

Wyoming

Gateway to Yellowstone National Park

10th Largest State by Area

Second least populated

Population 586,107



Building Partners - One Educator, One Site at a Time!

Guiding Principle:

The increasing prevalence of type 2 diabetes and cardiovascular disease compromises the health of all communities in Wyoming. Previous studies suggest that the prevalence of obesity and diabetes is higher in rural areas compared to urban communities¹. Educating people on how to prevent diabetes may significantly reduce the risk for people who have prediabetes or are at risk for developing type 2 diabetes.

United States Diabetes Facts²

- Total: 30.3 million people have diabetes (9.4% of the total population)
- Diagnosed: 23.1 million people
- Undiagnosed: 7.2 million people (23.8% of people with diabetes are undiagnosed)

Prediabetes Fast Facts²

- Total: 84.1 million people 18 years of age or older have prediabetes (33.9% of the total population)
- 65 years or older: 23.1 million adults aged 65 years or older have prediabetes

Wyoming:

- According to the Centers for Disease Control and Prevention,² Wyoming's incidence of diabetes in adults is 7.6% or 44,544 people (2015).
- Therefore Wyoming's potential incidence of pre-diabetes could reach 139,494 people at risk of developing Type 2 Diabetes.

Purpose:

To prepare Wyoming for the implementation of National Diabetes Prevention Programs, the Wyoming Chapter of the American Association of Diabetes Educators (WyADE) evaluated the implementation of Lifestyle Coach Training programs in our frontier and rural state.

Background:

In May of 2017, WyADE members gathered during the annual meeting in Riverton, Wyoming to discuss issues related to the Centers for Medicare and Medicaid Services pending coverage of diabetes prevention education. A key part of the National Diabetes Prevention Program (NDPP) is implementing lifestyle change programs aimed at preventing or delaying the onset of type 2 diabetes. Trained Lifestyle Coaches provide NDPP nationwide and coach participants toward implementing lasting lifestyle behaviors. Behaviors such as healthy eating, incorporating greater than 150 minutes of physical activity into daily life, and using tools and skills to cope with stress. The Centers for Disease Control and Prevention³ provides the framework including resources, guidelines and research based standardized curriculum for these programs.

Discussion:

Wyoming is included in Region VIII, Denver Office of Health Resources & Service Administration, WyADE reached out for their support. Additionally, WyADE was referred by American Diabetes Association to their Master Trainers from the Denver office for guidance and recommendations. An invitation to American Diabetes Association and HRSA attend the annual meeting was extended and accepted.

Many logistical concerns for training a projected 60 Lifestyle coaches to meet our expansive rural area while securing the availability of a nationally certified master trainer. Through collaboration and partnership, barriers were overcome. At the time of the May 2017 WyADE conference, there were two NDPP pilot sites and four Certified Lifestyle Coaches. New Lifestyle Coaches will come from our both public and private community-based health care setting including diabetes center, public health, primary care, Tribal, Indian Services and veteran health care clinics.

Conclusion:

Our findings suggested that it was feasible to implement regionally based training programs for our educators.

The development of a collaborative partnership with the Montana State Diabetes Program and their master trainer was recognized as the most effective, sustainable method in meeting the new national diabetes prevention program Lifestyle Coach certification guidelines.

Building Partners:

Following the conference, the WyADE executive board began reaching out to our region VII partners to determine current available resources. Our northern border state who in 2008, through the Montana Diabetes Control Program within the Montana Department of Health and Human Services was one of the original pilot CDC sites for DPP intervention. Their two Diabetes Training and Technical Assistance Center master trainers could, under a cooperative agreement, provide Lifestyle Coach training in Wyoming.

Additionally, the Wyoming Diabetes Prevention and Control Program, a Division of the Wyoming Health Department, did make available grant funds for Training.

A grant application was initiated to assist in training implementation and reduce participant tuition. Our Critical Access partners made available professional development funds to further participation and reduced the burden of education tuition for their hospitals and clinic staff. Those applications were developed for distribution when dates and sites were determined.

WyADE's work group and both Montana and Wyoming Health Divisions, further determined availability of master trainers and training sites. The first training session was scheduled for August 2017.

Wyoming has 13 Diabetes Education Centers (Map 1) tasked with bridging larger geographic areas and communities. While the health care needs of Wyoming's less - populated areas are served by independent critical access hospitals and clinics, many communities are unserved. Therefore, a more comprehensive educational strategy was clearly required.

Concurrently, WyADE's educational coordinator explored providing continuing education credits through the American Association of Diabetes Educators national education department. An application was created and submitted with approval in July.

Under the collaborative agreement, recruitment was initiated in late May to all current Wyoming and Montana Diabetes Centers, Public Health, Indian Health Services, Tribal Health, Pharmacist, Dietitians and Critical Access facilities. Participants came from many disciplines and communities across both frontier states.

Gathering in Casper to facilitate reduction of travel, the first 23 educators began their Lifestyle Coach journey. Assisted by WyADE Leadership⁴, Master Trainer Liane M. Vadheim, RD, LN, CDE⁵, began our class. With positive class evaluation yielding more demand, additional trainings dates were established. Our second class successfully graduated 16 more Lifestyle Coaches with ADA's Master Trainer support. Classes three and four followed shortly; a fifth session was held in March 2018. To date WyADE has trained more than 85 Lifestyle Coaches.

In March of 2018, the Wyoming Department of Health, Diabetes Control and Prevention Program developed a Request for Fund Application for diabetes education center, public health and primary care clinic as continued support for the implementation of NDPP. Given the potential of additional sites, a sixth training session is currently under development.

Sustainability:

Next steps include options for annual or semi-annual training sessions to address new educators joining the prevention workforce. Further prevention trainings through AADE, DTTAC, or WyADE are all under review. The implementation of virtual training programs is under consideration. Training expenses remains one of the major considerations.

Training Conclusions and Limitations:

Training participants represented a wide diversity of our communities and included Certified Diabetes Educators, Nurses, Nurse Practitioners, Dietitians, Pharmacist, Pharmacy Technicians, Physical Therapists and Community Health Workers.

At the completion of five training sessions, Wyoming has five new prevention programs (Map 2) with either pending or full recognition. With the addition of five recent grantee sites, who will begin offering classes by July 2018 and six potential sites awaiting administrative approval. We are beginning to fill the gap by improving access to care and supporting rural strategies for Wyoming's prevention health care system.

The ability of WyADE to implement Lifestyle Coach training has fostered the consistency of evidenced based best practice, partnerships, mentoring, continuing education and the recognition and awareness by local, state and federal agencies.

Wyoming's greatest asset and its sometimes-overwhelming barrier is its frontier nature and the many miles between rural cities and primary health care settings.

WyADE continues to provide the inspiration that moves Wyoming forward.

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References:

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