



# Diabetes Prevention & Control

Promoting & Protecting the Health of Iowans

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[www.idph.state.ia.us/hpcdp/diabetes.asp](http://www.idph.state.ia.us/hpcdp/diabetes.asp)



Finding out that you or someone you love has diabetes is scary. You may feel sad, frustrated, or even angry. Diabetes is a serious health condition, but it can be controlled. The IDPH Diabetes Prevention and Control Program provides resources to help Iowans learn about the disease and how to live with it.

A female in West Central Iowa was upset about her diagnosis of type 2 diabetes. She was resistant to making any changes. But eventually after having an initial individual diabetes education visit and specifically after the group diabetes education class, she started to make healthy lifestyle changes. She bonded with the other women in the group class who were experiencing the same feelings and challenges. There has been a remarkable improvement in her health by making the choice to eat healthier with smaller portions and schedule daily exercise on her stationary bike or walking.

Diabetes is preventable and controllable. IDPH helps Iowans learn how.



## Did you know?

Strict diabetes control can prevent or reduce complications, including heart disease, stroke, high blood pressure, blindness, kidney disease, nervous system disease, amputations, dental disease, and pregnancy complications.

## Why is Diabetes Prevention & Control important to promoting and protecting the health of Iowans?

- Approximately 192,000 (8.2%) adult Iowans have been told by a doctor that they have diabetes.
- The likelihood of having diabetes increases as we age.
- Awareness of diabetes can help prevent or delay the onset of the disease.
- 5.4% of adult Iowans have been told by a doctor that they have pre-diabetes or borderline diabetes.
- Diabetes is the 7<sup>th</sup> leading cause of death among Iowans, representing 3% of all deaths in Iowa.

## Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

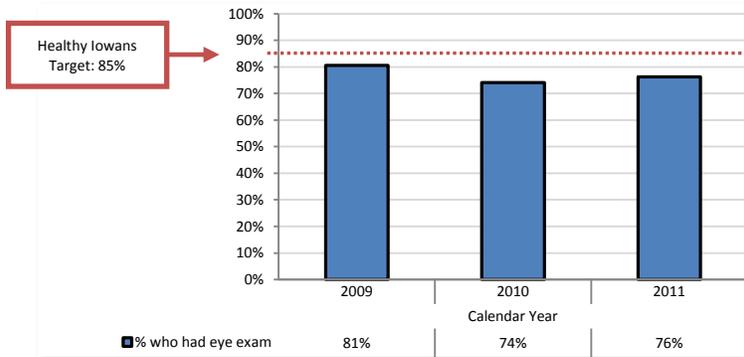
Strengthen the public health infrastructure

## What do we do?

- Provide education about diabetes prevention and control through training for health care professionals.
- Provide educational materials for communities and certified outpatient diabetes education programs.
- Certify community-based outpatient diabetes education programs.
- Maintain involvement with diabetes care providers and educators statewide.
- Participate in activities like the Dilated Eye Exam Project.
- Monitor, evaluate, and report diabetes-related data.
- Work with other programs, like tobacco and heart disease and stroke, to increase awareness of chronic disease risk factors and management strategies.
- Promote and support community-based self-management programs for people with chronic disease.

## How do we measure our progress?

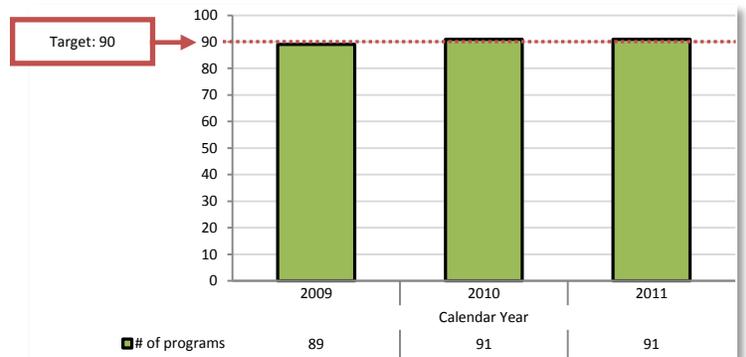
### 1 Percent of Iowa adults with diabetes who had a dilated eye exam in the last year.



Data Source: Behavioral Risk Factor Surveillance System (BRFSS). Data are available annually. 2009 & 2010 data recalculated using current raking methodology but do not include cell phone users.

**How are we doing?** Since setting the *Health Iowans* target of 85% in 2010, there has been a slight increase in Iowan adults with diabetes receiving a dilated eye exam.

### 2 Number of state-certified outpatient diabetes education programs.



Data Source: IDPH program records as of December 31 annually.

**How are we doing?** December 2009 baseline was 89 programs. We have set a target of maintaining 90 programs annually. In 2010 and 2011, we exceeded our target.

## What can Iowans do to help?

1. All Iowans can learn how to prevent or manage diabetes by visiting [www.diabetes.org](http://www.diabetes.org) (American Diabetes Association).
2. Health care professionals working with people with diabetes can learn about quality education and resources through the Iowa Diabetes Prevention and Control Program at [www.idph.state.ia.us/hpcdp/diabetes.asp](http://www.idph.state.ia.us/hpcdp/diabetes.asp).

## Expenditures

Federal funds: 0153-1966

	State Fiscal Year 2011 Actual	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$148,332	\$153,887	\$194,768
<b>Total funds</b>	<b>\$148,332</b>	<b>\$153,887</b>	<b>\$194,768</b>
FTEs	1.29	1.26	1.65

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.