



TEXAS DIABETES
COUNCIL

Texas Diabetes

The Newsletter of the Texas Diabetes Council

Fall 2013

Diabetes Tool Kit for iPad



The Texas Diabetes Council's Diabetes Tool Kit website (www.tdctoolkit.org) has been re-designed to include new resources for health care professionals who treat patients with diabetes. The [Sixth Edition of the Tool Kit](#) can now be downloaded in eBook format for easy reference on your iPad. A PDF version is still available for use on desktop computers or notebooks. Printed copies are no longer available.

Site visitors can still review and order patient education materials online. New patient

handouts developed by the TMF Health Quality Institute address the following patient issues:

- Eating Healthy
- Feet and Shoes
- Hypoglycemia and Hyperglycemia
- Blood Glucose Numbers
- How to Check Your Blood Sugar
- How Do My Medicines Work?
- Sitting Exercises
- Understanding Food Labels
- Additional Tests and Procedures
- Be Safe with Needles

Download these titles and more at <http://www.tdctoolkit.org/order-patient-materials/>.

Help Promote the Diabetes Tool Kit

The Texas Diabetes Council invites health care organizations, offices of continuing medical education, health care professional associations, professional journals and others to help get the word out about free professional education resources available through the Texas Department of State Health Services. Web banners in a variety of sizes and shapes are available for linking to www.tdctoolkit.org. Visit <http://www.tdctoolkit.org/web-banners/> to view all banners and instructions for placing online. Contact the DSHS Diabetes Prevention and Control Branch about placing a **free** print advertisement in your publication at (512) 776-3580, or TDC.Web@dshs.state.tx.us.



National Diabetes Month 2013: Diabetes is a Family Affair



This November, the National Diabetes Education Program (NDEP) is proud to support National Diabetes Month by bringing attention to the impact that diabetes has on individuals, families, and communities. NDEP's theme for National Diabetes Month is "Diabetes is a Family Affair." Learn more about NDEP resources available to support your National Diabetes Month outreach efforts at

www.YourDiabetesInfo.org/DiabetesMonth2013.

Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program Offerings in Texas

The CDC-led National Diabetes Prevention Program (NDPP) is an evidence-based lifestyle change program for preventing type 2 diabetes.

- It can help people cut their risk of developing type 2 diabetes in half.
- The Diabetes Prevention Program research study showed that making modest behavior changes helped participants lose 5 percent to 7 percent of their body weight—that is 10 to 14 pounds for a 200-pound person.
- These lifestyle changes reduced the risk of developing type 2 diabetes by 58 percent in people with prediabetes.
- Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month).

The inaugural partners of the NDPP were the YMCA and UnitedHealth Group. These partners were instrumental in starting the national program and continue to expand the reach of this evidence-based lifestyle program. CDC is enthusiastic about other organizations becoming involved in the National Diabetes Prevention Program. Most recently, Viridian Health Management, Inc. has agreed to partner with CDC and others to expand the reach of the program.

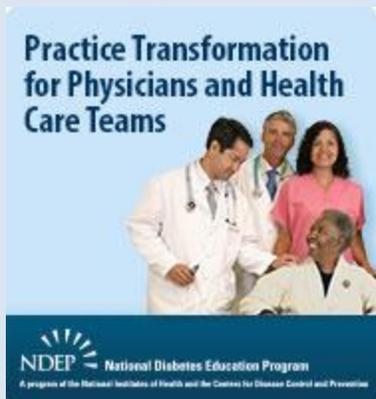
YMCAs of Arlington, Greater Houston, Metropolitan Dallas, and Metropolitan Fort Worth are among fourteen other organizations in Texas listed in the *National Registry of Recognized Diabetes Prevention Programs*. The organizations listed in this registry have “pending recognition” from the CDC’s Diabetes Prevention Recognition Program (DPRP). This means that they have agreed to the curriculum, duration, intensity, and reporting requirements described in the DPRP Standards. This registry helps people who want to make a lifestyle change to prevent diabetes to locate an organization offering the classes.

View the full list of NDPP sites in Texas at

<http://www.cdc.gov/diabetes/prevention/recognition/states/Texas.htm>.

NDEP’s New Practice Transformation Resource Helps Health Care Teams Change Systems of Health Care Delivery Around Diabetes

The National Diabetes Education Program’s (NDEP) refreshed “Practice Transformation for Physicians and Health Care Teams” (formerly known as “Better Diabetes Care”) is designed for health care professionals and administrators who want to change systems of health care delivery around diabetes.



Practice change is essential to provide evidence-based care recommended by the Patient-Centered Medical Home (PCMH) model and to manage issues related to diabetes and its complications. This free online resource provides models, links, and tools to help physicians and health care teams initiate and maintain quality improvements in their health care practice. Content featured on this site is based on current, peer-reviewed literature and evidence-based clinical practice recommendations.

“Practice Transformation for Physicians and Health Care Teams” is organized by the following key sections:

- **Engage Leadership & Assess Your Practice:** Helps users to review the tasks that effective leaders can undertake to ensure the successful transformation of a practice into a PCMH.
- **Provide Evidence-Based Care:** Provides an overview of ways an evidence base can guide clinical decision-making. Includes principles and limitations of evidence-based decision-making, differences in numeric presentation of results, and ways to integrate an evidence base into daily practice.
- **Use Information Systems:** Focuses on fundamental technological advances with known effectiveness in clinical systems for improving the process of care delivery and providing better clinical outcomes.
- **Improve Practice Quality:** Addresses how to go about transforming a practice into a PCMH. It provides practical information about the use in clinical settings of rapid cycle improvements that involve small-scale local tests of change in physician offices or health care organizations.
- **Use Clinical Decision Support:** Provides a wide selection of resources and tools that support diabetes prevention and management.
- **Practice Team-Based Care:** Discusses the benefits of team care and useful resources for effective team building.
- **Enhance Patient-Centered Interactions:** Presents seven dimensions of patient-centered care as they relate to people with diabetes, numerous resources to help transform a practice into a PCMH, effective ways to provide patient education and support, and suggestions to address health literacy and build cultural competency.
- **Improve Patient Care Coordination:** Addresses ways to improve coordination of care and to enhance community partnerships. Numerous resources are included.

Visit to learn more: <http://ndep.nih.gov/hcp-businesses-and-schools/practice-transformation/>

News and Notes from the National Diabetes Education Program (NDEP)

[NDEP News & Notes](#) is the monthly e-newsletter of the [National Diabetes Education Program](#). These monthly updates are designed to keep diabetes prevention and treatment programs informed about NDEP activities and help identify opportunities to incorporate NDEP messages, products, and activities into program activities. View the latest issues of NDEP News & Notes at <http://www.ndep.nih.gov/partners-community-organization/news-notes/index.aspx>.



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Publication No. 45-11004

