually to the Texas Health Care Information Collection (THCIC) at the Texas Department of State Health Services. Findings from chart reviews conducted by the HMOs indicate the standard of care provided persons aged 18 through 75 years who have diagnosed diabetes.

The Texas Diabetes Council recognizes Texas HMOs exceeding the state average for all five HEDIS® performance measures relating to comprehensive diabetes care. According to the *Guide to Texas HMO Quality: 2007*, seven HMOs met this requirement:

- Community First Health Plans**
- HMO Blue Texas**

- Humana Health Plans of Texas (Austin & San Antonio markets)**
- PacifiCare of Texas (San Antonio/Houston & Dallas/Austin markets)**
- Scott and White Health Plan**
- UNICARE Health Plans**
- Valley Baptist Health Plan**

The *Guide to Texas HMO Quality: 2007* reflects the experience of Texans in HMOs during 2006. The Texas Office of Public Insurance publishes the guide to assist employers and consumers in selecting HMO coverage.

<http://www.dshs.state.tx.us/thcic/publications/HMOs/HMOReports.shtm> ■

Comprehensive Diabetes Care: HEDIS® Measures for Texas and the U.S., 2007

Percentage of members 18 through 75 years of age with type 1 or type 2 diabetes using the HMO who . . .	Texas Average 2007	National Average 2007*
had one or more HbA1c tests conducted within the past year.	78.2%	87.5%
had their most recent HbA1c level greater than 9 percent during the past year.**	55.8%	29.6%
had an eye screening for diabetic retinal disease within the past year.	33.8%	54.7%
had a LDL-C test done within the last two years.	75.4%	83.4%
had screening for nephropathy or evidence of already having nephropathy within the past year.	71.2%	79.7%

*National averages are presented as goals for the state.

**While higher percentages for other diabetes performance measures indicate improved performance, a lower percentage for this measure is favorable.



TDC Chair, Victor Gonzalez, MD, presented certificates to representatives of recognized HMOs attending the January quarterly meeting
 ◀ Sandra Rutherford, Manager in Quality Improvement, **Scott & White Health Plan**
 ▶ (From left) Margaret Morin, Senior Manager, Quality Improvement Program and Kate Stalzer, Onsite Quality Management Specialist, **HMO Blue Texas**

New Toolkits from the National Diabetes Education Program



The *Road to Health Toolkit* was developed to assist community health workers or promotores in providing outreach education to African American/African Ancestry and Hispanic/Latino communities—two groups at higher risk for type 2 diabetes.

The Toolkit features reliable, culturally appropriate and easy-to-use materials that focus on making healthy food choices and increasing physical activity.

Components include:

- User's Guide
- English Flipchart (Spanish flipchart available soon!)
- Activities Guide
- Resource Guide
- Photo Journal
- Supplemental CD-ROM
- Limited Edition* Tote Bag
- Music CD/DVDs and other resources!

**While supplies last*

Also available to order is The Road to Health Training Guide and Video, designed for those who offer train-the-trainer workshops (Coming Soon).

The Road to Health Toolkit may be ordered for \$15 per Toolkit (cost of

shipping), limit 3 copies. Order online from the NDEP's Publication Catalog at <http://ndep.nih.gov/diabetes/pubs/catalog.htm>. From the catalog web page, choose "Diabetes Prevention" under "Resources for Organizations."



Training on use of the Toolkit, including continuing education hours, is available online. For more details, visit http://www.cdc.gov/diabetes/ndep/CE_RoadtoHealth.htm#7.

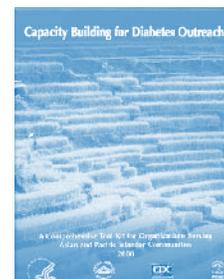
The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partners. For more information on the National Diabetes Education Program visit www.ndep.nih.gov.

Capacity Building for Diabetes Outreach: A Comprehensive Toolkit for Organizations Serving Asian American and Pacific Islander Communities has been developed to assist state diabetes prevention and control programs (DPCPs) and community organizations with the challenges of diabetes outreach, education, prevention, and control.

The toolkit serves as a capacity building resource for organizations to create or enhance diabetes prevention and control programs in eight core areas: community assessments, evaluation, organizational support, staffing, building coalitions and partnerships, funding, community outreach, and marketing. A product of the NDEP Asian American and Pacific Islander (AAPI) Work Group, the examples used in the toolkit are drawn from AAPI community experiences. However, the principles for building infrastructure around diabetes prevention and control are applicable regardless of the ethnicities served.

To order a free copy, call 1-888-693-NDEP (6337) or visit <http://ndep.nih.gov/diabetes/pubs/catalog.htm>.

Choose "Diabetes Control" under "Resources for Organizations." ■



▲ (From left) Christine M. Paz, LVN, Manager of Quality Accreditation; Carolyn T. Zamora, LVN, Quality Management/Clinical Advisory; and Janis Agrette, RN, Manager of Quality and Accreditation, *Humana Health Plans of Texas, Inc.*

TDC Activities Highlighted at 6th Annual Diabetes Summit in Austin

The Diabetes Summit, held in Austin each spring, is sponsored by the American Diabetes Association with an educational grant from the Texas Diabetes Council and other supporters. On April 3-4, 2009, the TDC's comprehensive approach to diabetes prevention and control was evident in sessions presented at the 6th Annual Summit. Almost 400 health care professionals gathered to learn more about recent clinical updates and the latest population-based approaches to diabetes in Texas.

- Community-based projects of the Texas Diabetes Program, Texas Department of State Health Services, discussed improved outcomes through programs utilizing community health workers. Projects/organizations represented included Community

Health Center of Lubbock; Migrant Health Promotion, Inc., (Weslaco); and Proyecto Juan Diego (Brownsville).

- Curtis Triplitt, PharmD, CDE, TDC member, provided an update on currently available diabetes medications and ongoing research guiding future pharmaceutical approaches. A breakout session presented by Dr. Triplitt focused on implementation of the TDC Diabetes Tool Kit in clinical practice.
- Craig W. Spellman, PhD, DO, TDC Health Care Professional Advisory Committee Chair, presented standards of care in clinical practice, focusing on treatment guidelines and algorithms approved by the TDC.

- Shannon Brow, RN, CDE, FNP-C, contributor to the TDC Diabetes Tool Kit, spoke on behavioral health issues in diabetes care.

Janice Roszler, RD, CDE LD/N, provided the keynote address on personal approaches to self-care. Ms. Roszler is AADE's 2008-2009 Diabetes Educator of the Year, an advice columnist, radio host and award-winning media producer who speaks internationally on topics related to diabetes and health.

For those who were not able to attend, speaker handouts will be made available on the Summit web site: <http://professional.diabetes.org/diabetessummit>.

The 7th Annual Diabetes Summit is tentatively scheduled for April 15-16, 2010. ■

Continuing Education Spotlight: Texas Diabetes Institute Schedules Offerings for Summer and Fall 2009

The Texas Diabetes Institute's (TDI) Continuing Education Program (CEP) continues to provide high-quality training opportunities that are tailored to meet the educational needs of physicians, nurses, dietitians, pharmacists and other healthcare professionals working on the front line of diabetes treatment and care. Courses focus on the latest in basic and clinical research. These activities offer educational opportunities, as well as the chance to network with colleagues. Innovative procedures and technologies are highlighted in courses that examine current advancements in treatment, and enhance the audience's skills and knowledge regarding the latest evidence and treatment of diabetes.

For the first time, the CEP will host two regional events that are planned for summer and fall 2009:

**Type 2 Diabetes: Prevention, Intervention and Outcomes
Hyatt Regency Hotel, Austin
August 22, 2009**

- This half-day seminar will highlight proven treatment and prevention strategies aimed at reducing the impact of diabetes.

**10th Annual Southwest Diabetes Symposium
Isla Grand Resort, South Padre Island
October 31 - November 1, 2009**

- Since its inception, this symposium has educated more than 1,400 primary care physicians, endocrinologists, cardiologists, researchers, nurses, fellows and other allied health professionals

involved in the research, care and management of persons with diabetes.

A Diabetes Educator Review Course is also offered in San Antonio each spring. This year, the course was held on April 23-24, 2009.

Coming Soon: Distance Learning via the Web

Earn CME credit in your spare time and stay abreast of major clinical updates with the Texas Diabetes Institute's CME presentations. Programs are easy to use and affordable, and feature ACCME-accredited content derived from the TDI's live conferences. You will enjoy an engaging multimedia experience that includes streaming video with intuitive playback controls, audio and slides.

Distance learning delivered as e-learning content offers the busy professional distinct advantages. Immediate access is available through any internet connection. Continuing education certificates are downloaded and printed after studying course content online and successfully completing an online assessment.

If you would like more information on TDI continuing education programs or future online CME programs, please visit TDI online at www.texasdiabetesinstitute.com/cme. Visitors can also join TDI's mailing list and register to receive TDI's quarterly electronic newsletter, *The Insulin*, featuring upcoming continuing education opportunities.

For more information please contact Ms. Ruby Reyes at (210) 358-7398 or Ruby.Reyes@uhs-sa.com. ■

Williamson County and Nacogdoches Receive 2009 National ACHIEVE Grants to Combat Obesity and Chronic Diseases

In March, Williamson County (Healthy Hearts Coalition) and Nacogdoches (Healthy Nacogdoches Coalition) joined the national ACHIEVE effort to prevent chronic diseases and related risk factors through a locally collaborative approach. Action Communities for Health, Innovation, and EnVironmental changeE (ACHIEVE) is supported by the Centers for Disease Control and Prevention's Healthy Communities Program (formerly the Steps Program) www.cdc.gov/healthycommunitiesprogram/index.htm.

The purpose of ACHIEVE is to bring together local leaders and stakeholders to build healthier communities by promoting policy, systems, and environmental change strategies that focus on physical activity, nutrition, tobacco cessation, obesity, diabetes and cardiovascular disease.

Following a competitive review process, Williamson County and Nacogdoches were selected as two of 43 U.S. communities in 21 states to promote improvements such as

- increased access to and use of attractive and safe locations for physical activity;
- revised school food contracts that include more fruits and vegetables and whole grain foods; and
- requirement of sidewalks and crossing signals in neighborhoods to make them more pedestrian-friendly.

ACHIEVE fosters partnerships between county government, tribal programs, parks and recreation departments, local YMCAs, local coalitions and representatives from the school, business, health and community sectors. State Departments

of Health are also available to provide resources and linkages to collaborators to help communities meet their goals. The Texas Diabetes Program at the Texas Department of State Health Services will provide resources at the state level to establish a focal point for fostering healthy communities.

Next Steps:

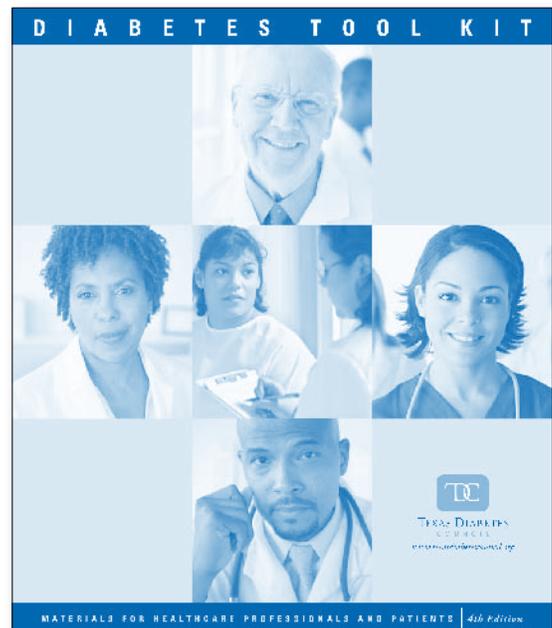
Local community members will compose teams of 10 local leaders. These teams will convene at one of two regional Action Institutes in Alexandria, Virginia, or Denver, Colorado, in July 2009 where attendees will be taught by nationally known experts to effect change in their communities.

Learn more about ACHIEVE at www.achievecommunities.org. ■

On the Road with the Texas Diabetes Council

TDC exhibits are planned for the following conferences. Stop by the TDC booth for free samples of patient education materials and copies of the latest TDC treatment guidelines and algorithms.

- **June 11-14, 2009**
Texas Osteopathic Medical Association/Texas Chapter of the American College of Osteopathic Family Physicians Joint Annual Convention
Sheraton Arlington Hotel and Arlington Convention Center
- **July 15-19, 2009**
Texas Academy of Family Physicians 60th Annual Session and Scientific Assembly
Sheraton Arlington Hotel and Arlington Convention Center
- **August 14-15, 2009**
Texas Chapter of the American Association of Clinical Endocrinologists (AACE) Annual Meeting
Hyatt Regency, Austin
- **September 10-13, 2009**
Annual Meeting of the Texas Pediatric Society, the Texas Chapter of the American Academy of Pediatrics
Marriott Plano/Dallas at Legacy Town Center



5th Edition Diabetes Tool Kit available Summer 2009

Print and CD copies of the 4th edition of the TDC's educational resource for health professionals, the Diabetes Tool Kit (pictured above), are no longer available. But the 5th edition is on its way and expected to be available for order in Summer 2009. Until then, copies of patient handouts and TDC treatment guidelines and algorithms may be downloaded in PDF format at texasdiabetescouncil.org. ■

Diabetes Forecast Features TDC Member's Battle Against Discrimination

The Americans with Disabilities Act Amendments Act (ADAAA), signed into law by President Bush in September, 2008, restored protection against discrimination for persons with diabetes and other chronic diseases which a number of court cases had eroded since the ADA Act was first passed in 1990.

Key to the ADAAA is a broader definition of "disability" which does not exempt persons with chronic diseases who are successfully managing the disease.

The May 2009 issue of *Diabetes Forecast* features the events and court cases leading up to this landmark legislation, including the work of TDC member John Griffin, a trial lawyer from Victoria and legal volunteer for the American Diabetes Association who successfully represented individuals with diabetes in discrimination cases.

The TDC supports HB 978 to amend Texas' labor code to conform with the ADAAA's definition of disability.

<http://forecast.diabetes.org/magazine/features/defeating-discrimination>



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www.texasdiabetescouncil.org

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, three consumer members, four members from the general public with expertise or commitment to diabetes issues, and five state agency representatives who are non-voting members.

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Texas Department of State Health Services

**Texas Department of Aging and
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