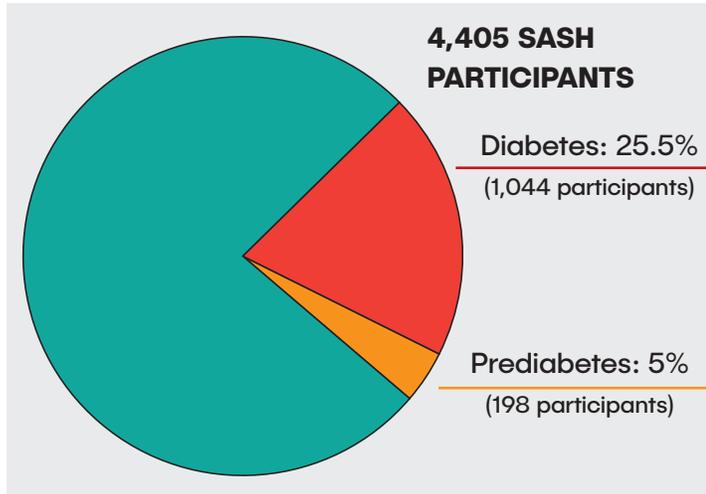


**W**ith funds from the Vermont Department of Health, SASH launched a Diabetes Self-Management Initiative in January 2019. SASH identified 40 participants with diabetes and paired each with a wellness nurse, who arranged

SASH has started screening participants for diabetes as part of their initial and annual assessments. Among those without a diabetes/ prediabetes diagnosis who have been screened to date, 29% were found to be at risk for prediabetes.

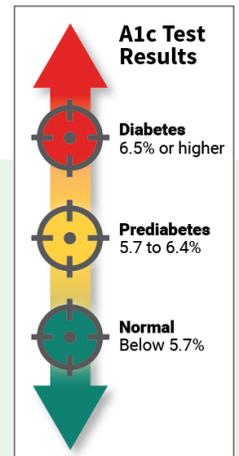
In addition, over the first half of 2019, SASH referrals to diabetes self-management and prevention classes increased 800% and 350% respectively.



## NEXT STEPS

for regular blood-sugar readings and provided health monitoring and coaching. At the end of six months, 48% of those who completed the program had lower A1c levels, (i.e., lower amounts of blood glucose), and there was an overall net decrease in A1c for all participants.

- ▶ SASH is collaborating with primary-care practices to ensure participants are regularly tested for A1c levels and that results are reported back to SASH.
- ▶ Participants with A1c levels of 8+ are being identified and prioritized in this effort.
- ▶ Continue to stress diabetes management and prevention during monthly all-SASH training calls, and, for consistency, reinforce the use of a SASH-created fax template for communicating with providers about diabetes care for SASH participants.



## DIABETES SELF-MANAGEMENT SUCCESS, JANUARY 1 – JUNE 30, 2019

*A Bennington SASH coordinator worked with a participant who had prediabetes and a history of cardiovascular disease, educating her about the potential complications of diabetes and the benefits of a healthy diet, exercise and losing weight. The woman also started taking medication prescribed by her doctor. As of mid-June 2019, her A1c was 5.9%, down from 6.7%.*



*A Windham County SASH participant embraced SASH's help in making lifestyle changes and managing his diabetes. He started exercising more, choosing healthier foods, and attending a weekly diabetes-prevention class, which helped him better understand the strategies SASH was advising. His A1c level is now 5.7%.*