



## COMMUNITY FACT SHEET

### Variety Care

### Oklahoma City, OK

#### **Program Overview**

Variety Care provides comprehensive interdisciplinary diabetes outreach, screening, and diabetes management programs to the uninsured and under-insured in Oklahoma. The interdisciplinary team includes pharmacists, physicians, physician assistants, nurse practitioners, dentists, optometrists, social workers, and bilingual medical assistants. The pharmacist and other health care providers work collaboratively through the medical exam process, setting treatment goals, reviewing key concepts of diabetes self-management, and providing education and skills training for each patient.

#### **Program Partners**

Variety Care and the University of Oklahoma College of Pharmacy have partnered on **Project IMPACT: Diabetes**. Variety Care is a federally qualified health center that provides comprehensive and affordable medical care. They have a strong interdisciplinary network that provides affordable and accessible health care to uninsured and under-insured patients. The University of Oklahoma College of Pharmacy is a recognized leader in education, research and scholarship, and service – striving to positively impact and advance knowledge, the profession of pharmacy, and health throughout their state, region, and the nation. This goal is achieved through an environment that fosters collaboration with external communities, respects diversity, and demonstrates commitment to collective endeavors that advance their purposes and positively influence the health and well-being of the public.

***Community Champion: Jamie Farley, PharmD***

#### **Patient Profile**

The patients served through **Project IMPACT: Diabetes** are uninsured or under-insured in Oklahoma City, Oklahoma. Over half of enrolled patients are Hispanic, a group that is medically underserved in the state and is predisposed to diabetes and hypertension. High insurance co-pays create a barrier to health care access. Medications are costly, making it challenging for patients to afford the numerous medications they are prescribed. Financial restraints also restrict the foods that patients can afford. Social, economic, and work stresses add to the difficulties these patients face.

#### **Pharmacists' Role on the Collaborative Care Team**

Pharmacists provide one-on-one patient care. During face-to-face visits, the pharmacist explores the patient's medical history, patient-specific needs, and provides education as needed. They establish a rapport with patients early and identify barriers to the patient's diabetes care. Collaboratively, with other health care providers, pharmacists detail a plan for each patient's disease management. This personalized health plan shows patients they are cared for, and they respond by managing their disease.

### **Relevant Statistics – Community Level<sup>1</sup>**

- ❑ 304,500 (11.0%) of Oklahoma adults were diagnosed with diabetes as of 2010
- ❑ 12.5% of Hispanic Oklahomans were diagnosed with diabetes as of 2010
- ❑ There were 985 lower limb amputations with diabetes as one of the diagnosis among Oklahomans during 2008

### **Diabetes Epidemic at the National Level**

#### **Impact of Diabetes<sup>2,3</sup>**

- ❑ 25.8 million people, which is 8.3% of the U.S. population, are estimated to have diabetes
  - 18.8 million people have been diagnosed with diabetes
  - 7 million people are undiagnosed; in other words, are unaware they have diabetes
- ❑ 1.9 million people aged 20 years and older are newly diagnosed with diabetes each year
- ❑ The prevalence of diabetes in the United States increased by 128% from 1988 to 2008
- ❑ If present trends continue, 1 in 3 adults in America will have diabetes in 2050
- ❑ 79 million adults have prediabetes, which increases their risk of developing Type 2 diabetes later in life
- ❑ Diabetes is a major cause of heart disease and stroke
- ❑ Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States
- ❑ Diabetes contributes to the death of 231,404 Americans each year

#### **Cost of Diabetes<sup>3</sup>**

- ❑ Total cost of diagnosed diabetes in the United States = \$245 billion per year
  - Direct medical costs = \$176 billion per year
  - Indirect costs (e.g., disability, reduced productivity) = \$69 billion per year
- ❑ Health care costs for a person with diabetes are 2.3 times higher than a person without diabetes
- ❑ 1 out of every 10 health care dollars is spent treating diabetes and its complications

### **References**

1. Oklahoma State Department of Health. Diabetes in Oklahoma. Available at: <http://www.ok.gov/health2/documents/Diabetes%20FactSheet%202010.pdf> Accessed July 24, 2013.
2. Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.
3. American Diabetes Association. Fast Facts Data and Statistics About Diabetes. Available at: <http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/FastFacts%20March%202013.pdf>. Accessed June 12, 2013.