



## CHARLESTON AND SPARTANBURG, SOUTH CAROLINA DIABETES TEN CITY CHALLENGE FACT SHEET

### Program Overview

In Charleston, three municipal government entities and a supermarket chain are collaborating to improve diabetes care in the region known as the "Low Country" through participation in the Diabetes Ten City Challenge. Also in South Carolina, Spartanburg Water, the water utility and sanitary sewer district in Spartanburg, joined the DTCC and began offering the program to its 700 insured employees and dependents as of November 1, 2006. More than 6,500 employees and dependents are eligible to participate in the Charleston area DTCC through five employers:

- ❑ **City of Charleston** – 3,300
- ❑ **Charleston Water System** – 460
- ❑ **Piggly Wiggly Carolina Co., Inc.** – 2,200
- ❑ **Town of Mt. Pleasant** – 550
- ❑ **Spartanburg Water & Sewer** – 700

### Progress to Date

More than 200 people with diabetes in the Charleston area are participating in the DTCC, which is being implemented in Berkeley, Dorchester and Charleston counties. Participants began meeting with pharmacists in July 2006; several Charleston-area patients have been in the program for well over a year and are seeing positive results. In Spartanburg, 15 participants are enrolled to date and most have met at least once with their pharmacist coach. All have had several visits and reports are positive.

### Pharmacist Network

A network of contracted pharmacists, coordinated by the South Carolina Pharmacy Association, sees individuals by appointment at participating pharmacies as well as at employer sites:

- ❑ The Charleston-area pharmacist network includes 14 pharmacists from Kerr Drugs, Prescription Center, Bi-Lo and Piggly Wiggly supermarkets, and a group of independent consultant pharmacists
- ❑ Pharmacists have completed the American Pharmacists Association (APhA) Diabetes Certification with training provided by the South Carolina Pharmacy Association
- ❑ Certified Diabetes Educators from the community also are available as resources to participants who need intensive training to understand or control their diabetes

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### Relevant Statistics

According to the **South Carolina Department of Health**:

- South Carolina has one of the highest rates of diabetes in the country, ranking 7<sup>th</sup> in diabetes prevalence
- An estimated 414,840 South Carolinians have been diagnosed with diabetes
- 1,183 South Carolinians died from diabetes in 2005 and another 2,000 died from other diseases associated with diabetes such as heart disease and stroke
- Diabetes is the seventh leading cause of death in South Carolina

According to the **American Diabetes Association** and the **National Institutes of Health**:

- 23.6 million people – 7.8 percent of the U.S. population – have diabetes.
- 17.9 million people have been diagnosed and 5.7 million have not.
- 1.6 million new cases of diabetes were diagnosed in people aged 20 years or older in 2007.
- Diabetes was the seventh leading cause of death listed on U.S. death certificates in 2006.

### Quotable Quotes

#### **Hugh D. Durrence, R.Ph., M.D., Family Physician**

*“As a physician and pharmacist, I am very aware of the morbidity and mortality associated with diabetes. I am excited to see a true teamwork approach to diabetes treatment such as the Diabetes Ten City Challenge. A team composed of patients/employees, physicians, pharmacists, diabetes educators and nurses is a powerful force to reduce the complications of diabetes, improve employee productivity and improve overall employee health.”*

#### **Cathy Kuhn, Pharm.D, Clinical Coordinator, Kerr Drug, Inc.; Assistant Professor, SC College of Pharmacy, Medical University of South Carolina Campus**

*“The most rewarding part of this experience has been the opportunity to make a personal impact on my patients’ lives. I have established close relationships with my patients and provided them with the social support that they may not always have.”*

#### **James Sterrett, Pharm.D, Independent Community Pharmacist; Owner of Newton and Associates, LLC and Assistant Professor, SC College of Pharmacy, Medical University of South Carolina Campus**

*“Before the DTCC, I thought of myself as a ‘provider,’ and was always ready to provide care whether a patient wanted it or not. Through my interaction with DTCC patients, I’ve learned to listen first and provide second. I’ve learned it isn’t about my agenda – what’s important is my relationship with each individual patient and that person’s specific needs.”*

#### **Joseph T. Newton, III, President, Piggly Wiggly Carolina Co., Inc.**

*“Piggly Wiggly Carolina is delighted to provide proactive diabetic management tools to our most valuable assets, our employees and our customers. Through the Diabetes Ten City Challenge, we can have a tremendous impact on the quality of life and the long-term health of the ever-growing number of diabetic individuals in the Charleston area. We believe the key to the program is the education and relationships people build with their pharmacist, and we are pleased to offer the services of our Charleston-area Piggly Wiggly pharmacists as coaches in this program.”*

#### **Harry M. Hallman, Mayor of Mt. Pleasant**

*“It is with great pleasure that the Town of Mount Pleasant is endorsing the national Diabetes Ten City Challenge. Our employees are our greatest assets and deserve our support and commitment to their quality of life. This program is a win-win situation for employees and employers. This voluntary health benefit allows us to save money and keep our employees well by helping them manage diabetes with the help of pharmacists, physicians and educators.”*

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#### **Dorothy Harrison, Chief Administrative Officer (CAO), Charleston Water System**

*“Helping our associates manage their health care not only benefits them personally, but also helps control health care costs and improve productivity. In today’s world of rising health care costs, we need to find innovative ways to help them manage their health care, and the Diabetes Ten City Challenge is a perfect fit.”*

#### **Joseph P. Riley, Jr., Mayor of Charleston**

*“Managing one’s health is becoming increasingly more complicated. It is even more difficult with a chronic condition such as diabetes, which affects a significant part of our population and can have diverse complications. The Diabetes Ten City Challenge offers employees and employers an opportunity to reduce the health risks and costs associated with this disease. The knowledge it provides employees gives them more power in controlling their condition. The City of Charleston is proud and excited to be a part of this innovative program which emphasizes prevention and care.”*

#### **Wanda Abernathy, SPHR, Human Resources Manager, Spartanburg Water**

*“We learned about the program because an employee saw an article in the Wall Street Journal and sent it to Graham Rich, our General Manager. The APhA Foundation was able to demonstrate through the statistics how effective the program was and we were immediately interested. It fits in very well with our wellness initiatives and philosophy that the best way to address rising healthcare costs is through wellness efforts.”*

#### **Jennifer L. Baker, Pharm.D, RPh, Charleston/Spartanburg Pharmacy Network Coordinator and Director of Professional Affairs, South Carolina Pharmacy Association**

*“I see the program as a great fit for the expanding role of pharmacists in patient care. This is a great opportunity to promote our profession to do what we are meant and trained to do. Our training includes making sure patients are taking their medications effectively. This will be more successful if you include lifestyle modifications with diseases such as diabetes.”*

#### **Cecily DiPiro, Prescription Center Pharmacy, Charleston**

*“The employees I see in the DTCC are managing their diabetes better than before they signed up for the program. They each are more focused on the day-to-day personal decisions that impact their health. One participant, whose pre-diabetic condition was diagnosed after her annual physical, has quit smoking, is exercising regularly and making better food choices.”*

#### **DTCC Participants from the City of Charleston**

*“The Wellness Program and the Diabetes Ten City Challenge offered by the City of Charleston are truly helpful. Without these wonderful programs, my cholesterol medication, diabetes medications along with test strips and lancets, would total about 270 dollars per month or \$3,200 dollars per year. The support provided by these programs is invaluable. The continued advice, and programs that you offer to City employees throughout the year is great. Also my pharmacist coach, Cecily DiPiro, helps me with her advice regarding my blood testing readings, diet, and exercise. The concern that Mayor Riley has for healthy City employees is instrumental in making this all happen and I thank him. We all have illnesses in our lives, but with programs such as these and caring people, the task is a little easier to cope with.”*

*“Working with my pharmacist coach took a lot of frustration out of the daily life of having diabetes. She sets attainable goals, and she helps me understand portion sizes and better ways of managing what I eat. Having my own personal coach makes managing diabetes so much easier. She is never too busy to answer my questions and is very reassuring and motivating.”*

*“The program’s really incredible. Since joining the program my pharmacist coach has helped me control my diabetes as well as my cholesterol and blood pressure. They help me to understand my meter readings and my current medications. We also set up a little exercise program that I do from my home. And I just feel that because of this program -- with the help of the pharmacists -- I have more control over my diabetes -- and my diabetes doesn’t have control over me.”*

*“I wanted to let you know that I spent 2 hours with my pharmacist coach yesterday. During that time I learned more about diabetes than I ever have and was encouraged to continue my battle for better health. I wish we could clone James because he does an excellent job. I just wanted to say thanks for the work you are doing. I pray that more people get involved with these programs. They are very beneficial.”*

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