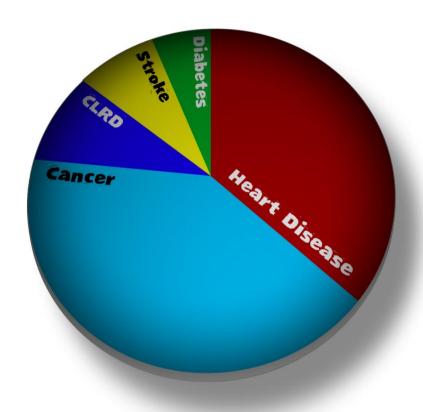


Tina Cloney, PhD, MSPH, RD, CSSD, LDN, CDE

Leading Causes of Death by Disease 2015



Heart Disease	614,348
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Cancer	591,699
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Chronic Lower

Respiratory Disease 147,101

Stroke 133,103

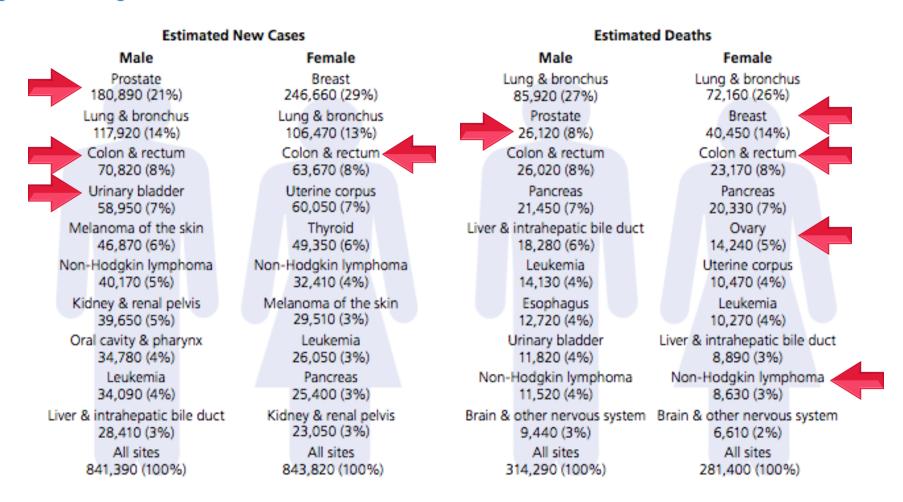
Diabetes 76,488

Figure 3. Leading Sites of New Cancer Cases and Deaths – 2016 Estimates

Estimated No	ew Cases	Estimate	d Deaths
Male	Female	Male	Female
Prostate	Breast	Lung & bronchus	Lung & bronchus
180,890 (21%)	246,660 (29%)	85,920 (27%)	72,160 (26%)
Lung & bronchus	Lung & bronchus	Prostate	Breast
117,920 (14%)	106,470 (13%)	26,120 (8%)	40,450 (14%)
Colon & rectum	Colon & rectum	Colon & rectum	Colon & rectum
70,820 (8%)	63,670 (8%)	26,020 (8%)	23,170 (8%)
Urinary bladder	Uterine corpus	Pancreas	Pancreas
58,950 (7%)	60,050 (7%)	21,450 (7%)	20,330 (7%)
Melanoma of the skin	Thyroid	Liver & intrahepatic bile duct	Ovary
46,870 (6%)	49,350 (6%)	18,280 (6%)	14,240 (5%)
Non-Hodgkin lymphoma	Non-Hodgkin lymphoma	Leukemia	Uterine corpus
40,170 (5%)	32,410 (4%)	14,130 (4%)	10,470 (4%)
Kidney & renal pelvis	Melanoma of the skin	Esophagus	Leukemia
39,650 (5%)	29,510 (3%)	12,720 (4%)	10,270 (4%)
Oral cavity & pharynx	Leukemia	Urinary bladder	Liver & intrahepatic bile duct
34,780 (4%)	26,050 (3%)	11,820 (4%)	8,890 (3%)
Leukemia	Pancreas	Non-Hodgkin lymphoma	Non-Hodgkin lymphoma
34,090 (4%)	25,400 (3%)	11,520 (4%)	8,630 (3%)
Liver & intrahepatic bile duct	Kidney & renal pelvis	Brain & other nervous system	Brain & other nervous system
28,410 (3%)	23,050 (3%)	9,440 (3%)	6,610 (2%)
All sites	All sites	All sites	All sites
841,390 (100%)	843,820 (100%)	314,290 (100%)	281,400 (100%)

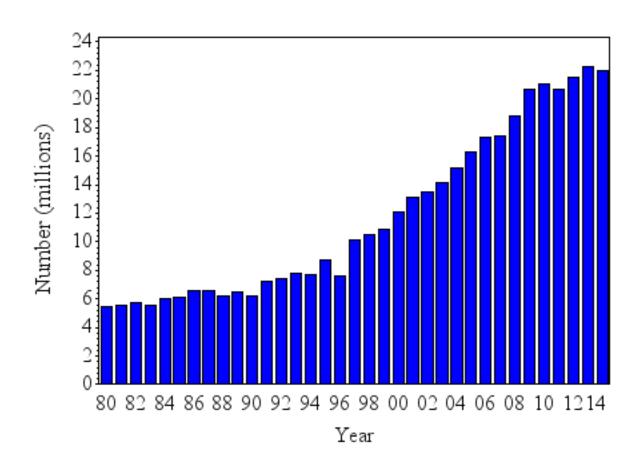
Estimates are rounded to the nearest 10, and cases exclude basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder.

Figure 3. Leading Sites of New Cancer Cases and Deaths – 2016 Estimates



Estimates are rounded to the nearest 10, and cases exclude basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder.

Diagnosed Diabetes



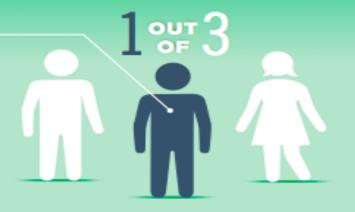
PREDIABETES

COULD IT BE YOU?





86 million American adults—more than 1 out of 3-have prediabetes



$\hat{\mathbf{n}}$

people with prediabetes do not know they have it

Prediabetes increases your risk of:





DISEASE





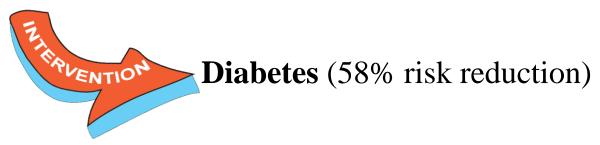


Are providers missing a valuable opportunity?

- All persons experience prediabetes before they develop diabetes
- Untreated Prediabetes



Treated Prediabetes



American Diabetes Association [ADA]. (n.d.). Homepage. Retrieved @ http://www.diabetes.org/pre-diabetes/what-you-can-do.jsp
Centers for Disease Control and Prevention Primary Prevention Working Group (2004). Primary prevention of type 2 diabetes mellitus by lifestyle intervention: Implications for health policy. *Annals of Internal Medicine*, 140(11), 951-957.



Methods

- Quantitative Cross-Sectional Research Study
- Centricity electronic medical record database
 - ■82,317 electronic medical charts
 - □ 57 providers

10

Results

- □ Individuals met criteria (N=8533)
 - 848 Individuals were *diagnosed* with prediabetes
 - □ 9.9% of the population
- □ Diagnosed Population (N = 848)
 - 15.4% Intervention
- Intervention Rates
 - 1.5% of *total* population

M

Provider Intervention

- Nutrition Intervention
 - □ 2/43 Physicians
 - □ 4/8 PA
 - □ 1/6 NP



Screenings & Lifestyle Intervention

- Blood Glucose
- Blood Pressure
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Body Mass Index
- Waist Circumference
- Mammography, Prostrate, Colonoscopy, Etc.

- 1. Maintain a healthy weight
- 2. Consume a healthy diet
- 3. Be physically active
- 4. Limit alcohol
- 5. Limit sun exposure
- 6. Avoid tobacco use/exposure
- 7. Manage stress
- 8. Get adequate sleep



Behavior Change Strategies

- Organizations
 - ☐ Hospitals
 - □ Wellness Centers
 - Public HealthDepartments
 - Private PracticePrograms
 - □ Fitness Centers
 - Malls/Armories

- Individual
 - Dietitians
 - □ Diabetes Educators
 - □ Wellness/Lifestyle Coaches
 - □ Certified Personal Trainers
 - Licensed Therapists
- Groups
 - □ Weight Management
 - □ Disease Management
 - □ Support Groups
 - □ Cessation Groups

Questions?