



COVID, Connectivity and Community Challenges in Diabetes Prevention

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Objectives to Achieve in 5 minutes

- ▶ How COVID has impacted online tools and services
- ▶ Importance of using technology to connect, especially during these times
- ▶ Overview of Diabetes Prevention
- ▶ Ease of using different platforms with change
- ▶ How much engagement is needed for results



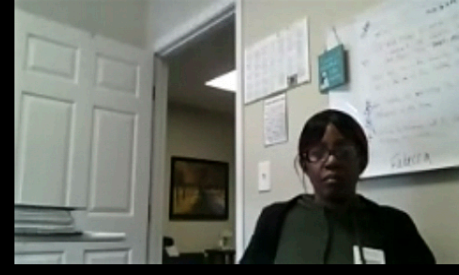
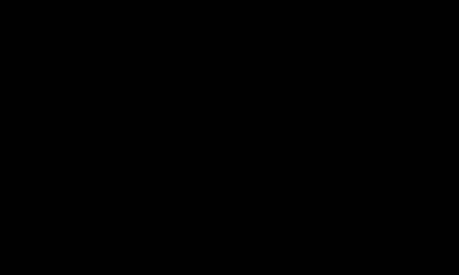
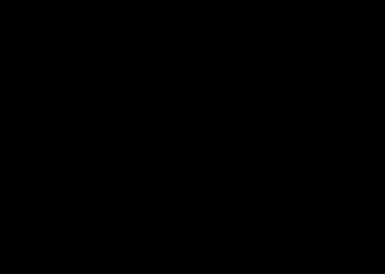
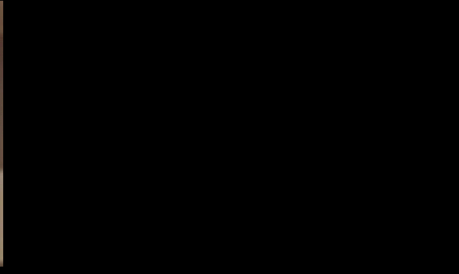
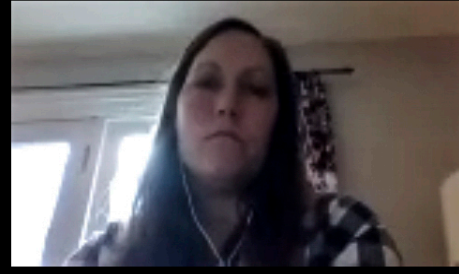
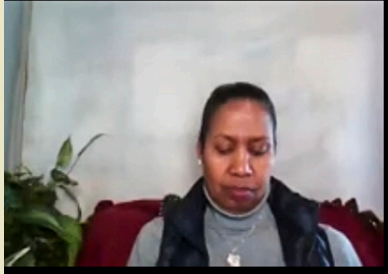
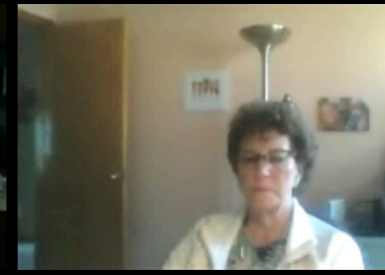
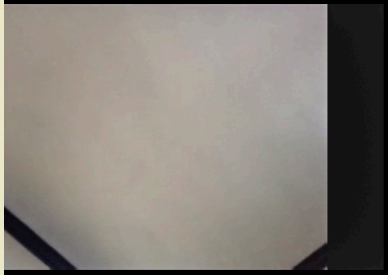
Conundrum

What is:

- Something hard to understand and explain
- An intricate and difficult problem

Used since the early 1600's

i.e. the year 2020

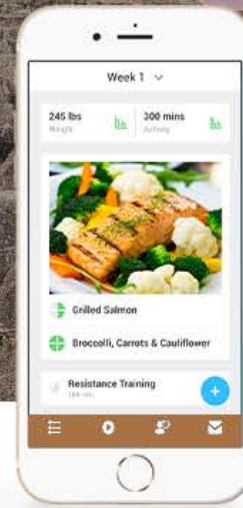
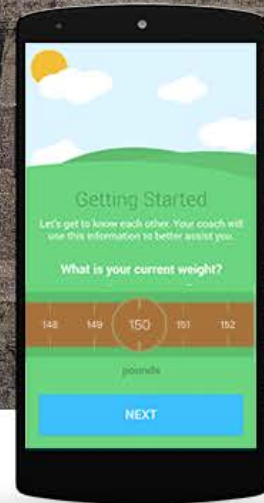






To Undo *the Risk*, Live Your Best

Health and Lifestyle Training



Live *Your Best* enables all providers with an online platform, apps and content for the virtual delivery of the National DPP



Lifestyle Coach



Engaging Curriculum



Options



Easy Tracking

About **80 percent** of U.S. adults and children aren't getting enough exercise for optimal health.

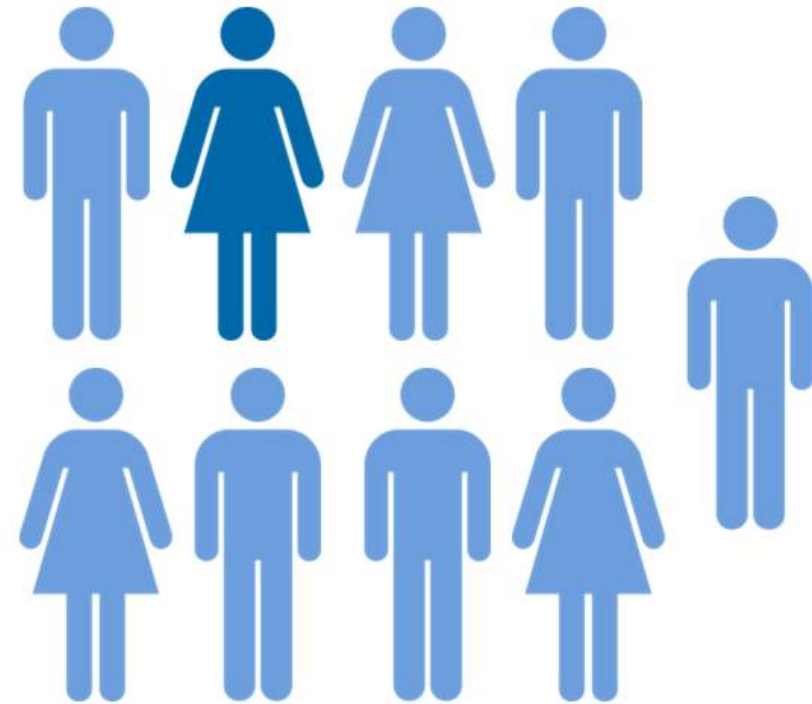
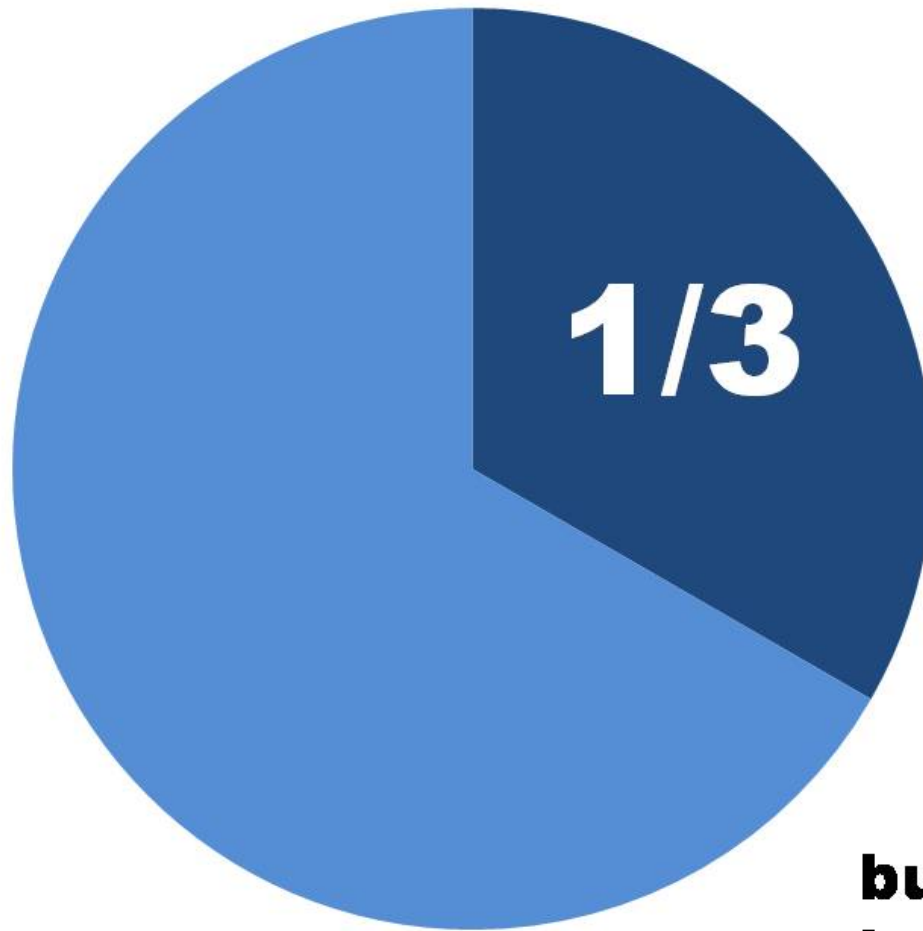
Only 23% of Americans Get Enough Exercise

Increasing your Fitness Level:

- Lower risk of depression
- Lower risk of chronic conditions such as heart disease

- **Nearly one-half (49.1%) of adults tried to lose weight within the last 12 months**
- A higher percentage of women (56.4%) than men (41.7%) tried to lose weight, overall and within each age group.

An estimated one-third of US adults aged 20 years or older have prediabetes...



but only about 11% are aware they have prediabetes.

Prediabetes Risk Test

1. How old are you?

Younger than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)

Write your score in
the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)


Total score:

Score 5 or
more you
win!

NATIONAL DIABETES PREVENTION PROGRAM

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bengt et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.



South Dakota ranks **#1** for highest rate
increase of diabetes in the country at 66
percent prevalence over a 10-year period.
Capital Journal, July 30, 2019

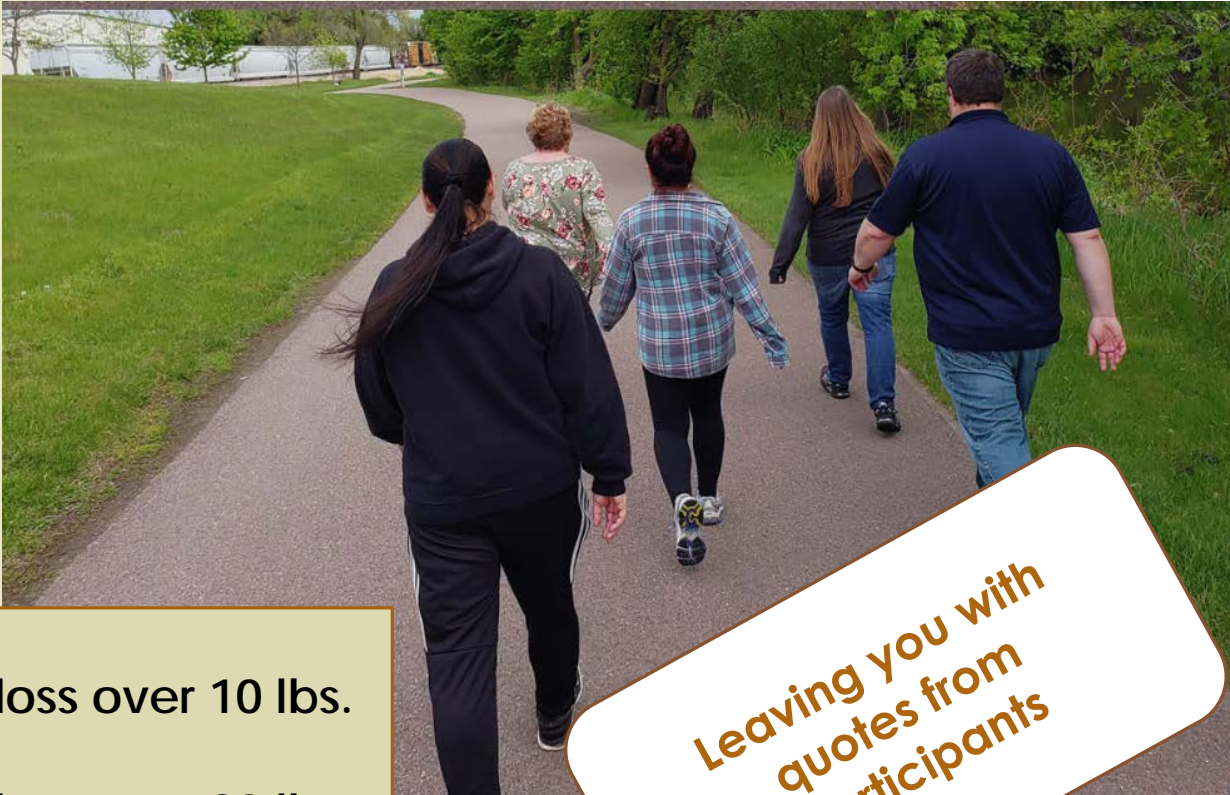
Nationally, more than 30 million Americans have diabetes and another 84 million have prediabetes.



LiveYourBest SD basics:

- 16 Weekly video lessons and supplemental educational pieces based on topic
 - (ie My plate, Mindful Eating, Physical Activity, Support system, Food and Activity logs, SMART goal setting)
 - Discussion topics with coach feedback
 - Access to communicate with group to share recipes, tips, struggles together
 - Weekly weigh in tracking

What type of engagement is needed for results?



3 loss over 10 lbs.

2 loss over 20 lbs.

*Leaving you with
quotes from
participants*

My positive is also that I have been more thoughtful about what I eat and what I do to stay active. Even though I ebb and tide, I have kept with it for longer than I have in the past. I also think the group is helpful, having people to be accountable to and to share struggles and successes with.

My positive from this group is that it has made me more accountable for my eating and exercise and I know I am not alone in my quest to get and stay healthy and fit, I have support.

Positive thought from this group got to meet new wonderful people that have the same positive thoughts on being healthy!

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