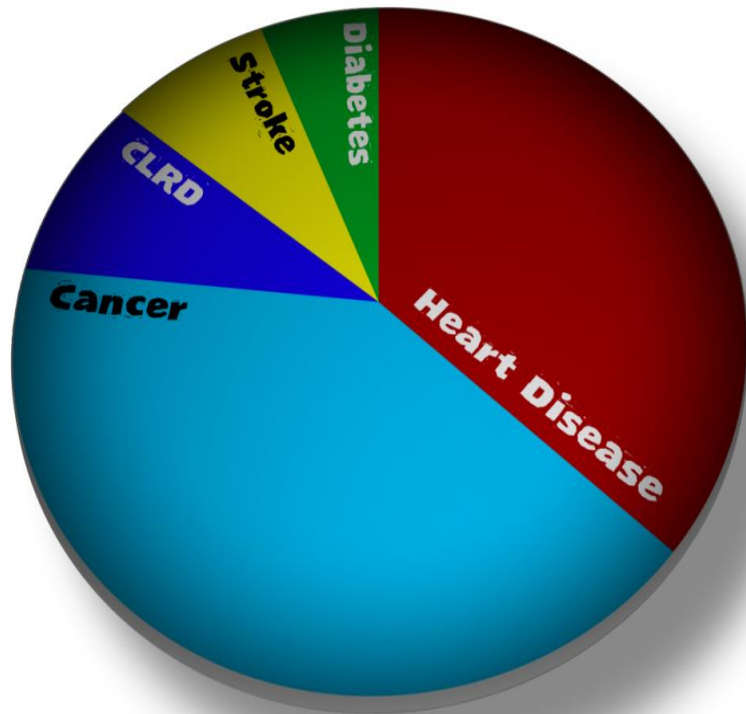


Behavioral Change Strategies Conducive to Reducing Rates of Disease and Disability and Promoting Rehabilitation and Daily Functioning

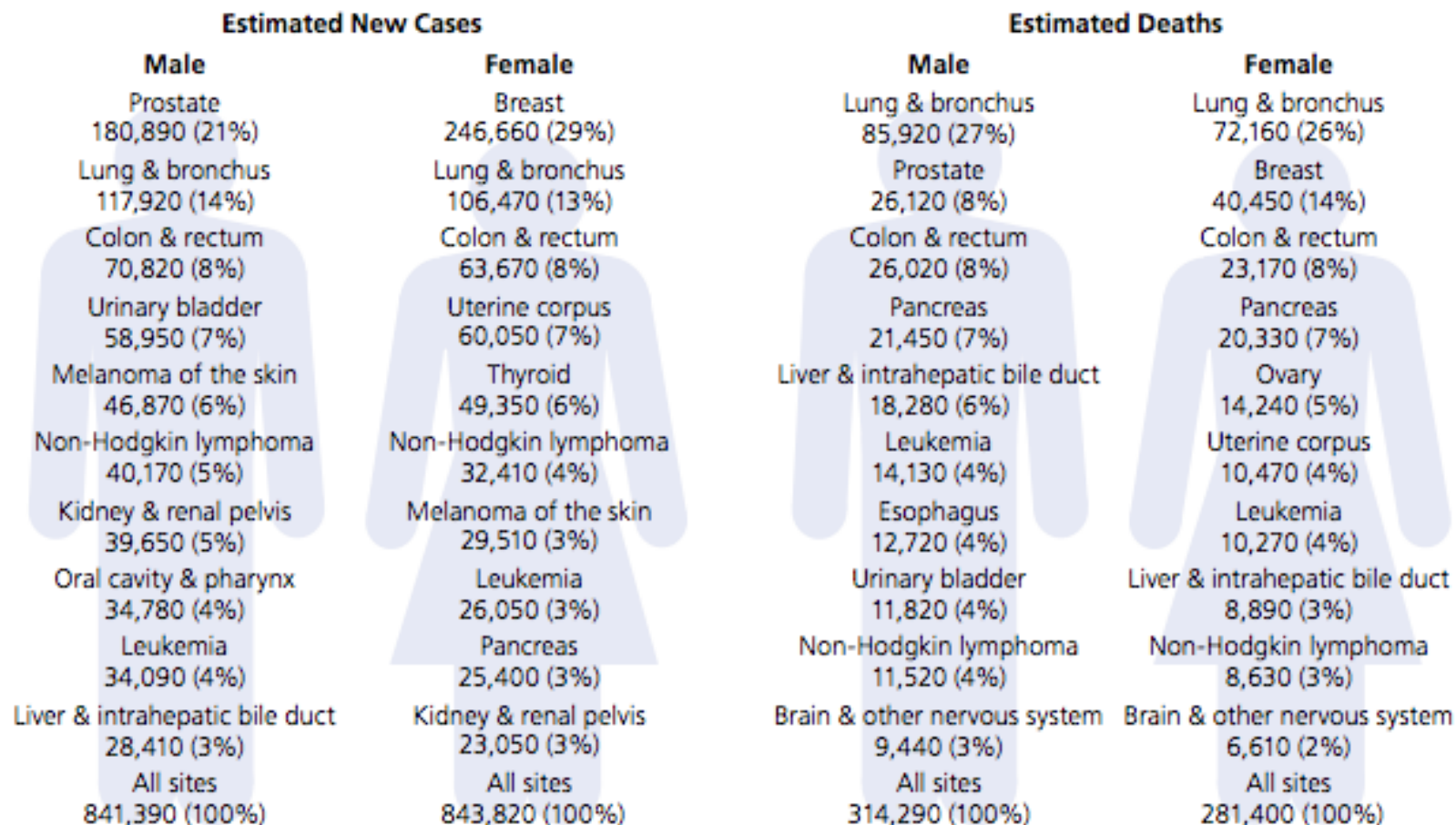
Tina Cloney, PhD, MSPH, RD, CSSD, LDN, CDE

Leading Causes of Death by Disease 2015



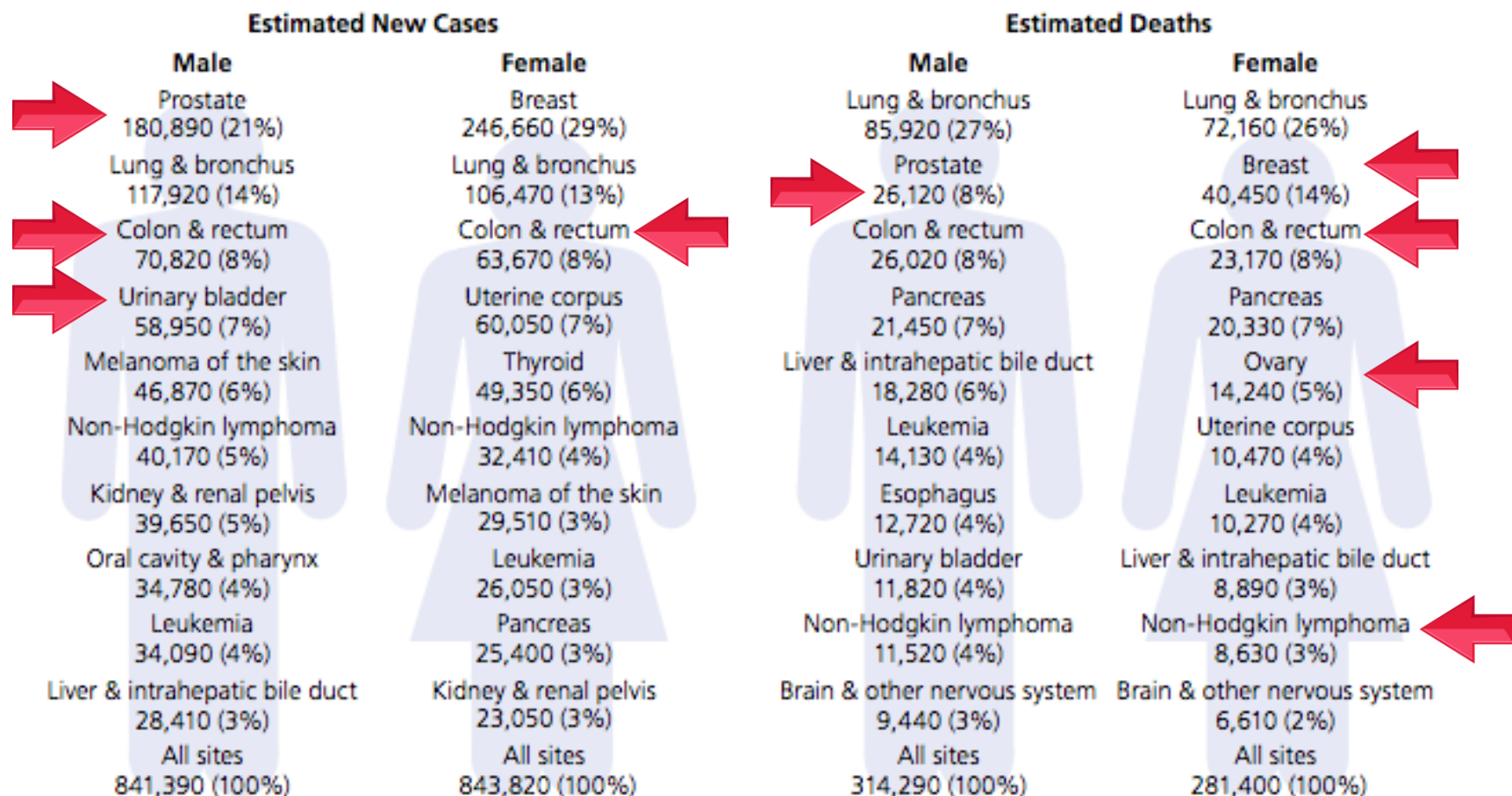
Heart Disease	614,348
Cancer	591,699
Chronic Lower Respiratory Disease	147,101
Stroke	133,103
Diabetes	76,488

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



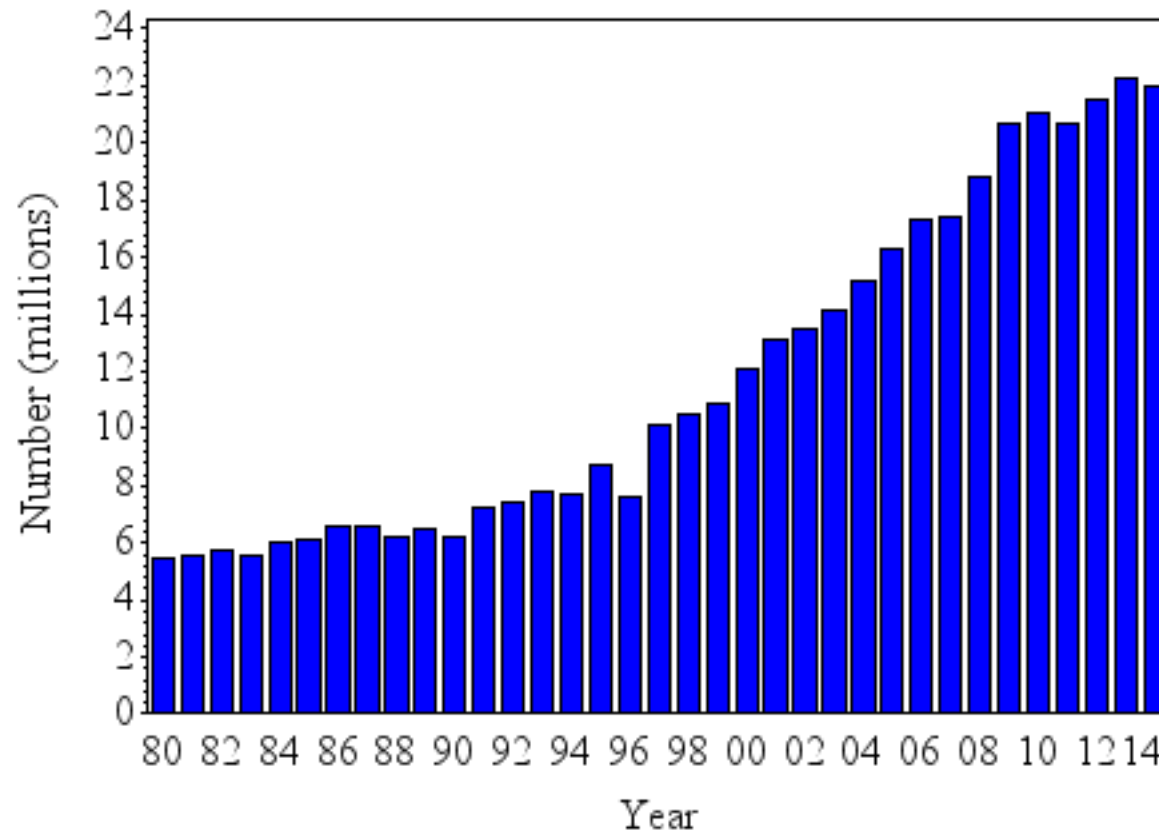
Estimates are rounded to the nearest 10, and cases exclude basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder.

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



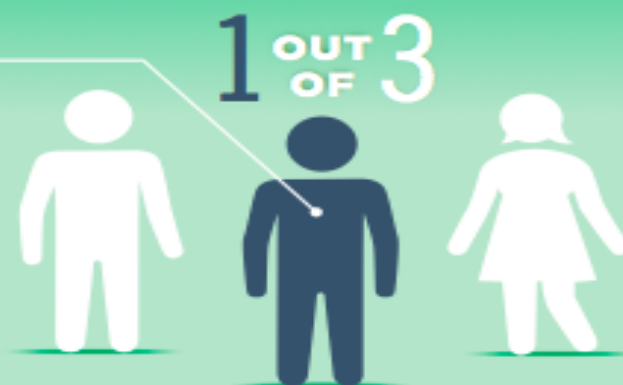
PREDIABETES

COULD IT
BE YOU?



86
MILLION

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



9 OUT OF 10

people with prediabetes do not know they have it

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE



EATING
HEALTHY



BEING
MORE
ACTIVE

can cut your risk of
getting type 2 diabetes in

HALF

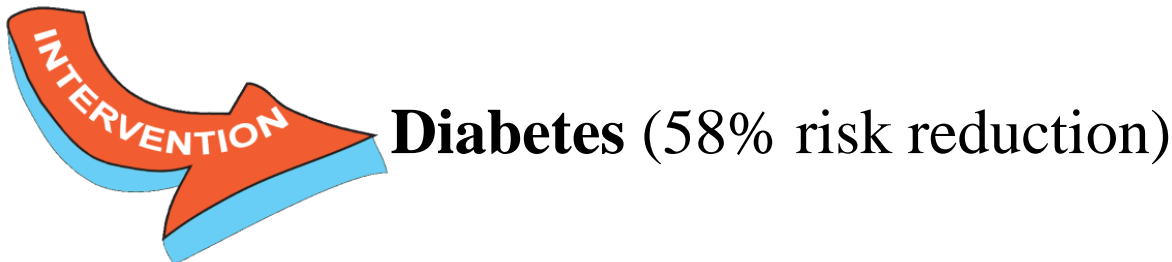


Are providers missing a valuable opportunity?

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



- Treated Prediabetes





Methods

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

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



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 Health
Departments
- Private Practice
Programs
- 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?