

# New Mexico Department of Health Diabetes Prevention and Control Program

Strategic Plan 2010-2014





**“Before I begin, I'd just like to make it known that I didn't volunteer to do this presentation.”**

# Diabetes Prevention & Control Program

## New Direction!

### > Public Health Approach

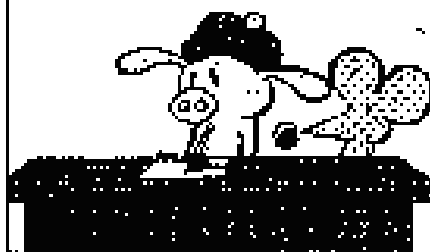
- Prevention Oriented
- Population-Based
- Partnerships

### > Systems/Environment/Policy

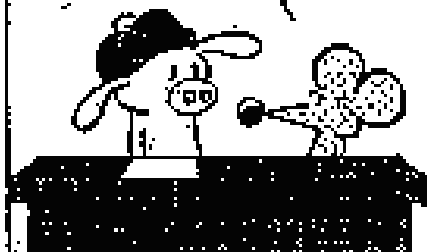
### > Integration to address common risk factors across many chronic diseases

## PEARLS BEFORE SWINE

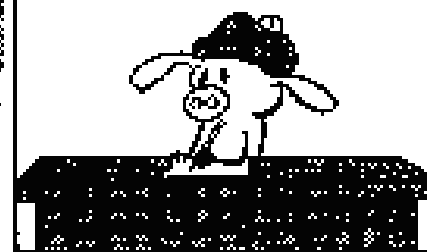
Dear Diary,  
I am fat. I am  
going to join a gym.  
I will go there every  
day. I will lose 50  
pounds.



YOU DUMB PIG. IF YOU  
WANT TO LOSE WEIGHT,  
YOU GOTTA START SMALL.  
SET REALISTIC GOALS.



I will drive by  
the gym on  
my way to  
McDonald's.



# NM Diabetes Prevention & Control Program Strategic Plan 2010-2014

## Goal 1:

## Prevent Diabetes

### Anticipated Outcomes:

- Increased *organizational capacity* to prevent pre-diabetes and diabetes
- Increased *statewide capacity* to prevent diabetes

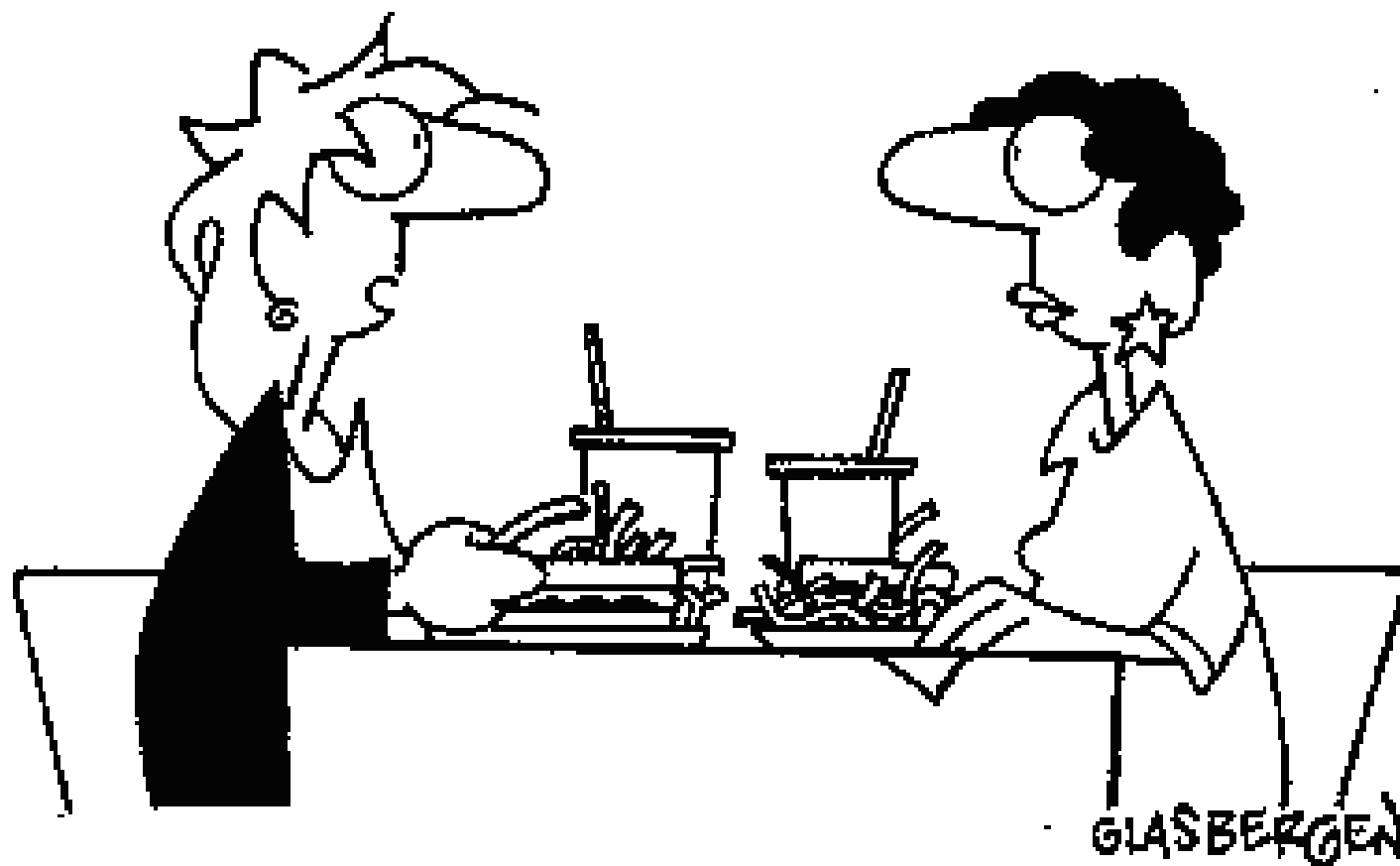
# NM Diabetes Prevention & Control Program Strategic Plan 2010-2014

## Goal 2:

**Prevent complications, disabilities, and burden associated with diabetes.**

## Anticipated Outcomes:

- *Effective* diabetes management programs and services
- *System changes* that improve access to diabetes management and care
- Increased *statewide capacity* to prevent diabetes complications



**“Unfortunately, I have one pair of running shoes  
and sixteen pairs of eating shoes!”**

# NM Diabetes Prevention & Control Program Long Term Objectives 2010-2014

1) By March 29, 2014, work with diabetes system and other partners to *increase the impact* of primary prevention programs and environmental, social, policy, or system changes that prevent diabetes or its complications.

# NM Diabetes Prevention & Control Program

## Long Term Objectives

### 2010-2014

**2) By March 29, 2014, work with clinic system and other partners to improve *number, reach, and effectiveness* of diabetes management services, especially for *populations disproportionately affected by diabetes*.**



# **NM Diabetes Prevention & Control Program Long Term Objectives 2010-2014**


**3) By June 30, 2013, work with NMDAC, NMHCTOD, NMCHWA, and other statewide partners to develop an updated statewide diabetes plan based on a system wide assessment that is inclusive of a broader spectrum of partners.**

# **NM Diabetes Prevention & Control Program Long Term Objectives 2010-2014**

**4) By June 30, 2014, increase public awareness and understanding of the burden, prevention and control of diabetes**

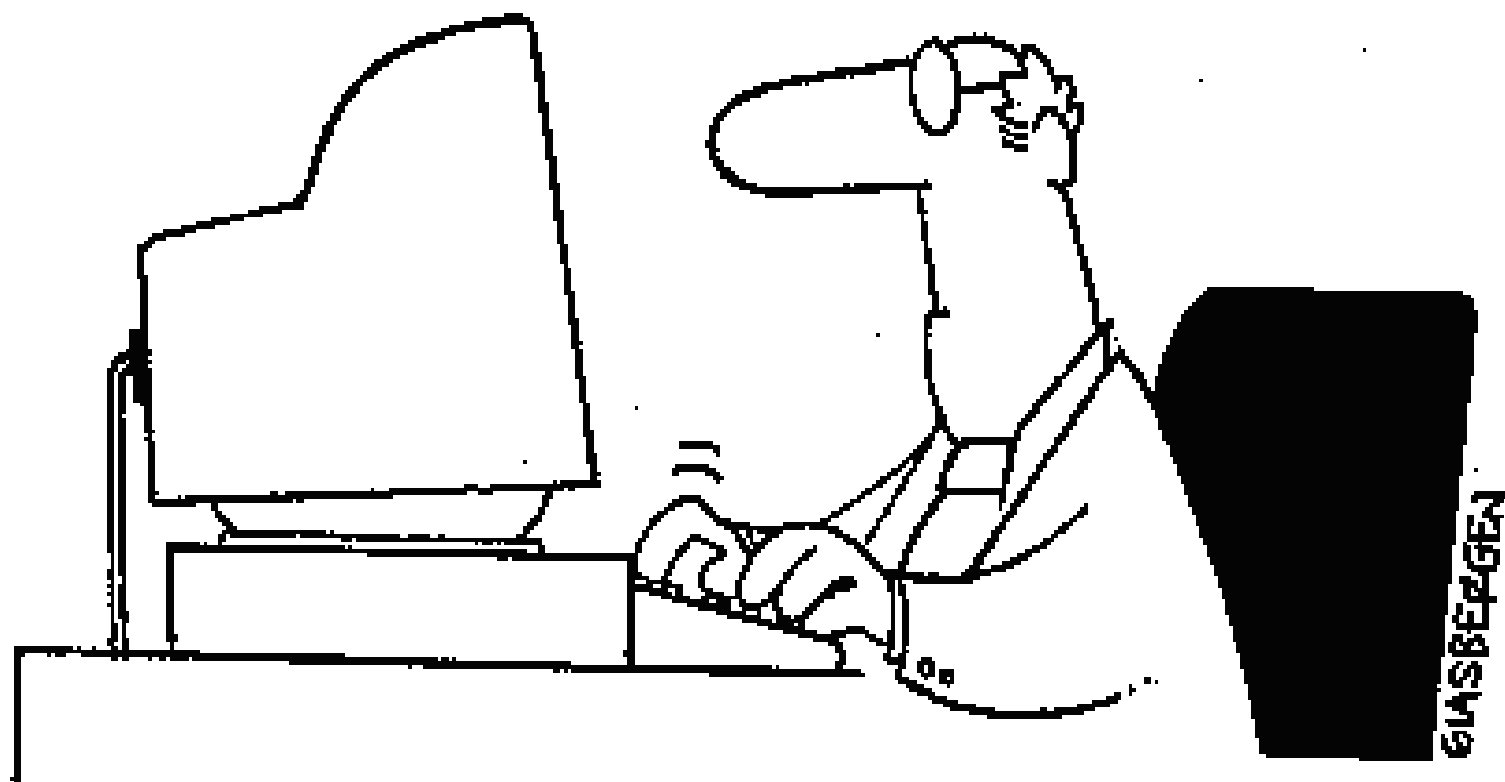


**Increase impact of  
programs,  
systems,  
policies,  
and  
environment.**



# NM Diabetes Prevention & Control Program 2010 Objectives

- Implement CATCH in 35 schools
- Establish worksite wellness policies or programs
- Create access to safe public spaces for physical activity (Cuba and Santa Fe)



**"I am pleased to introduce our new Employee Fitness Program. Eat less and lose weight on the Low Salary Diet!"**

# NM Diabetes Prevention & Control Program 2010 Objectives

- Work with partners on environmental approaches to prevent **tobacco exposure** (non-ceremonial use on tribal lands and second hand smoke in multi-unit housing)
- Work with tribal or county **health councils** that have identified diabetes or obesity as a priority (San Miguel and Luna)

# NM Diabetes Prevention & Control Program 2010 Objectives

- Increase DPCP capacity to conduct surveillance, monitor, and evaluate statewide efforts that prevent diabetes and its complications
- Increase organizational and system capacity to address **pre-diabetes**.



"We're going to run some tests to help pay off the machine."

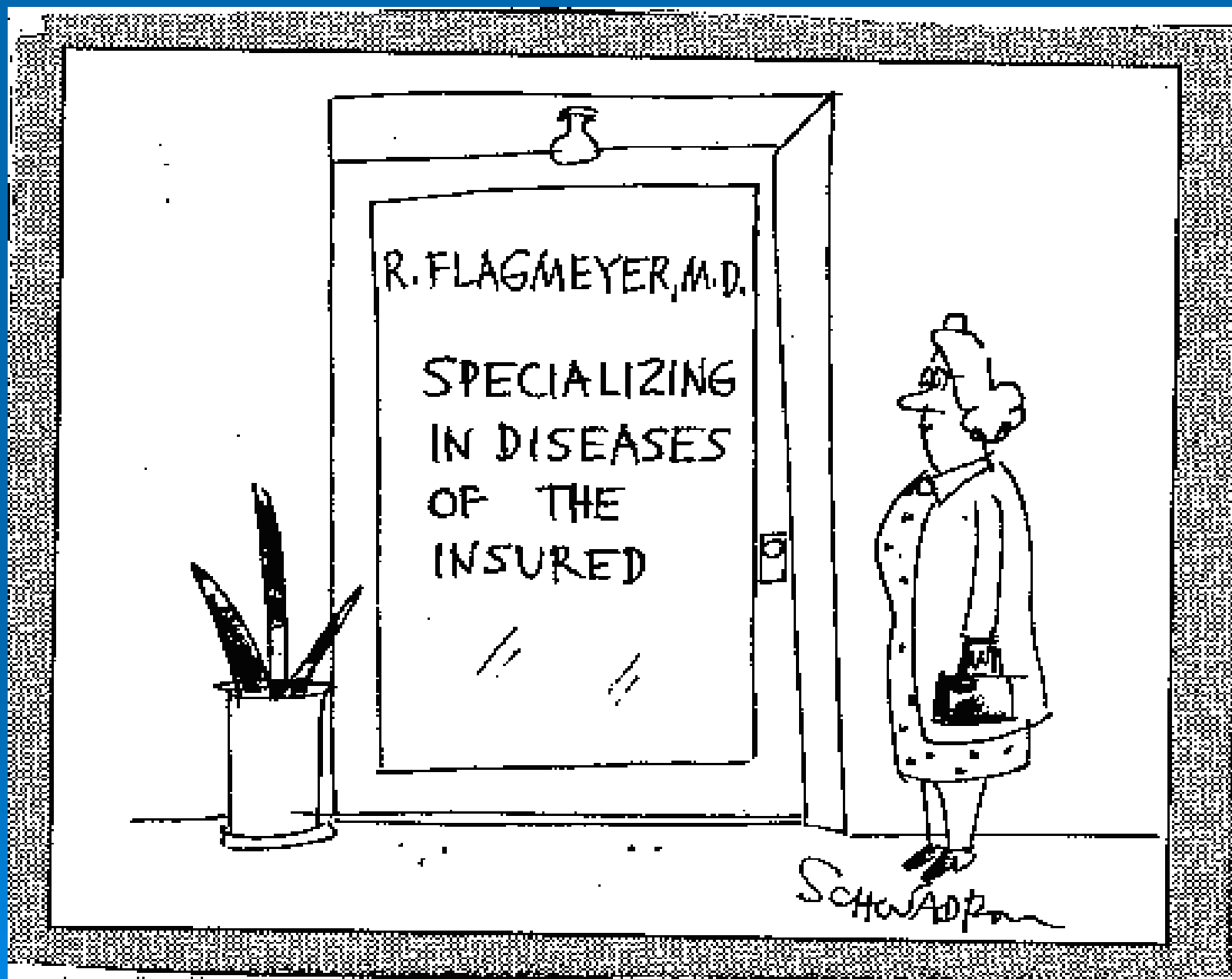
**Improve number, reach,  
and effectiveness of  
diabetes management  
services especially for  
populations  
disproportionately  
affected by diabetes.**

# NM Diabetes Prevention & Control Program 2010 Objectives

- Increase **access to diabetes care**, DSME, preventive care, and medications for populations disproportionately affected by diabetes
- Increase the number of Kitchen Creations cooking schools to 35 schools

# NM Diabetes Prevention & Control Program 2010 Objectives

- Increase the number of people with diabetes who call the NM quitline to 600
- Determine need related to meters and strips for uninsured and underinsured people with diabetes.
- Identify more comprehensive and **larger impact** approaches to how DPCP supports clinical diabetes management



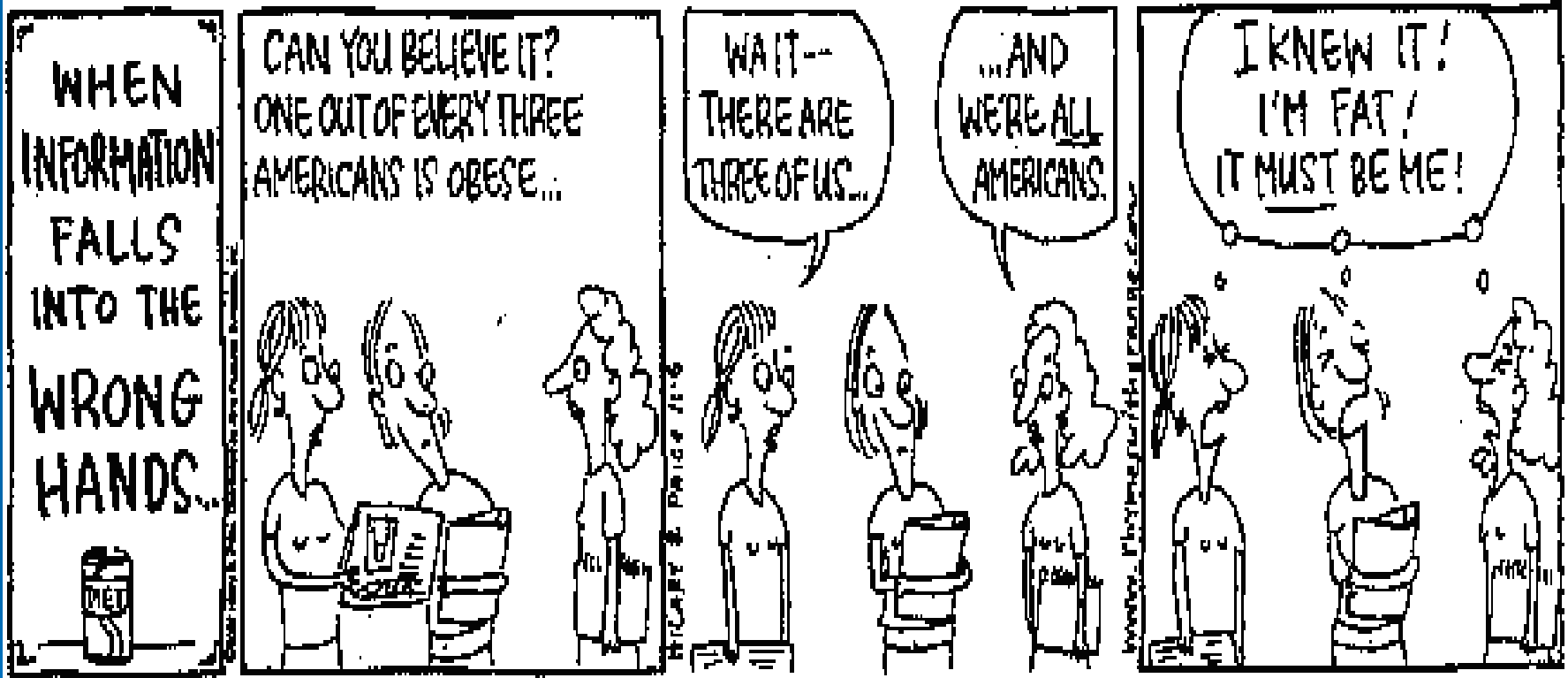
**Reassess the system  
and update the state  
diabetes plan**

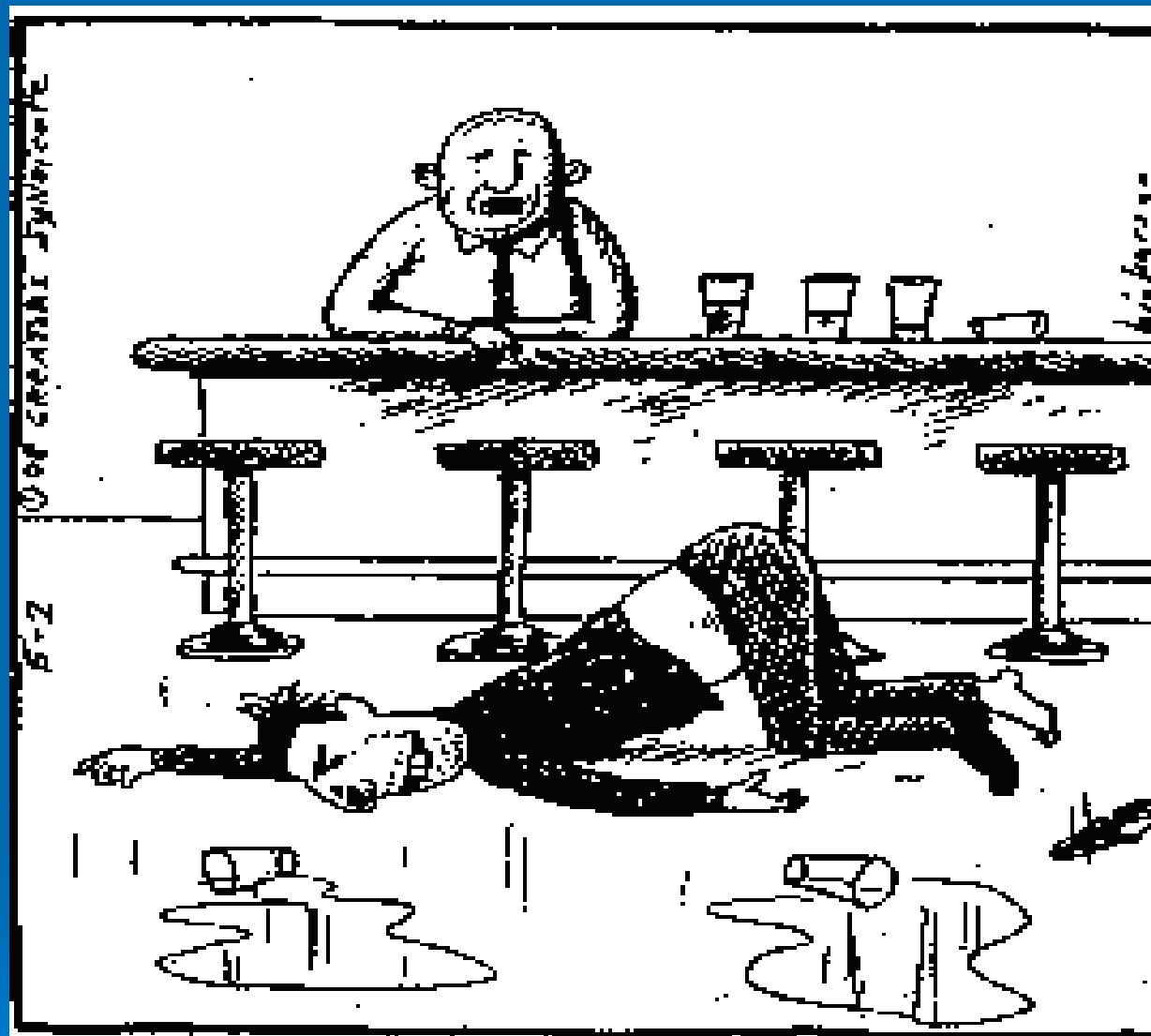


# NM Diabetes Prevention & Control Program 2010 Objectives

By March 29, 2010, engage a broad spectrum of diabetes system participants in a process to understand the larger socioeconomic context of diabetes







**"Drinking eight glasses of water per day IS a healthy choice, Ray. ... But you need to keep the Scotch out of 'em."**

# Increase public awareness



# NM Diabetes Prevention & Control Program 2010 Objectives

- Identify and incorporate **pre-diabetes** and common chronic disease risk factors messages into existing DPCP programming.
- Identify and incorporate **DSME** messages, including common chronic disease risk factors, into existing DPCP and partners' programming.

# Together....

