SUCCEEDING WITH DIABETES MANAGEMENT & PREVENTION

With 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 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 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**

- 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.

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