Diabetes Prevention & Control

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 works with partners to help Iowans learn how to prevent and control diabetes and its complications.

A male with newly diagnosed type 2 diabetes, with a history of other health conditions, attended a diabetes education program in Southeast Iowa. Through the ten hour group class, he became motivated to start taking care of his chronic illness. He has now lost over 100 pounds and has significantly lowered his A1c and risk for complications. The family is following a healthy meal plan and is making lifestyle changes.

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 227,000 (9.7%) adult Iowans have been told by a doctor that they have diabetes.
- Another 6.2% of all adults have been diagnosed with prediabetes but have not yet developed diabetes.
- The likelihood of having diabetes increases as we age.
- Awareness of diabetes can help prevent or delay the onset of the disease.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

Strengthen the public health infrastructure

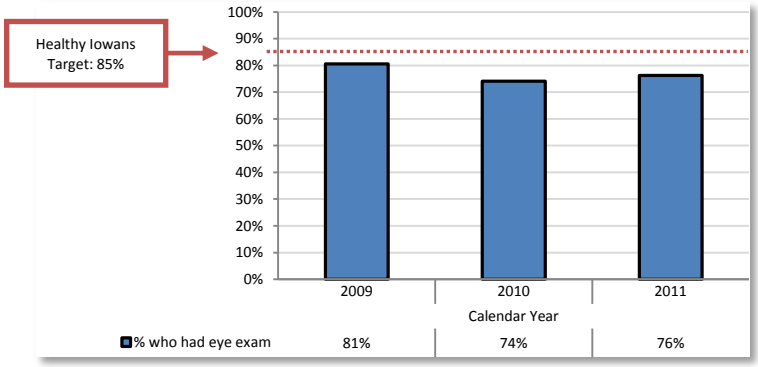
What do we do?

The Health Promotion and Chronic Disease Control Partnership, which includes diabetes, collaborates with private and public agencies and organizations throughout the state to:

- provide education about diabetes prevention and control through training for health care professionals.
- provide educational materials for communities, health care providers, and certified outpatient diabetes education programs.
- certify community-based outpatient diabetes education programs.
- maintain involvement with diabetes care providers and educators statewide.
- monitor, evaluate and report diabetes-related data.
- 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 the 2012 BRFSS survey.

How are we doing? Since setting the *Health Iowans* target of 85% in 2010, there has been a slight increase in Iowa 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. Iowans can learn about diabetes and how to prevent or manage it by visiting www.diabetes.org (American Diabetes Association), www.yourdiabetesinfo.org (National Diabetes Education Program), and www.jdrf.org (Juvenile Diabetes Research Foundation International).
2. Health care professionals working with people with diabetes can learn about quality education and resources available from the Iowa Department of Public Health at www.idph.state.ia.us/hpcdp/diabetes.asp.

Expenditures

Federal funds: 0153-0728(33%)/1966(FY12 &FY13 only)

	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Actual	State Fiscal Year 2014 Estimate
State funds	$0	$0	$0
Federal funds	$153,887	$202,257	$436,842
Total funds	**$153,887**	**$202,257**	**$436,842**
FTEs	1.26	1.83	1.91

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 and Control

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4th Floor, Lucas Building ◇ 321 E. 12th Street ◇ Des Moines, IA 50319-0075