



## ENGAGEMENT, EQUITY, AND INNOVATION IN CHANGING TIMES

### 2021 Chronic Disease Partners and Better Choices, Better Health SD Annual Meeting

JOIN US for four days of virtual learning. Attend a Zoom session on the following dates:

- October 12 from 12:00 – 2:30 p.m. CST
- October 14 from 12:00 – 2:00 p.m. CST
- October 19 from 12:00 – 2:30 p.m. CST
- October 21 from 12:00 – 2:00 p.m. CST

Registration Link: [sites.google.com/tiegapps.net/cdp/home](https://sites.google.com/tiegapps.net/cdp/home)

## Schedule and Agenda

### Pre-Conference: Tuesday, October 12

9:30 – 11:30 AM

#### Pre-Conference: How to Save Time and Energy with Exel Pivot Tables | \$30

*Ann K. Emery, Depict Data Studio*

Need to make sense of your data? Not sure where to start? In this hands-on workshop with Ann K. Emery, you'll learn how to analyze a dataset from start to finish with Microsoft Excel's pivot tables. We'll use a South Dakota dataset about falls among adults age 65+.

**Agenda:** In the first hour, you'll learn how to: freeze panes, sort, filter, recode variables, and insert a brand new pivot table. You'll also drag and drop variables to quickly summarize the dataset. Then, we'll take a 10-minute break. In the second hour, you'll build charts to showcase key findings from the dataset. You'll also practice formatting charts to make sure the chart is easy to understand and looks great.

**Interactivity and participation:** This workshop is highly interactive; the instructor will demonstrate a skill, you'll practice, she'll demonstrate, you'll practice, and so on. You'll also be able to share screens with the instructor when you get stuck.

**Level:** This workshop is geared towards beginner/intermediate Excel users. New to using Excel for data analysis? Haven't used pivot tables before? Need a refresher? Want to affirm you're on the right track? Looking for time-saving shortcuts? This session is for you.

**Technology required:** Make sure you're participating from a computer (not a tablet, and not a phone). Excel is required (any version is okay). The instructor will be demonstrating skills on a PC; Macs are okay too. Microphones are required. Webcams are preferred but not required.

## Session I: Tuesday, October 12

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12:00 – 12:15 PM

### Welcome!

*Beth Dokken, RN, Family & Community Health Division Director*

*Kiley Hump, MS, Office of Chronic Disease Prevention and Health Promotion Administrator, South Dakota Department of Health*

*Lori Oster, Better Choices, Better Health® SD Program Director, SDSU Extension*

12:15 – 1:00 PM

### Communities that Care Panel

*Jaclynn Sagers, University of Washington*

*Jordan Mouna, Brown County CTC Facilitator, Avera St. Luke's*

*Teresa Ehrisman, Pierre/Ft. Pierre CTC Facilitator, Capital Area Counseling Services*

*Jaylynn Stocklin, Cheyenne River CTC Facilitator, Missouri Breaks Industries Research Inc.*

Communities that Care is the product of years of prevention science research and collaboration with states and communities across the country. Communities use the system to organize, choose tested and effective programs, policies, and practices specific to their needs and track progress over time. This session will focus on the work being organized in three South Dakota communities.

1:00 – 1:45 PM

### It Takes a Village: Assessing & Responding to Social Determinants of Health in Primary Care

*Shannon Bacon, MSE, LSVW, Health Equity Manager, Community Healthcare Association of the Dakotas*

*Nancy Miller, LSWA, Case Manager*

*Tanja Cutting, MS, RD, CDE, LN, Community Health Center of the Black Hills*

Social Determinants of Health (SDOH) are the conditions in which people live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Imagine the patient whose diabetes is uncontrolled due to food insecurity. Even the best clinical care will not improve this patient's outcomes unless it is paired with social interventions to improve food security and other needs. Clinical care accounts for 20 percent of health outcomes, while the other 80 percent is attributed to social and economic factors, the physical environment, and health behaviors. Understanding patients' social needs is therefore critical in achieving improved health outcomes. This interactive session will introduce participants to an evidence-based social needs screening tool, and a local community health center will share specific examples of addressing SDOH in the primary care setting and developing community partnerships.

1:45 – 2:15 PM

### Developing and Sustaining a Community Health Worker (CHW) Workforce

*Ben Tiensvold, Community Outreach Coordinator, Community Health Worker Collaborative of South Dakota*

The Community Health Worker Collaborative of South Dakota (CHWSD) hopes to present information about past, present, and future work that was completed and is to be completed to develop a sustainable Community Health Worker (CHW) workforce in South Dakota. The CHWSD is a relatively new established organization funded through the South Dakota Department of Health with the mission to promote, support, and sustain the CHW profession in South Dakota. The presentation will include an overview of the organization and the CHW profession, how organizations can implement CHWs within their workforce, and an overview of the CHWSD's 3-year strategic plan. Information will also be presented regarding reimbursement models available to ensure CHW sustainability.

2:15 – 2:30 PM

### 2020 Healthy HometownSM Powered by Wellmark Community Awards

## Session II: Thursday, October 14

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12:00 – 12:50 PM

### Healthy Equity

*Dr. Yeng Yang, HealthPartners*

Dr. Yang will share *HealthPartner's* experience in closing disparity care gaps in multiple areas and how we engaged the communities we serve in addressing social factors that influence clinical outcomes. Additionally, she will discuss the culture work that organizations such as *HealthPartner* need to do to impact clinical outcomes and support equity and inclusion. She will highlight some of the equity work around the SARS - CoV-2 Vaccine distribution.

12:50 – 1:30 PM

### Chronic Disease Partner Talks:

#### **The Master Health Volunteer Program: Advancing Evidence-Based Programs in Rural Communities**

*Hope Kleine, Health Education Field Specialist, SDSU Extension*

#### **Improving linkages to care in South Dakota emergency departments: How we developed a provider toolkit that works smarter not harder**

*Susan Strobel, DNP, MPH, RN, Assistant Professor, USD College of Nursing*

#### **Supporting the Patients Through the Change Process**

*Stacie Fredenburg, Quality Improvement Advisor, Great Plains Quality Improvement Network*

#### **Enhancing access and opportunity for physical activity and lifestyle modification to community members with chronic conditions**

*Thomas Gullede, Fitness and Wellness Director, City of Mitchell*

1:30 – 2:00 PM

### Some Things You Can't Undo. Prediabetes You Can

*Kayla Magee, RN, Diabetes Program Coordinator, South Dakota Department of Health*

*Sharon Knoll, Director of Account Services, Media One*

Prediabetes puts people at increased risk of developing type 2 diabetes, heart disease, and stroke. Approximately 88 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 84% do not know they have it. It is important to bring public awareness of prediabetes and that it can be reversed with lifestyle changes. This session will detail how a South Dakota specific prediabetes ad was created to better target South Dakotans about their risk for diabetes and how this awareness can encourage individuals to make changes to improve their health and 'undo the risk' of diabetes. The session will also discuss how it expanded to reach more vulnerable populations and offering an instant solution to their newly learned risk.

## Session III: Tuesday, October 19

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12:00 – 12:45 PM

### BCBH SD: Strategies on Reaching Diverse Populations

*Bridget Muntefering, BS, CVC, Referral Coordinator*

*Julian Witte, BA, Community Health Worker, Better Choices, Better Health SD*

*Vicki Palmreuter, Program Manager, South Dakota Foundation for Medical Care*

*Richard Mousseau, Program Coordinator, Great Plains Tribal Leadership Health Board*

Join Better Choices, Better Health® South Dakota (BCBH-SD) to hear about strategies implemented to reach diverse populations who experience health inequity, from lack of access to financial, language barriers, and lack of cultural inclusion. Better Choices, Better Health® South Dakota (BCBH-SD), South Dakota's chronic disease self-management education program, is available statewide targeting adults (18+) with chronic physical and mental health conditions, and/or those who serve as their adult caregivers. Available since 2014, BCBH-SD has offered over 200 workshops, trained about 140 leaders, and provided CDSME information through workshops and training to almost 2,300 people. Through partnerships, referrals, community health workers, community advocates and innovative program delivery, BCBH-SD will demonstrate lessons learned and provide take-aways to help you better reach Hispanic and Indigenous populations.

12:45 – 1:30 PM

### Improving Knowledge and Awareness of Palliative Care through a Statewide Network

*Sarah Mollman, Assistant Professor, SDSU College of Nursing*

*Charlene Berke, LRT, Co-project Director*

*Mari Perrenoud, Network Relations Director, Upper Midwest Palliative Care Education Network*

The SD Palliative Care Network (SDPCN) envisions all South Dakotans being able to receive quality and timely palliative (supportive) care close to home which enhances health equity by ensuring access to care locally. The SDPCN consists of 156 individuals from 29 organizations who are sharing resources which is essential during the pandemic to ensure feasibility of these efforts. Currently, the main initiative is to increase awareness and knowledge of primary palliative care across the region. Three efforts are underway: 1) educate nursing students, 2) offer continuing education for current healthcare professionals, and 3) educate communities including patients and families. As a result of this project thus far, we are educating nursing students at three universities and developing eight continuing education opportunities that will be available to all healthcare professionals (free) via the Avera CE Portal.

1:30 – 2:15 PM

### The Intersection Between Falls and Chronic Disease

*Dr. Leacey Brown, Gerontologist*

*Hope Kleine, Health Education Field Specialist, SDSU Extension*

The annual economic cost of falls is estimated to be \$50 billion each year. In South Dakota, falls were the leading cause of injury and trauma-related deaths in 2017 and 2018. Furthermore, South Dakota was 5th in the nation for death from falls between 2007 and 2016. Chronic disease and falling are related. For example, diabetes, arthritis, stroke, neurological disorders, chronic pain, depression, and COPD affect the body in ways that lead to reduced sensitivity in extremities, walking abnormalities, balance/gait issues, muscle weakness, changes in lung capacity, and medication use. Changes to the body caused by chronic disease puts individuals with chronic disease at an elevated fall risk. Therefore, it is imperative that fall risk be addressed in tandem with chronic disease. This presentation will increase attendee knowledge about falls among older adults in South Dakota and describe the relationship between chronic disease and fall risk. By the end of this presentation, attendees will have more knowledge about fall prevention in South Dakota and have clear strategies to get involved with these efforts.

2:15 – 2:30 PM

### 2021 BCBH-SD Chronic Disease Self-Management Education (CDSME) and Physical Activity Champion Awards

## Session IV: Thursday, October 21

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12:00 – 12:45 PM

### Using Telehealth to Respond in Changing Times

*Deanna Larson, President and CEO, Avel eCARE*

*Scott Weatherill, Horizon Health Care*

*Dr. Alexia Gillen, Monument Health*

*Mike Fay, Vice President of Health Networks and Innovation, Wellmark*

COVID changed the way patient care is provided. Learn how SD health systems and health plans adapted with telehealth to meet the needs of patients. Panelists will discuss best practices, challenges, populations reached, monitoring for chronic conditions and future plans.

12:45 – 1:45 PM

### Chronic Disease Partners Updates and Good&HealthySD Website

The Good&HealthySD website has been under construction this past year. Be one of the first in SD to see the new and improved site. Also during this session learn about chronic disease resources and programs developed by your peers that can assist you in your chronic disease prevention and health promotion work.

1:45 – 2:00 PM

### 2021 Chronic Disease Partner of the Year

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