



**HAROLD HAMM  
DIABETES CENTER**

THE UNIVERSITY OF OKLAHOMA SM

# Lunch and Learn Prevent T2

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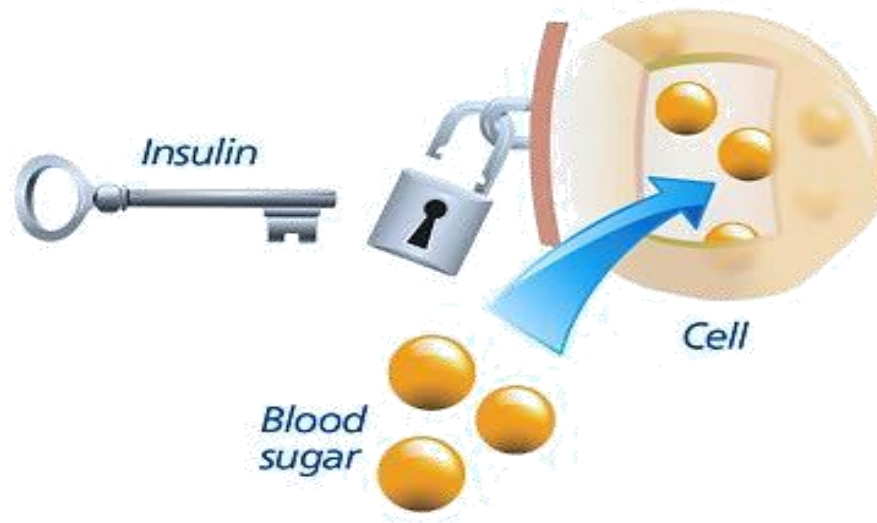
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<https://youtu.be/s020q-FE0H4>

# What is Diabetes

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- High blood sugar (levels) resulting from the body's inability to produce and/or use insulin
- Over time high blood glucose causes damage to the body



# What is Prediabetes?

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- Prediabetes is a condition where the blood sugar is elevated, but not high enough to be considered diabetes
- Prediabetes is a risk factor for developing type 2 diabetes
- People with prediabetes have a 15-30% risk of developing type 2 diabetes within 5-10 years

# Prediabetes Risk Factors

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## Non-Modifiable

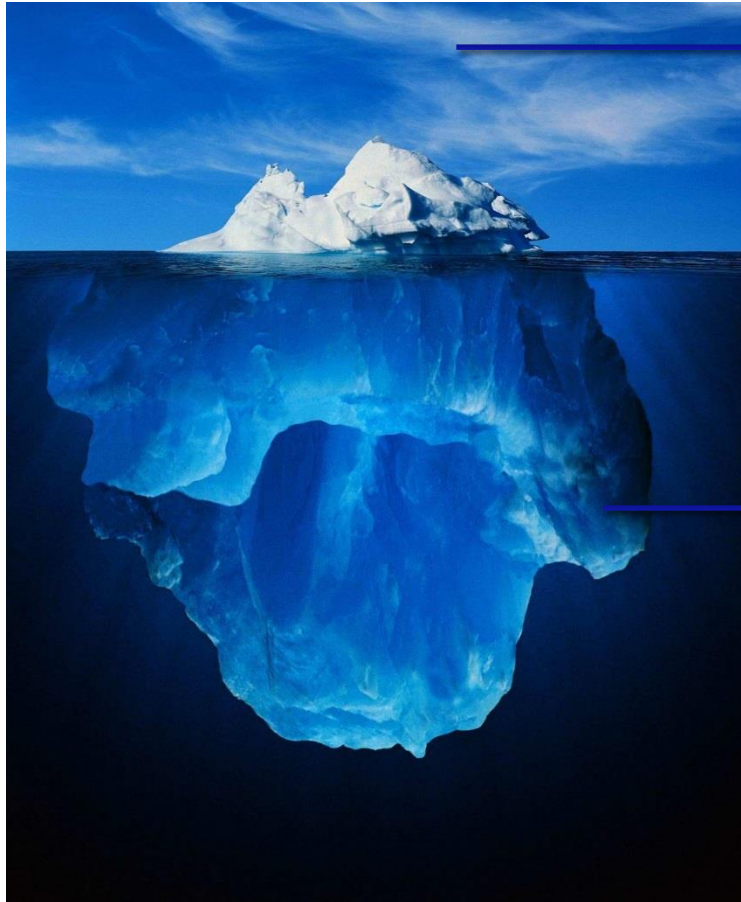
- Age 45 or older
- Family history of diabetes
- Race/Ethnicity
- History of gestational diabetes

## Modifiable

- High blood pressure
- High cholesterol
- Physically inactive
- Poor eating habits
- Smoking
- Overweight

# Overwhelming Burden

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## Diabetes

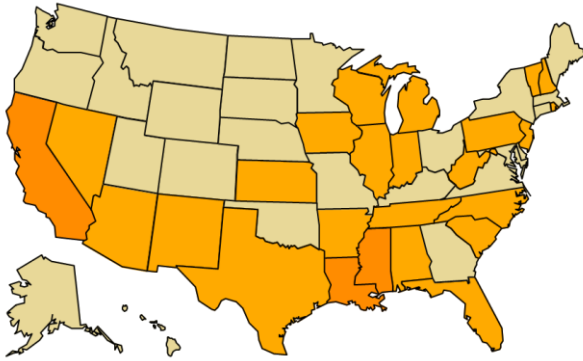
- 30.1 million in U.S. – 10%
- 440,000 in Oklahoma -11.7%
- 1 out of 4 do not know

## Prediabetes

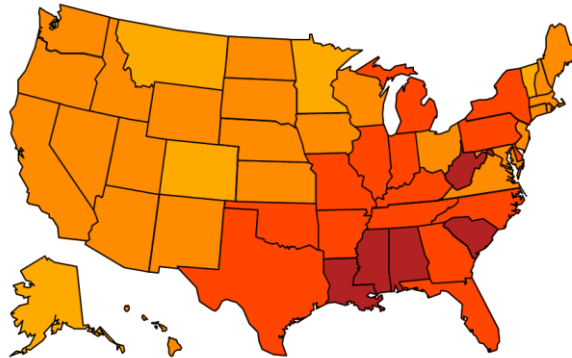
- 84.1 million in U.S.
- 1,036,000 in Oklahoma
- 9 out of 10 do not know

# Increasing Prevalence

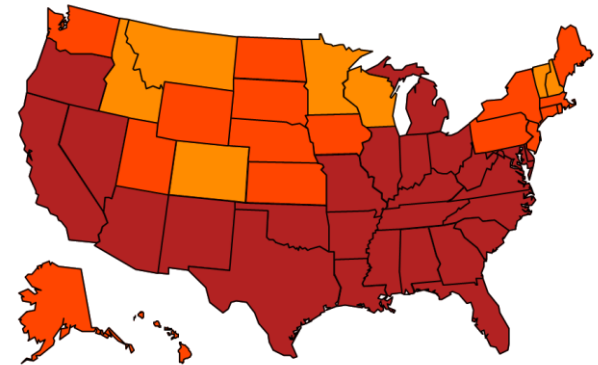
1995



2005



2015



Missing data



4.5%–5.9%



7.5%–8.9%



<4.5%



6.0%–7.4%



≥9.0%

# Oklahoma Ranking

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## Rise in Diabetes Prevalence 1995-2010

Oklahoma ranks  
**10th highest** in the  
nation for  
percent  
of adults  
diagnosed with  
diabetes.



OKLAHOMA

226.7 %

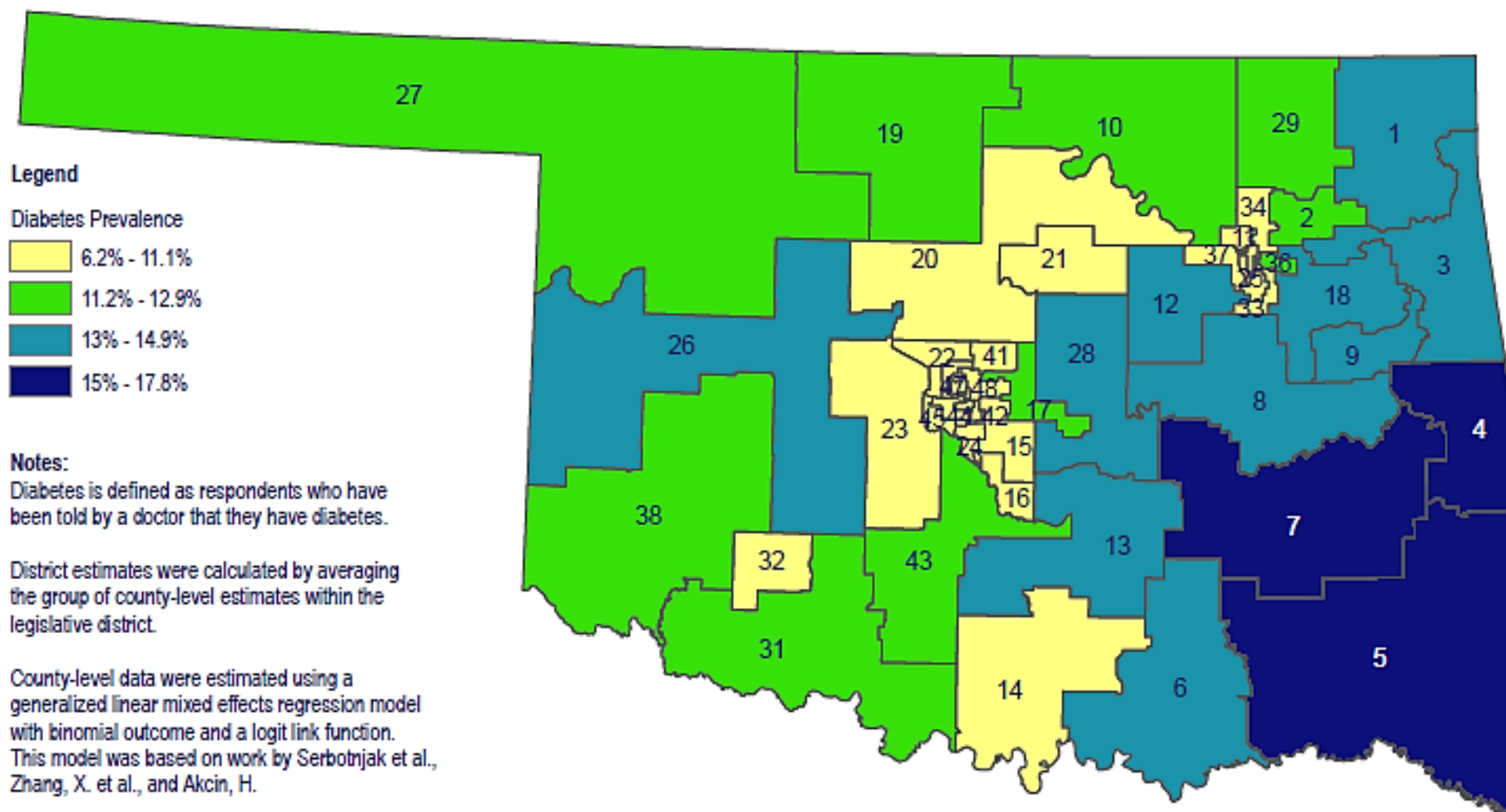


KENTUCKY

158.3 %



# Oklahoma Diabetes Prevalence by Senate District, 2015

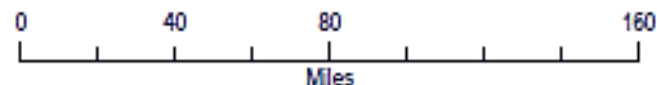


## Data Source:

2015 Behavioral Risk Factor Surveillance System,  
Oklahoma State Department of Health

Projection/Coordinate System: USGS Albers Equal Area Conic

Created: 09.18.2017



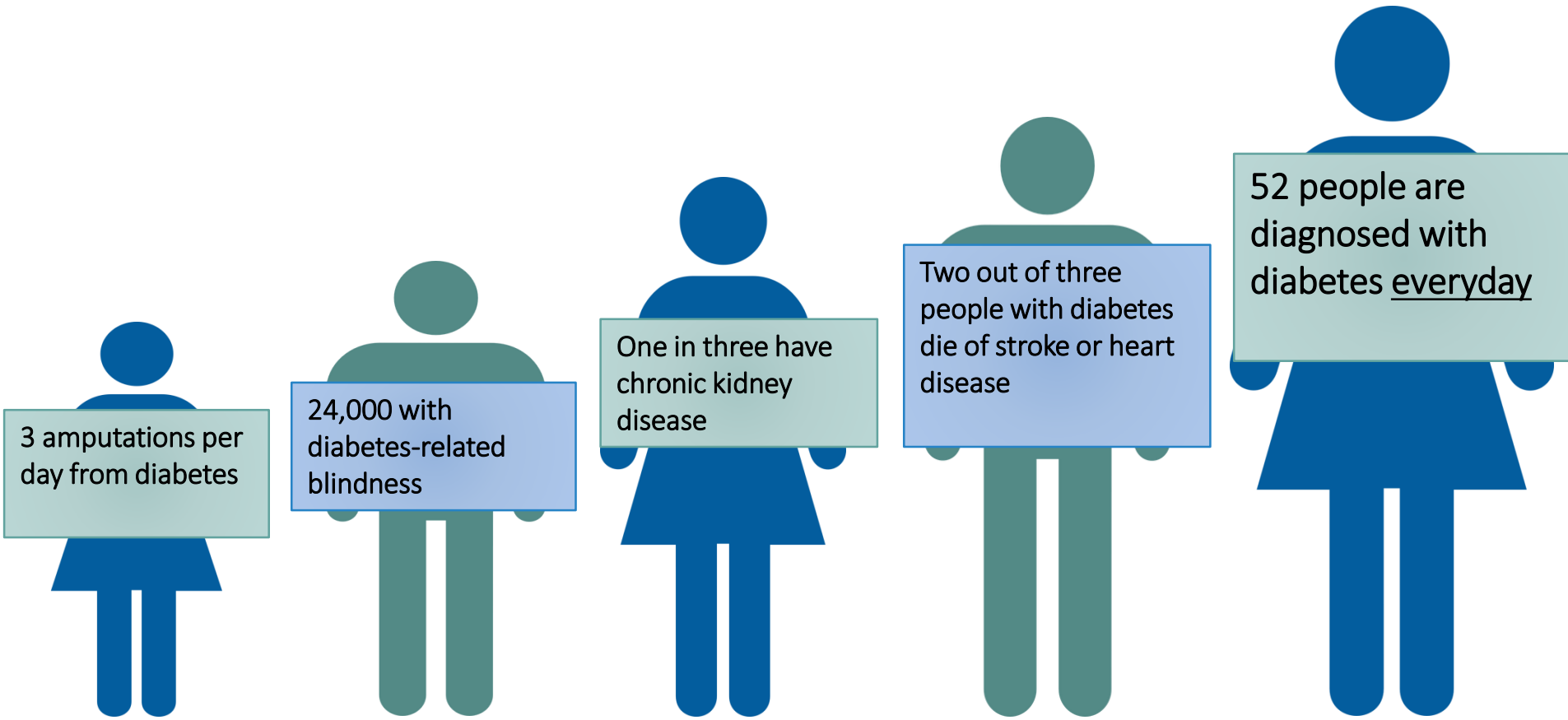
Disclaimer: This map is a compilation of records, information and data from various city, county and state offices and other sources, affecting the area shown, and is the best representation of the data available at the time. The map and data are to be used for reference purposes only. The user acknowledges and accepts all inherent limitations of the map, including the fact that the data are dynamic and in a constant state of maintenance.



Center for the Advancement of Wellness  
Oklahoma State Department of Health

# Health Burden

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# Evidence

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- People with prediabetes who participated in the diabetes prevention program cut their risk of developing type 2 diabetes by 58% and by 71% for those over 60 years old
  - Lost 5-7% of their body weight
  - Followed a healthier eating pattern
  - Stayed physically active 150 minutes per week
- After 10 years, people who completed the diabetes prevention program were one third less likely to develop type 2 diabetes

# Program Eligibility for Non-Medicare

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- Have no previous diagnosis of type 1 or type 2 diabetes (other than gestational diabetes)
- Body Mass Index of at least 25, or at least 23 if self-identified as Asian and
- Have a positive screening for prediabetes based on CDC pre diabetes screening test or
- History of gestational diabetes or
- Meet 1 of the following 3 blood test requirements within 12 months of the first class
  - Fasting plasma glucose 100-125 mg/d
  - Hemoglobin A1C 5.7-6.4%
  - 2-hour plasma glucose of 140-199 mg/dl (oral glucose tolerance test)
- Blood test results can be self reported

# Cost of Diabetes

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- Total estimated cost of diagnosed diabetes in 2017 was \$327 billion
  - \$237 billion in direct medical costs
  - \$90 billion in reduced productivity
- People with diabetes incur average medical expenditures of ~\$16,750 per year of which ~\$9,600 is attributed to diabetes
- People with diabetes have medical expenditures ~2.3 higher than what medical expenditures would be without diabetes

# One Year Time Commitment

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- During the first 4 months you will meet once a week
- During months 5-6 you will meet twice a month
- During months 7-12 you will meet once a month

# What You Will Learn

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First half of the program

- Eat healthy without giving up all the foods you love
- Add physical activity to your life, even if you think you don't have time
- Deal with stress
- Cope with challenges that can derail your hard work- like how to choose healthy food when eating out
- Get back on track if you stray from your plan- because everyone slips now and then

# What You Will Learn

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Last half of the program

- Gain a support group of people with similar goals and challenges
- Setting goals
- Staying motivated
- Overcoming barriers
- Maintain changes you've made



# Program Expectations

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- Commit to the entire one year long program
- Attend classes
  - Communicate with the health coach if you are going to be absent
  - Make up classes that you have to miss
- Keep a daily food journal and turn it in each week
- Keep track of physical activity minutes and turn it in each week

# Additional Program Benefits

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- The Harold Hamm Diabetes Center provides below testing at 3 different time points throughout the year program to ensure your success
  - Eating behaviors questionnaire
  - Labs will be measured through finger stick blood point of care testing including your lipid panel and Hemoglobin A1C
  - Body Mass Index measurement
  - Waist circumference measurement
  - Percent body fat measurement
- If your lab results show that you possibly have diabetes at any point during the program, you will be able to utilize our endocrinology care services. A diabetes diagnosis will not prevent you from completing the program.

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<https://youtu.be/cucaLfrr63c>

# New Session Details

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- Program is free to OU Norman campus employees
- New session is scheduled to begin Wednesday, October 31 at 12:00 pm
- Program location to be determined on OU Norman Campus

# Questions?

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- Complete and turn in program registration paperwork
- Complete and turn in readiness for change questionnaire
- We will contact you to verify eligibility within the next week