



MCD Public Health

Insight Innovation Impact

February 2014

This month, MCD Public Health celebrates our history and success in chronic disease prevention and management, with a spotlight on our [Telephonic Diabetes Education and Support Program](#) (TDES). We are also pleased to announce a new resource created for the National Association of Chronic Disease Directors (NACDD): an interactive web-based tool to help public health professionals understand and navigate their evolving role in health care quality improvement initiatives. Read about it [here](#) in the public announcement from NACDD, and please join us in congratulating our own Elizabeth Foley, Tina Love, and Joshua Frazee for their hard work on the project!

- Kate Perkins, Director, MCD Public Health

PROJECT SPOTLIGHT

Telephonic Diabetes Education and Support Program®/+Cardiovascular Disease (TDES®/+CVD)



More than 25 million people in the U.S. have diabetes—a serious condition that, if not controlled, can lead to serious health complications and even death.

To improve the accessibility and affordability of effective diabetes support, MCD Public Health created the Telephonic Diabetes Education and Support Program®/+Cardiovascular Disease (TDES®/+CVD). This voluntary diabetes self-management program is carried out in collaboration with employers who offer it to employees, early retirees, and adult dependents.

Enrolled participants receive a full year of monthly diabetes education and support from a certified diabetes educator, all through the convenience of a telephone call. They also receive incentives for participation, such as a waiver of pharmacy co-payments for diabetes medications/supplies. Those with a diagnosis of cardiovascular disease as well as diabetes receive additional waivers of co-payments for cardiovascular medications for high blood pressure and/or high cholesterol.

Program Outcomes

In the six years since the program began, the TDES® program has demonstrated exciting results including:

- Improvement in clinical measures such as blood sugar and cholesterol levels
- Increased knowledge and self-confidence
- Increased medication adherence
- Increased utilization of preventive care services

In addition, program participants reported high satisfaction and asked for

Diabetes Facts

- Diabetes is the seventh leading cause of death in the U.S.
- The risk of death for a person with diabetes is twice the risk of a person of similar age who does not have diabetes.
- Approximately 25.8 million people in the U.S. have diabetes.
- Predictions are that as many as one of three U.S. adults could have diabetes by 2050 if current trends continue.
- In Maine, diabetes has nearly tripled from 1995-2010.
- Diabetes is a major cause of heart disease and stroke.
- This risk can be reduced by controlling blood pressure and cholesterol levels and stopping smoking.
- Nationally among adults, diabetes is the leading cause of kidney failure, non-traumatic lower extremity amputations, and new cases of blindness.

"more"! As a result, we now offer a second year of services called Telephonic Diabetes to the Second Power!(TDES2! ©). TDES2! © focuses on individual goals and successful action plans. These services are carried out via 4-6 telephonic contacts over 12 months. Typically more than 95% of the TDES© program participants will continue on to TDES2! ©

For more information, visit: <http://www.tdes.me/>

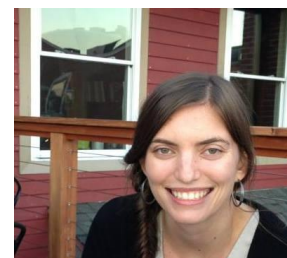
Welcome New Staff



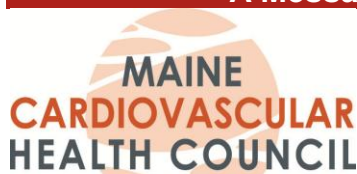
Jessica Loney RN, MSN joins MCD Public Health as the new Minority Health Coordinator at the Maine CDC's Office of Health Equity. In this innovative role, Jessica will coordinate activities across the Maine CDC to enhance implementation of Health Literacy best practices and improve the Cultural Competence of program offerings. Jessica has served as an independent health consultant, specializing in providing technical assistance, training and support to health systems stakeholders dedicated to implementing systemic evidence-based strategies to reduce health disparities, improve health equity, and control costs. Jessica combines experience from her former role as Community Health Improvement RN Coordinator at Mid Coast Hospital in Brunswick, Maine along with over a decade of clinical nursing experience into the merging of organizational and community health improvement. She is a graduate of the Daniel Hanley Center for Health Leadership and past recipient of an Evidence Based Practice Research Recognition from the Clinical Scholar Program at Maine Medical Center. Jessica previously served as a founding

member and chair of both the Mid Coast Hospital Cultural Competence Committee and as Health Committee Chair and Executive Committee member for the NAACP Portland Branch. Jessica also led Mid Coast Hospital and Quality Counts Maine's respective Language Access Improvement Projects under. In these leadership roles she aligned various stakeholders to promote health equity for vulnerable populations. Jessica currently serves as guest faculty at the University of New England, and is a member of the State Coordinating Council for Public Health, Cumberland Public Health District, and Hanley Health Equity Advisory Council.

Emily Weston joins MCD Public Health as Project Coordinator for the Maine Suicide Prevention Program with the Maine CDC Injury Prevention Program. Emily will be working on the Substance Abuse Mental Health Services (SAMHSA) grant: "Building Caring Connections in Maine." The three year grant funded program is designed to increase statewide awareness of youth suicide and provide suicide prevention education to schools, health centers, and the public to increase screening, assessment, treatment and follow up with at-risk youth. Emily received her Master of Public Health degree from the University of Southern Maine. While in school Emily focused her research on mental health, including mental health services available for college students. Emily is very excited to continue working to enhance services to increase the number of youth connected with services and reduce the number of youth suicides in Maine.



A Message from the Maine Cardiovascular Health Council (MCHC)



*Promoting Cardiovascular Health
Throughout Maine's Communities*

February is Heart Health Month!

For information on various heart health topics and resources, such as blood pressure, cholesterol, signs/symptoms, and women's heart health, visit the MCHC website at <http://www.mainehearthealth.org/> and "Like" us on Facebook.

[Click here](#) to learn more about MCD Public Health's heart health programs

Mark Your Calendars!

February is [National Children's Dental Health Month](#)

February 13th - [Oral Health Heroes](#) Legislative Breakfast

To learn more about MCD Public Health's oral health programs, visit:

- [Kids Oral Health Partnership](#)
- [Maine Oral Health Coalition](#)
- [Dentaquest Oral Health 2014 Integration Initiative](#)

STAY CONNECTED

