



Chronic Disease State Plan Updates 2020-2021



Prevention and Health Promotion

Increase emphasis on promoting health and risk factor reduction, thereby decreasing the onset of chronic health conditions.

Host an annual chronic disease state partners meeting focusing on coordination within chronic disease prevention and health promotion.

- 9th annual Chronic Disease Partners Meeting held virtually on October 12, 14, 19 and 21, 2021.
- Planning Committee: Kiley Hump, Megan Jacobson, Mary Michaels, Denise Kolba, Enid Weiss, Sue Johannsen, Larissa Skjonsberg, Jill Ireland, Sandi Melstad, Angie Brown, Joan Lindstrom, Lori Oster, Cori Jacobson, Theresa Ferdinand, Deb Davis, Shannon Udy, Shannon Bacon, Christina Prehn, Chrissy Meyer





Develop resources for healthcare professionals to increase referrals to evidence-based programs.

Referral Processes and ROI Workgroup

- Making the business case and increasing referrals to the evidence-based chronic disease programs in SD.
- Continued distribution of rack card for healthcare professionals.
- September 7th webinar: 102 registered/66 attended
- COVID impact on programs
- Next steps: Sharing the business case for making referrals, review webinar evaluation and follow-up with webinar attendees



HEALTHCARE REFERRALS TO CHRONIC DISEASE PROGRAMS IN SOUTH DAKOTA

DID YOU KNOW?
Evidence-based programs are available in South Dakota to help you meet quality measures.

CHRONIC CONDITIONS

HEART DISEASE, DIABETES, CHRONIC LUNG DISEASE, STROKE, ALZHEIMER'S DISEASE, CANCER, CHRONIC KIDNEY DISEASE, COPD, CHRONIC PAIN

Chronic conditions are the leading causes of death and disability in the United States. They are also leading drivers of the nation's **\$3.3 TRILLION** in annual health care costs.

1 IN 2 ADULTS IN THE U.S. HAVE A CHRONIC CONDITION.

1 IN 4 ADULTS IN THE U.S. HAVE TWO OR MORE CHRONIC CONDITIONS.

AN ESTIMATED 1 IN 3 ADULTS IN SOUTH DAKOTA HAVE MORE THAN ONE CHRONIC CONDITION.

MOST CHRONIC CONDITIONS ARE CAUSED BY A SHORT LIST OF RISK BEHAVIORS

Tobacco use and exposure to secondhand smoke, Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats, Lack of physical activity, Excessive alcohol use

Patients are more likely to participate in a chronic disease program when their healthcare team recommends it.

The healthcare team is vital in preventing and controlling chronic diseases. In South Dakota that includes:

- Referring tobacco-using patients to the SD QuitLine
- Providing general health related information to patients
- Ensuring screenings for various chronic diseases takes place
- Using health information technology to ensure overall quality of care
- Linking patients to other community health and education resources

To find more information and referral forms visit: goodandhealthysd.org/healthcare

The following programs are provided at no-cost.

Better Choices, Better Health® SD suite of workshops for adults and caregivers
1-888-484-3800
Diabetes - prediabetes, Type 2 Diabetes
Chronic Pain - adults with chronic pain and caregivers
Chronic Disease - any physical and/or mental health condition(s)

SD QuitLine
1-866-SDQUITTS
Options for fax and e-referrals available

Park Rx
1-605-882-5140
Prescribe physical activity to your patients. Patients take the Rx to any State park and enjoy a free day in the park or a discounted annual pass.

All Women Count!
1-800-738-2301
Refer women age 30-64 who need breast or cervical cancer screenings.

South Dakota Opioid Resource Hotline
1-800-920-4343
Hotline is available 24/7 and will be answered by trained crisis workers to assist in finding local resources.

To learn about cost and coverage for the following programs, patients should check with their insurance provider or the program.

National Diabetes Prevention Program (NDPP)
1-855-648-9951
A year-long lifestyle change program for patients with prediabetes or at risk for Type 2 Diabetes.

Diabetes Self-Management Education and Support Program (DSMES)
1-855-648-9951
Refer patients with diabetes at diagnosis, annually, when complicating factors occur, and during transitions in care.

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Workgroup Members



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Policy/Systems/Environment Change

Transforming communities by promoting social, environmental, policy, and systems approaches that support healthy living for individuals, families, and communities where they live, work, and play.



Model Policy Development and Implementation



- Committee reviewed and updated policies
- School Breastfeeding Support Policy
- Technical assistance contacts added to each policy
- Model Policy Checklist
- Next steps: Office hours for technical assistance on policies



- Black Hills Badlands Tourism - Worksite AED policy
- Boys and Girls Club of the Sioux Empire - Breastfeeding policy
- Black Hills Area Habitat & Humanity - Breastfeeding policy
- 5 daycares adopted Sun Safety policy



Model Policy Checklist

Drafting effective public health policies is a critical component of achieving policy, systems, and environmental change. The purpose of the following document is to provide useful resources to assist in drafting, adopting, and implementing model policies. [Section 1: Policy Planning and Drafting Process Checklist](#) contains steps to inform policy planning and drafting. [Section 2: Policy Elements Checklist](#) contains the elements that should be included in a policy. [Section 3: Policy Review Checklist](#) contains questions for review of the policy to ensure that is effective and comprehensive. Not every item is relevant to every policy, but all should be considered. The order that each item is carried out may vary and some items may need to be repeated.



Section 1: Policy Planning and Drafting Process Checklist

This checklist contains the steps that should be used to plan for a policy, develop the policy and ensure effective implementation. These steps are in chronological order but may vary slightly by organization or policy.

| | |
|-----|---------------------------------------------------------------------------------------------------------------------|
| 1. | Identify and clarify the issue that the policy addresses. |
| 2. | Determine if the organization has authority to enact the policy. |
| 3. | Identify person(s) responsible for drafting the policy. |
| 4. | Identify and involve key stakeholders. |
| 5. | Identify sample or model policies. |
| 6. | Draft policy (use Policy Elements Checklist). |
| 7. | Review policy (use Policy Review Checklist). |
| 8. | Check for conflicts with existing policies or laws. Consider any enforcement that should be included in the policy. |
| 9. | Review draft policy with stakeholders. |
| 10. | Review draft policy with Board, executive team, and/or leadership team (optional). |
| 11. | Review and finalize policy. |
| 12. | Complete the approval process for the policy. (This may include getting on the board agenda for approval.) |
| 13. | Post policy for public comment if required. |
| 14. | Publicize and implement the policy. Identify how long it should be publicized. |
| 15. | Review and update the policy annually, unless otherwise specified. |



Model Policy Workgroup Members

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Document and disseminate success stories related to chronic disease programs in SD settings



New:

- Some Things You Can't Undo. Prediabetes You Can.
- Improving HPV Vaccination Rates Across Rural South Dakota.
- Black Hills Farmer's Market Provides Access to Fruits and Vegetables for Lower Income South Dakotans
- Success story template update

In process:

- SDSU Extension high obesity grant



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