Diabetes Prevention & Control

Division of Health Promotion & Chronic Disease Prevention
Phone: 515-242-6204
www.idph.state.ia.us/hpcdp/diabetes.asp

Promoting & Protecting the Health of Iowans

IDPH Iowa Department of Public Health

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 with new onset type 2 diabetes attended a diabetes education program in Eastern Iowa. She originally had an A1C of 16.0% and was started on insulin. Her goal was to control the diabetes with diet and exercise. She attended classes and was very motivated at meal planning and starting to exercise. Her next A1C was 7.6%, she was able to discontinue her insulin and she was now only on oral medication. At the end of the year, her A1C was 6.9% and she continues to exercise, meal plan, and take oral medication.

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 7th 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

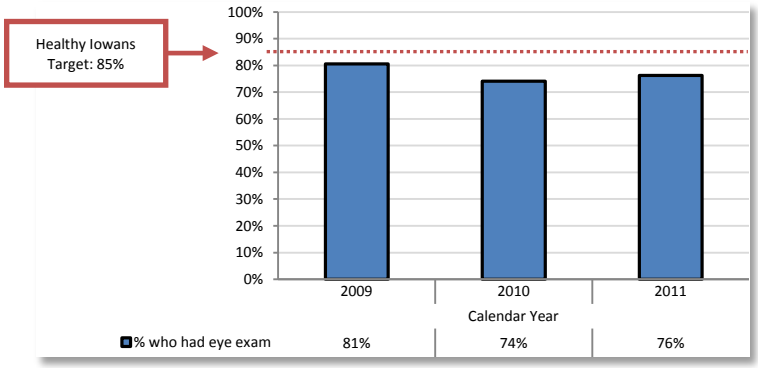
Strengthen the public health infrastructure

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?

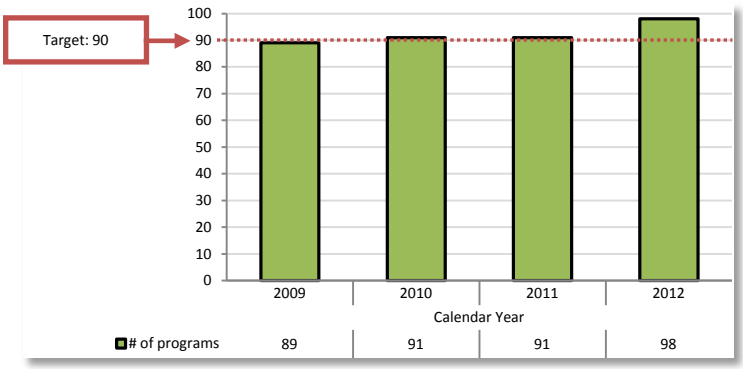
❶ **Percent of Iowa adults with diabetes who had a dilated eye exam in the last year.**



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. Data for this measure was not collected during 2012 survey.

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.

❷ **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 2012, 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 (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.

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
Total funds	**$148,332**	**$153,887**	**$194,768**
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.

Iowa Department of Public Health ◇ Division of Health Promotion & Chronic Disease Prevention ◇ Diabetes Prevention & Control

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