Current Work and Initiatives

Diabetes

Leadership and local engagement

The Washington State Diabetes Network is a group of public, private, community, tribal and academic partners working together to address and prevent diabetes. Network members and partners who also work with cardiovascular disease can serve on the Cardiovascular Disease and Diabetes Network Leadership Team. To engage with regional coalitions, access webinars, learn about serving on the Cardiovascular Disease and Diabetes Network Leadership Team, and obtain updates, visit the Washington State Diabetes Connection.

Report to the Legislature

The Washington State Legislature directed the Department of Health, Department of Social and Health Services, and Health Care Authority to submit an annual report to the Legislature in 2015. The second Diabetes Epidemic and Action Report was released in September 2017. A third Diabetes Epidemic and Action Report is due December 2019. The report includes updated data as well as agency action plans, recommended strategies and considerations for legislation.

Ongoing programs and initiatives: Multiple efforts support diabetes prevention and management. Highlights include:

- **Diabetes Prevention Program (DPP)** for people with prediabetes or at high risk of developing type 2 diabetes, it is a year-long program that supports lifestyle changes to reverse prediabetes and help prevent or delay type 2 diabetes. In Washington, DPP is offered to members of the Public Employees Benefits Board Program at no cost, to several other employers, and is covered by Medicare. Find DPP classes available in your region or reach out to the Heart Disease, Stroke, and Diabetes Prevention Program to learn about how to offer one.

- **Diabetes Self-Management Education and Support (DSMES)** focuses on patients with diabetes, and provides one-on-one coaching to support diabetes self-care. In Washington, DSMES providers can seek Medicaid reimbursement and may receive national accreditation or recognition from the American Association of Diabetes Educators or the American Diabetes Association. All insurance programs in Washington that are
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regulated by the Office of the Insurance Commissioner are required to cover DSMES. For more information on referrals to or payment for DSMES, contact DOH’s Heart Disease, Stroke, and Diabetes Prevention Program.

- **Healthy Eating/Active Living (HEAL)** works on programs that help people eat healthy and be active where they live, work, and play.

- **Healthiest Next Generation Initiative** focuses on collaborative solutions to improving the health of children.

- **Community Health Worker Training** provides free courses to community health workers, including a section on prediabetes and diabetes.

- **Apple Health managed care contracts** include incentives for diabetes performance measures for A1c control, blood pressure controlled for diabetes patients, and diabetes eye exam.

- **Medicaid Health Homes** provide care coordination and management to individuals with diabetes and one or more additional chronic conditions, including mental health conditions.

- **Community Living Connections** services include diabetes support groups, Meals on Wheels, nutrition counseling, and Enhanced Fitness.