



COMMUNITY FACT SHEET

Central Ohio Diabetes Association

Columbus, OH

Program Overview

The Central Ohio Diabetes Association is a local not-for-profit 501(C)3 organization that aims to reduce the high rate of diabetes-related complications and mortality in Central Ohio. The mission of the Central Ohio Diabetes Association is to help Central Ohioans living with diabetes detect their condition, prevent onset and complications, and learn to live well with the challenge of diabetes. The agency offers one of only a few American Diabetes Association recognized diabetes education programs in Central Ohio. The diabetes education services are provided by a staff of Certified Diabetes Educators, nurses, dietitians, and licensed social workers. Through Project IMPACT: Diabetes, the agency was able to expand their program to include pharmacy services.

Program Partners

The Central Ohio Diabetes Association has strong community partnerships and a reputation for leadership and innovation. For Project IMPACT: Diabetes, the agency specifically partnered with local pharmacists, the Columbus Neighborhood Health Center, and the YMCA of Central Ohio.

Community Champion: Jeanne Grothaus

Patient Profile

The agency serves more than 32,000 people annually through extensive outreach efforts to special populations and underserved communities. The Association's diverse patient population includes low-income, minority and vulnerable individuals. Some patients have primary care physicians that refer them to the program, while others do not. Many patients have a wide range of special needs in addition to their diabetes that affect their diabetes management. Around 70% of the clients are unable to pay for the services they receive from the Central Ohio Diabetes Association. However, patients who are unable to pay are not turned away from the program and the services are provided to all individuals regardless of their ability to pay.

Pharmacists' Role on the Collaborative Care Team

While the agency has always recognized the importance of medications in the management and treatment of diabetes, they wanted to have the opportunity to expand the pharmacy component of their education program. Through Project IMPACT: Diabetes, the Central Ohio Diabetes Association was able to expand their education program team to include a pharmacist. When patients begin their Diabetes Self-Management Education Classes, a registered pharmacist speaks to the full class of participants about the role of the pharmacist on the diabetes care team and the importance of medications in the treatment and management of diabetes. The participants are then provided with an opportunity to sign up for a one-one consultation with a registered pharmacist. During the one-on-one session, the pharmacist reviews the patient's individual medication regimen in more depth. The pharmacist assesses the degree to which the patient understands how his or her diabetes medications work and how to take them and identifies if there are any adherence issues related to their medications. The one-on-one dialogue between the pharmacist and patient provides the patient with an opportunity to ask questions about their medication regimen and open up about any concerns they may have related to their medication therapy. The addition of the pharmacist to the education classes and the opportunity for clients to meet one-on-one with pharmacists

has been very well received by the patients. It has helped these patients understand that pharmacists are an important member of the healthcare team that will help them manage their diabetes.

Relevant Statistics – Community Level

According to the Ohio Diabetes Prevention and Control Program:¹

- It is estimated that more than 10 percent of Ohio adults have been diagnosed with diabetes
- Nearly 200,000 Ohio adults have been diagnosed with gestational diabetes or prediabetes, which increases their risk of developing Type 2 diabetes later in life
- In Franklin County, diabetes disproportionately affects black adults, people over the age of 65, those with an yearly income of less than \$15,000, and those who have a high school degree as their highest level of education

Diabetes Epidemic at the National Level

Impact of Diabetes^{2,3}

- 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 Diabetes³

- 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. Source: Ohio Diabetes Prevention and Control Program. Diabetes Fact Sheet 2012. Available at:
http://www.odh.ohio.gov/~media/HealthyOhio/ASSETS/Files/diabetes/FactSheet_2012_Final.a shx. Accessed June 17, 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.