



Welcome

2021 Chronic Disease Partners Meeting

HOSTED BY



SPONSORS



Great Plains Quality Care Coalition



Through collaboration and partnership, Great Plains QIN aspires to make health in our region the best in the nation.

- Improve Behavioral Health
- Increase Patient Safety
- Increase Chronic Disease Self-Management
- Increase Quality of Care Transitions

North Dakota GPQCC Team



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A Strong Foundation for Quality Health Care

S O U T H D A K O T A Foundation for Medical Care

Chronic Disease Projects:

- Cancer: Thriving and Surviving
- Chronic Disease Self-Management Outreach and Referral
- Self-Monitored Blood Pressure
- Tobacco Awareness



Vicki Palmreuter, BA, CCP
Project Manager

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Our Mission: Improving **quality of life** for South Dakotans by **collaborating** with healthcare professionals and community stakeholders to **achieve excellence** in health care.



Cheri Fast, RN, BSN
Project Firstline
Director

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Infection Prevention Training:
**What you want, *when you want,*
the way you want.**
And it can save your life.



Charlotte Hofer, MA
Communications
Director

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EAT WELL. MOVE MORE. FEEL BETTER

Healthy Hometown experts help to identify ways to make positive and lasting changes that enhance well-being in communities.





DATA DRIVEN PUBLIC HEALTH SOLUTIONS

To improve health and achieve health equity through prevention, multi-sector collaborations, and data-driven public health solutions.

GUIDING PRINCIPLES

- Evidence-based practice
- Inclusivity
- New perspective in approach
- Community Engagement
- Health Equity approach
- Multi-Sector collaboration of diverse partners



ACCESS RESOURCES, SUBSCRIBE TO PUBLIC HEALTH BEAT, AND COLLABORATE TO ADVANCE HEALTH EQUITY

“It is important to recognize that to make an impact on priority issues/problems, addressing health inequities and their root causes are key.” - Sandra Melstad

BETTER CHOICES, BETTER HEALTH® SD




**Make
feeling good
your top
priority**

A WELLNESS
CLASS FOR **EVERYONE**



BETTER CHOICES
better health
GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES

To learn more, go to
www.betterchoicesbetterhealthsd.org



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Better Choices, Better Health workshops are **FREE** for adults in South Dakota!
Workshop participants living with a variety of health conditions such as arthritis, depression, fatigue and more learn how healthier choices improve quality of life & inspire positive lifestyle changes.

SELF-MANAGEMENT EDUCATION
CHRONIC DISEASE | PAIN | DIABETES | CANCER

- Action Planning
- Managing Difficult Emotions
- Communication Skills
- Making Informed Decisions
- Relaxation Skills
- Nutrition & Physical Activity

PHYSICAL ACTIVITY
WALK WITH EASE | FIT & STRONG

- Reducing Pain & Discomfort
- Walking Safely
- Preventing Falls
- Strength, Stamina & Stretching

Workshop Formats: IN-PERSON | VIRTUAL | SELF-GUIDED

Call **1-888-484-3800** or
visit **www.betterchoicesbetterhealthsd.org**

Cancer Prevention Programs

To find out more please visit: getsceened.sd.gov



All Women Count! provides reimbursement for screening and diagnostic tests to promote early detection of breast and cervical cancer.



GetScreenedSD coordinates evidence-based activities to promote early detection of colorectal cancer.



The South Dakota Cancer Registry coordinates a statewide cancer surveillance system.



The South Dakota Comprehensive Cancer Control Program coordinates the SD Cancer Coalition, which brings organizations together to reduce cancer incidence and mortality while improving quality of life for cancer survivors.

We're here to help **tobacco users** kick the habit for good...
Check out the **FREE tools and services** we offer.



QUIT WITH A COACH

You Call Us

- 1-866-SD-QUITS (1-866-737-8487)
- Open Monday - Friday 7am-11pm
Saturday 8am-5pm CST
- Free personal live quit coach
- Free cessation medication
- Enrollment takes approximately 10-15 minutes

We Call You

- Go to www.sdquitline.com/enroll
- Tell us the best time to call you
- A Quitline coach will contact you

When you're ready to quit,
we're here to help.

...OR...

DO IT YOURSELF

The first 2 weeks of a quit attempt are tough. The right medication can double your chances of success!

Order your FREE Kickstart Kit at:
SDQuitLine.com/kickstart

...> HERE'S WHAT YOU GET

- Quit Guide
- 2 weeks NRT medication: patches, gum, or lozenges
- Then an option to upgrade to 2 more weeks of medication

Or call **1.866.SD-QUITS**. People who use a coach are more than 2X as likely to quit & stay quit!



Munch Code

Find out more! <https://healthysd.gov/category/munch-code+workplace/>

**MUNCH
CODE!**
Colors to *live* by.



Vending: Make Snacking Easier

The Munch Code is a color coded labeling program designed to make it easier for everybody to choose healthier snacks.

GREEN foods and beverages are the healthiest options. You can **eat a bunch!**

YELLOW foods and beverages have added sugar, fat, and calories. Be cautious and have **just a little!**

RED foods and beverages are the highest in sugar, fat, and calories and the least healthy. Eat these occasionally but remember – **not so much!**

There are 2 types of snacking environments where the Munch Code color system can be used:

CONCESSIONS — OR — VENDING & SNACK BARS

For parents, coaches, teachers or community members looking for ways to make school, club, or church concession stands healthier.

For employers, human resource or facility managers wanting to make vending and snack bar offerings healthier.



Vending Kit



Healthier Vending Calculator



Healthier Vending & Snack Bar Toolkit

Creating a healthy eating environment can be fun! The Department of Health offers these resources to those wanting to spruce up their snack bar/vending options or “healthify” their concession stand to promote healthy eating even in the grab-n-go type settings.

WorkWell Mental Health Funding Opportunity



90%
of employers are concerned that their employees are experiencing burnout.

1 in 5 US adults report living with a mental illness, while 71 percent of adults report having at least one symptom of stress, anxiety, or feelings of being overwhelmed.



45%
of employees have experienced symptoms of burnout over the last 12 months.

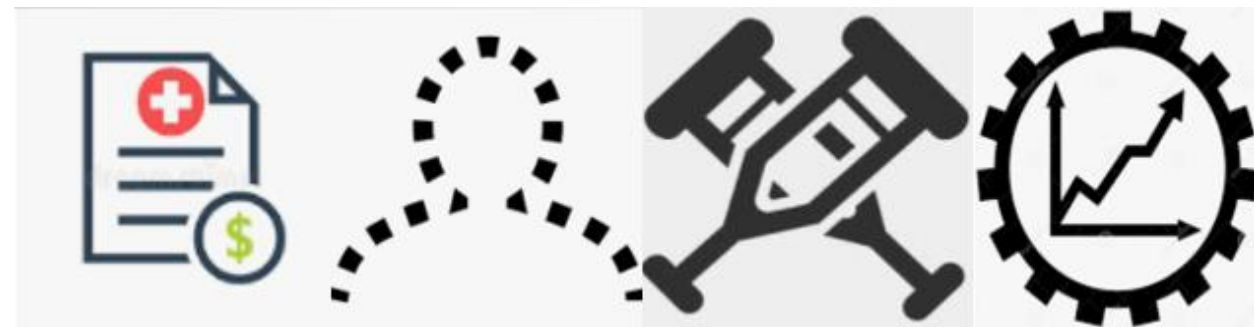
The most common reason people do not seek help is due to negative stigma and discrimination associated with having a mental illness.



38%
of employees say their mental health and wellbeing has been negatively impacted by COVID-19.

Employers can help their employees' mental wellbeing through education, training, and open communication.

Investing in a mentally healthy workplace lowers medical costs, absenteeism, disability costs, and increases productivity. Bottom line: investing in a mentally healthy workforce is good for business, returning \$4 for every \$1 spent.



Eligibility: All South Dakota businesses starting a mental health program or expanding a current program are eligible to apply!

Funds Awarded: \$2,000-\$5,000 per worksite

Grant Submission Deadline: On or before October 29, 2021, by 5:00 pm CT

To apply: <https://healthysd.gov/fundingopportunities/>



Self-Measured Blood Pressure Monitoring



Goals:

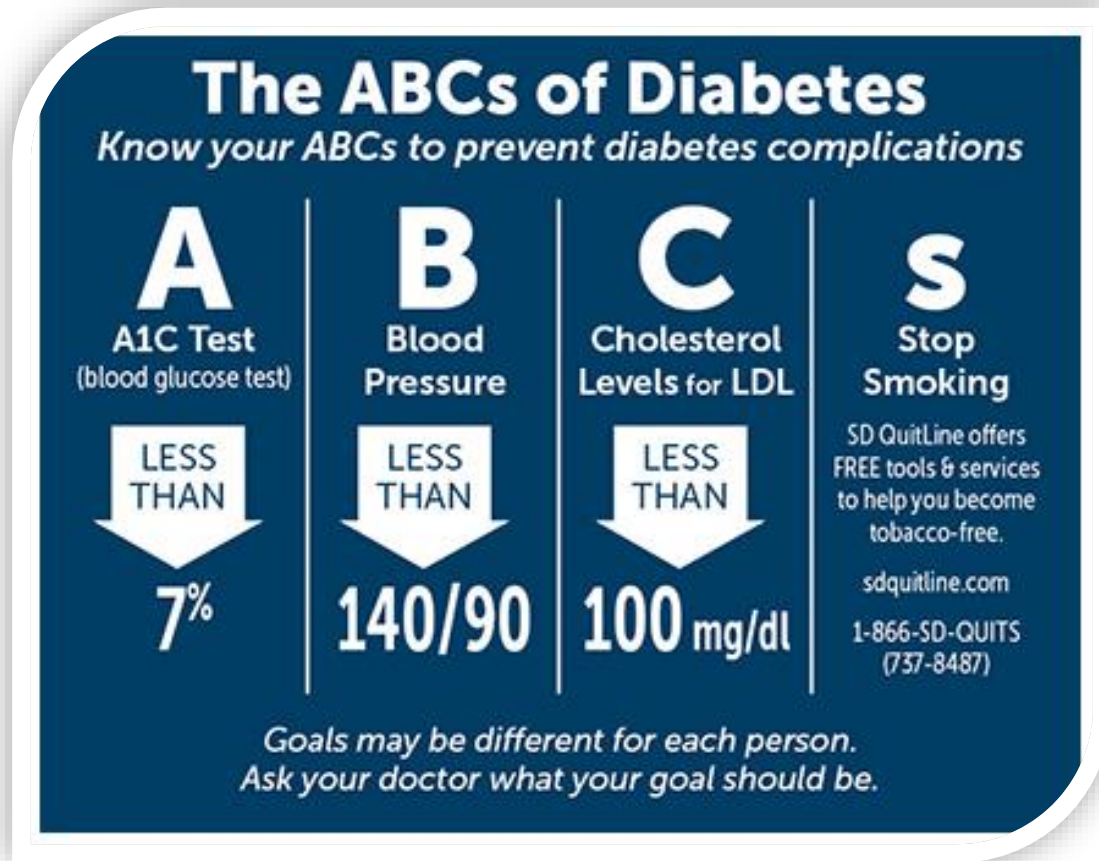
- Increase rate of patients with diagnosed hypertension having a “controlled” blood pressure (< 140/90 mmHg)
- Assist with diagnosing hypertension
- Reduce/eliminate misdiagnosed hypertension
- Improve hypertension management
 - Determine best medication therapy
 - Understand ongoing and fluctuating patient blood pressure readings
 - Set realistic treatment goals
 - Provide better understanding of lifestyle and behavioral effects on blood pressure
 - Individualize treatment plans

Apply for funding at https://goodandhealthysd.org/wp-content/uploads/2021/01/1815_HDSPP_SMBP_GrantsApplication.pdf

Rachel Sehr, BSN, RN | Office of Chronic Disease Prevention and Health Promotion | Rachel.Sehr@state.sd.us



Diabetes Self-Management, Education & Support (DSMES)



16

American Diabetes Association
Recognized Sites in SD

9

Association of Diabetes Care &
Education Accredited Sites in SD

6*

Non-Recognized/Accredited Sites in
SD that would like to be

*SD DOH knows of at least 6 sites.

South Dakota DOH supports DSMES Sites and is looking to assist sites that would like to become Accredited or Recognized. This would allow for these sites to bill Medicare/Medicaid for DSMES services. Contact Liz Marso.

WALK WITH EASE

- 6-week walking program
- In-person (1 hr 3x/wk) or self-directed with ½ hour zoom sessions
- Facilitated by 2 trained Walk With Ease leaders
- Adults **with or without** arthritis
- Participants must be able to be on their feet for **10 minutes** without increased pain
- **Format:** In-person | Virtual (Zoom)

Program Goals:

- ✓ Teach participants how to walk safely and comfortably
- ✓ Learn methods to make walking fun and sustainable
- ✓ Develop a walking plan and realistic goals



To Register, Refer, Recommend, and to
find out more - call **1-888-484-3800**
or go to
www.BetterChoicesBetterHealthSD.org
<https://extension.sdstate.edu>

WORKSITE CHRONIC DISEASE SELF-MANAGEMENT

- Small-Group Workshop
- 1 hr, twice a week for 6-weeks
- Facilitated by 2 trained BCBH® SD Leaders
- Employer supported & held on work time
- **Format:** In-person | Virtual (Zoom)



MAKE FEELING GOOD YOUR
TOP PRIORITY  **BETTER CHOICES
better health**
WORKSITES

Proven Benefits:

- ✓ Increased Productivity
- ✓ Decreased Absenteeism
- ✓ Reduced Healthcare Costs
- ✓ Improved Overall Health & Well-Being

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***Our goal is to help employers create a
happier, healthier place of work!***