

National Diabetes Prevention Program

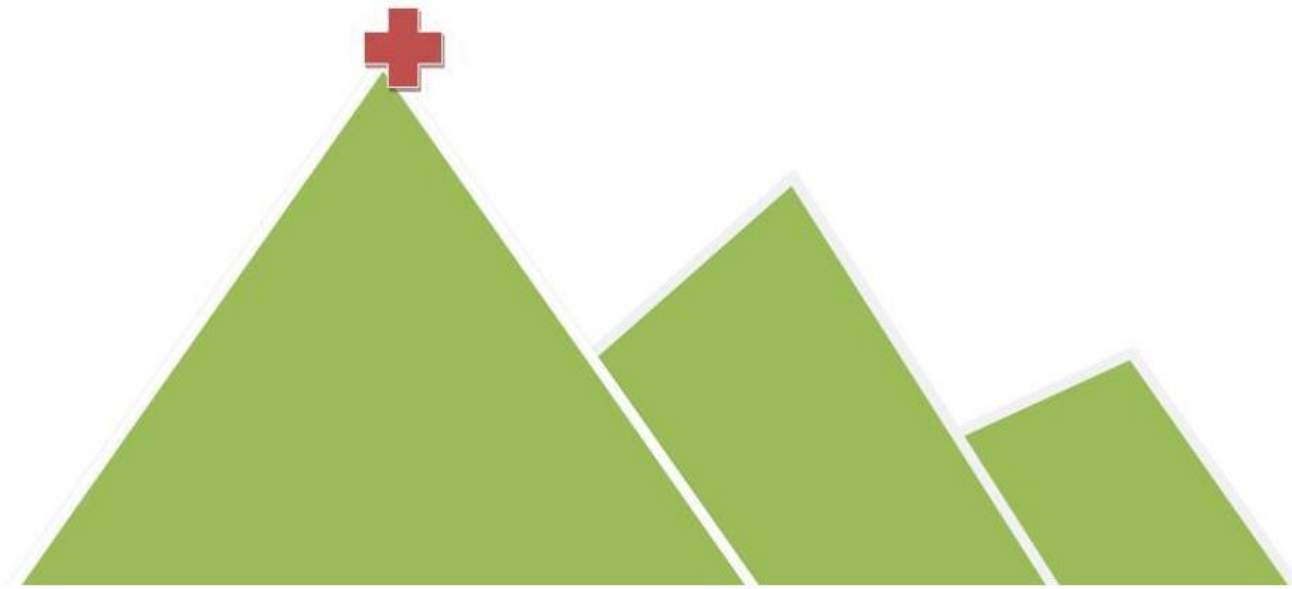
DIABETES PREVENTION CONSORTIUM of Puerto Rico



NATIONAL CONSORTIUM OF PREVENTION DIABETES
OF PUERTO RICO

NATIONAL DIABETES PREVENTION PROGRAM OF PUERTO RICO

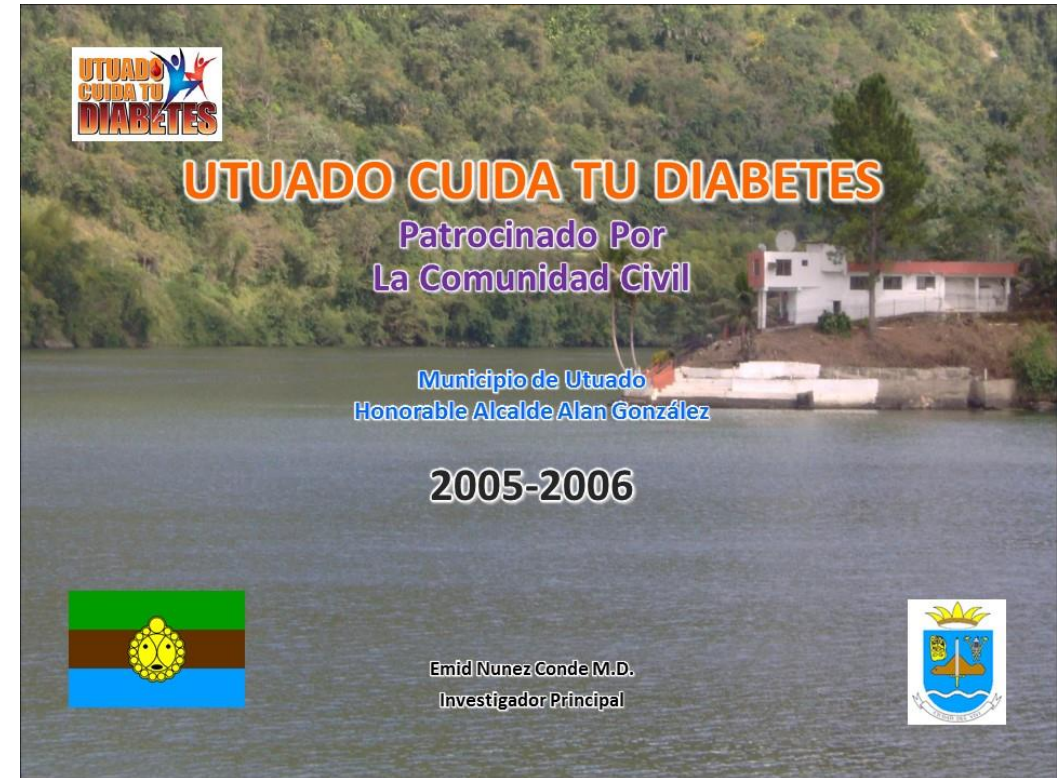
COMUNIDAD SALUDABLE DE LA MONTAÑA



**COMUNIDAD SALUDABLE
DE LA MONTAÑA. INC.**

FUNDED 2005

UTUADO CARE DIABETES 2005-2006



DAR VIDA HAITI, LIFE TO HAITI



ONCOLOGY HOSPITAL EN UTUADO 2014



CLÍNICA DE PREVENCIÓN DEL CÁNCER

Primera Clínica del Hospital Oncológico Dr. Isaac a los Pueblos de Puerto Rico

Izquierda a Derecha Sr. Armando Legarreta Director Ejecutivo IPA 19 Utuado,
Hon. Ernesto Irizarry Salvá, Lcdo. Jorge de Jesús Rozas, Dr. Emid Nuñez Conde



PACIENTES Y EL HOSPITAL ONCOLOGICO VA A UTUADO 2014

Clínicas de Prevención del Cáncer



Dr. Emid Nuñez Conde



PRIMERA CLINICA DE SALUD ÓSEA Y OSTEOPOROSIS 1994

Proyecto Pionero de Wellness en Puerto Rico



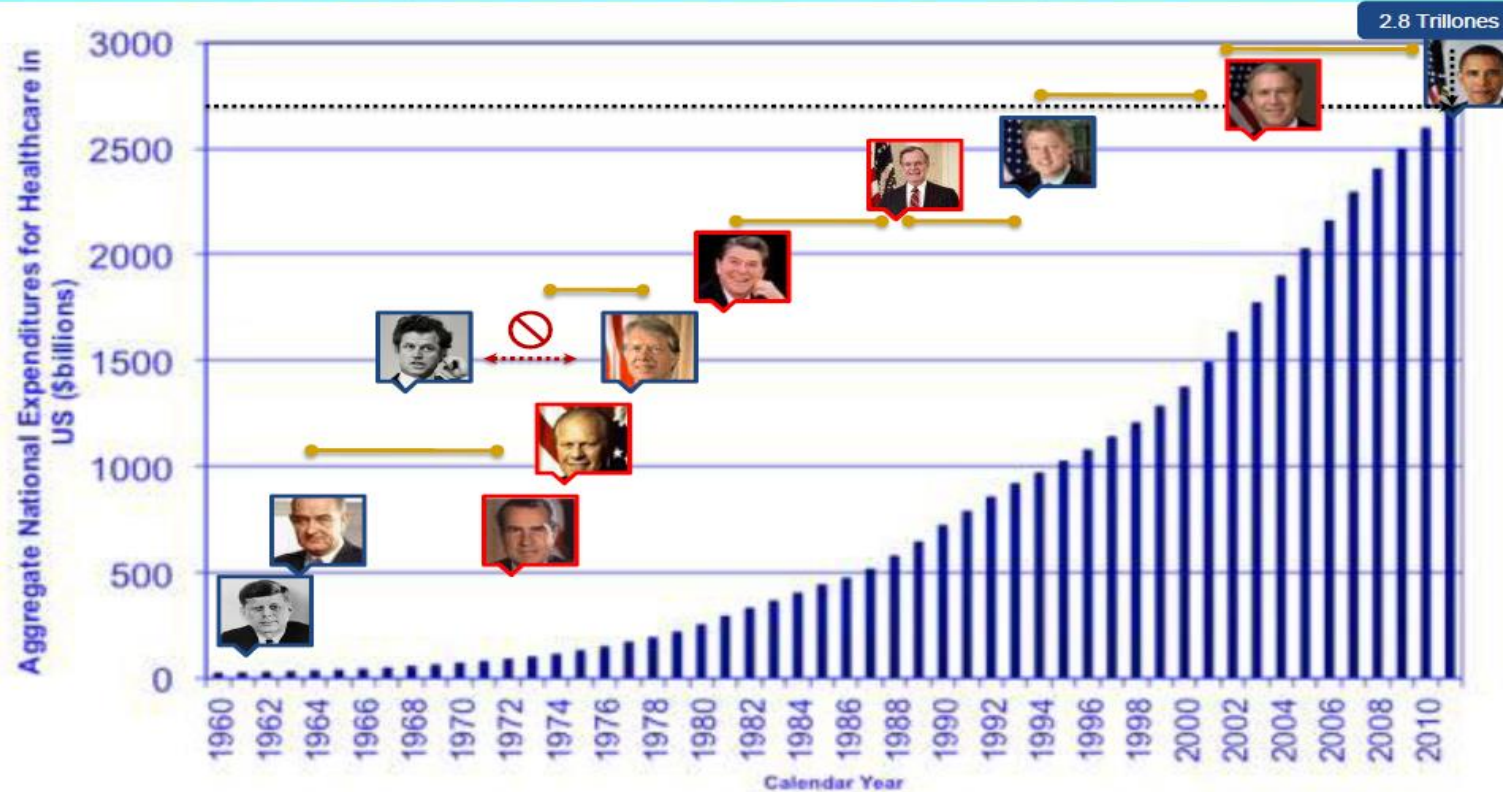
PRIMERA FERIA DE EDUCACIÓN SALUD ÓSEA Y OSTEOPOROSIS 1994

Programa de promoción de salud y bienestar de la clínica
"Aquí Educando sobre 2000 personas"





Gasto en Billones 1960-2010



HISTORY OF HEALTH SPENDING FROM 1960'S

The health system struggling US





Costo de Enfermedades Que son Prevenibles



Figure ES-1 :: Avoidable Treatment Costs and Output Losses, 2023

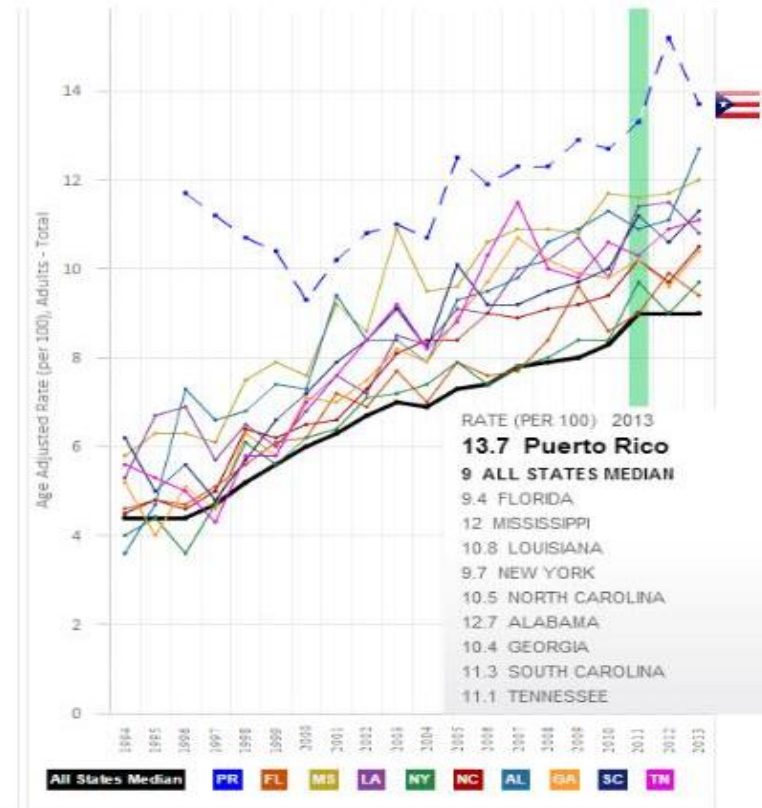
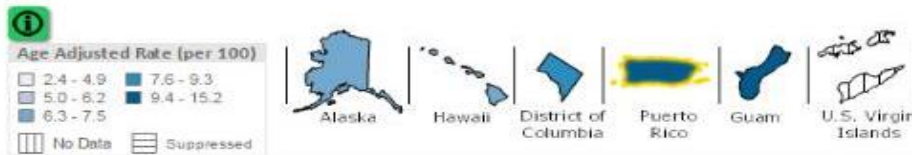


TREATMENT COST ON PREVENTABLE DISEASE

Diabetes 100 billions of dolars



2013



Prevalence of Diabetes 2013

Puerto Rico in the highest position

COMPONENTS OF THE CONSORTIUM

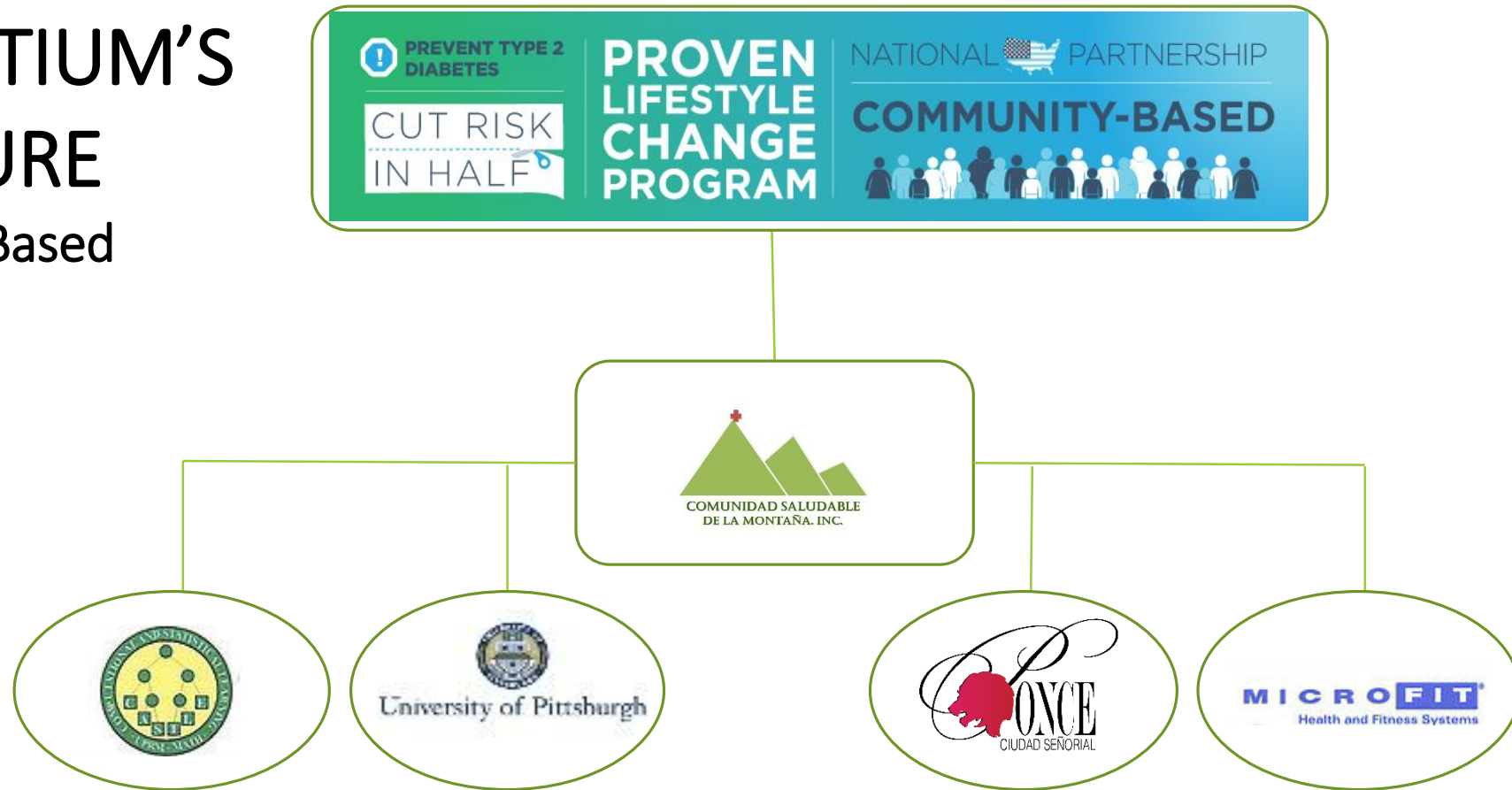
NATIONAL DIABETES PREVENTION OF PUERTO RICO

Legal Base

- **Comunidad Saludable de la Montaña** it is a non-profit organization run by the Centers for Disease Control and Prevention (CDC) for the implementation of the National Program for Prevention of Diabetes in Puerto Rico.
- Diabetes Prevention, promoted through public policy of [the amendment bill 4124](#) law known as the prevention of diabetes.
- In public policy from the National Institutes of Health is starting a program to encourage component which is a public - private consortium.
- To achieve the establishment of the program, the role of each person of the consortium is to promote, distribute and educate the public about the program of changing styles of life.
- Integration of private, public and government sector needs but especially in communities where the need because there are scarce services and economic inability of citizens to treatments such services in Puerto Rico.

CONSORTIUM'S STRUCTURE

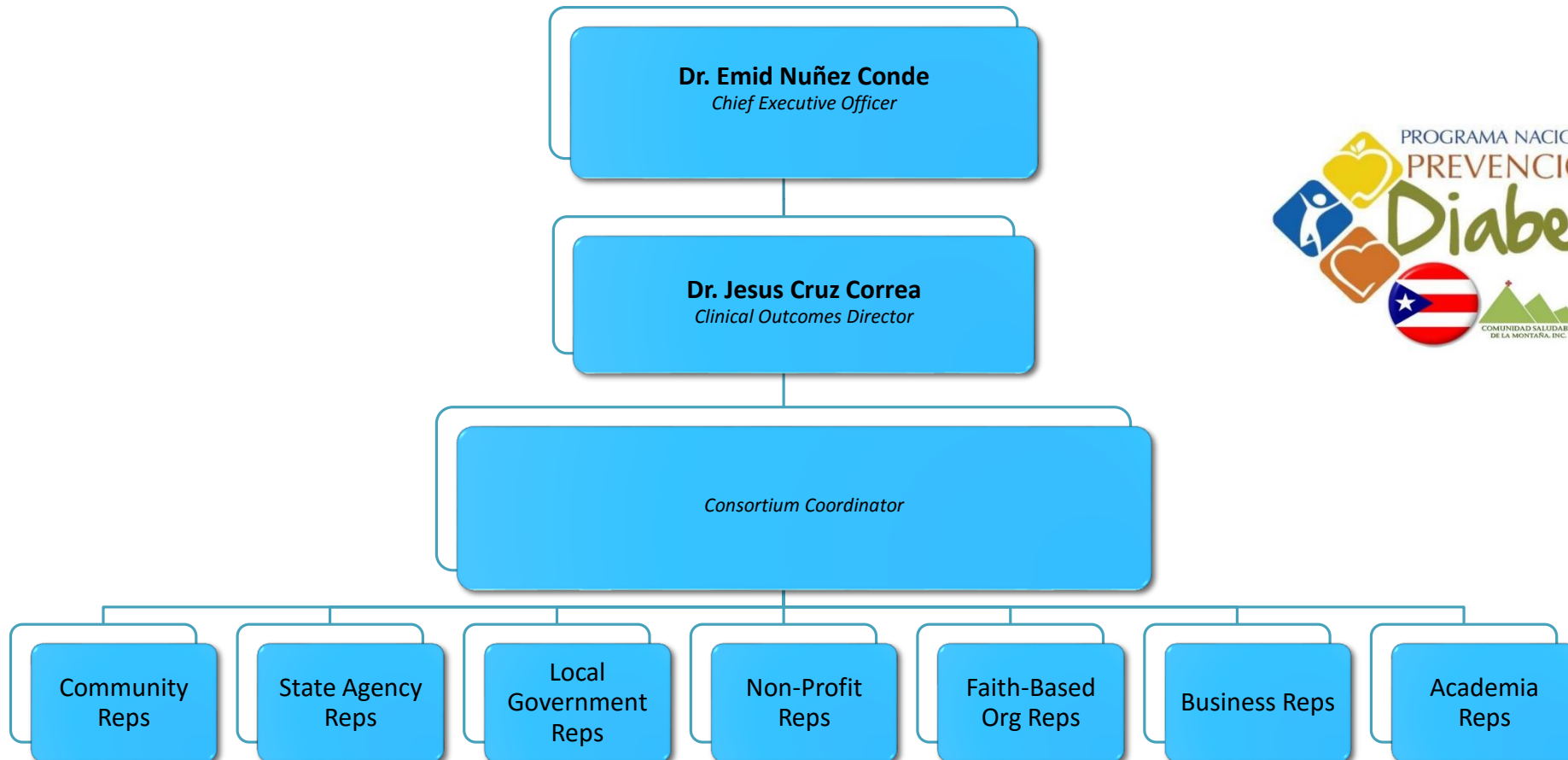
Community-Based



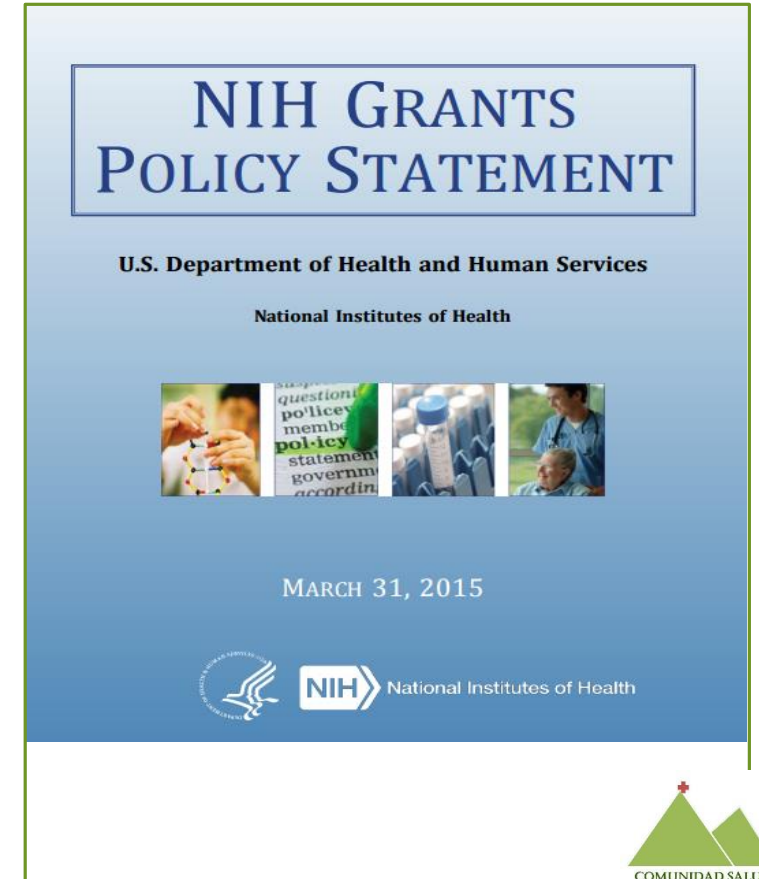
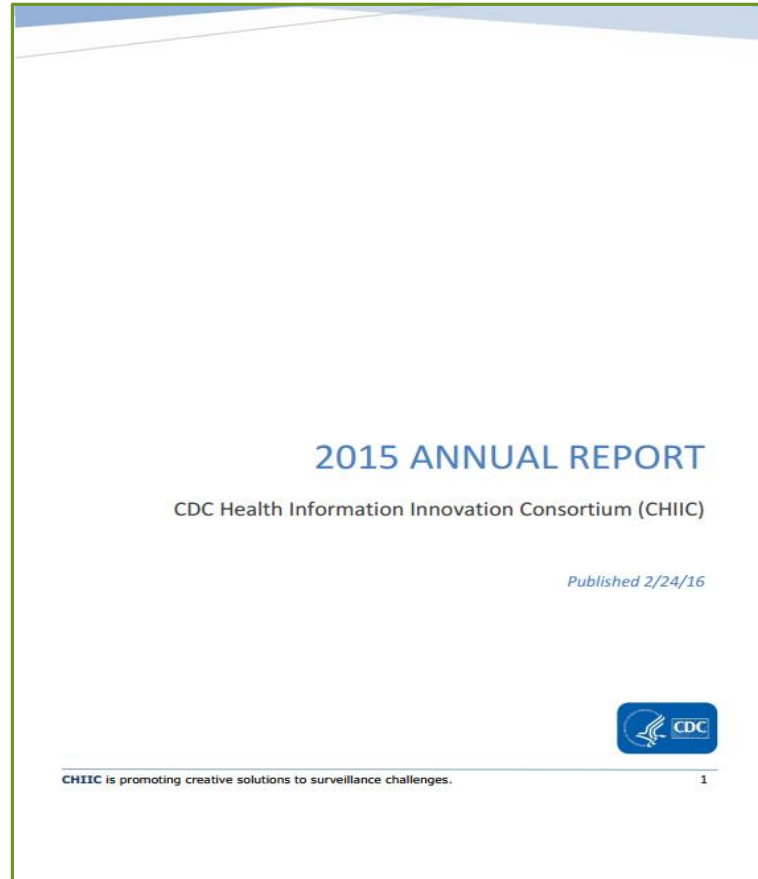
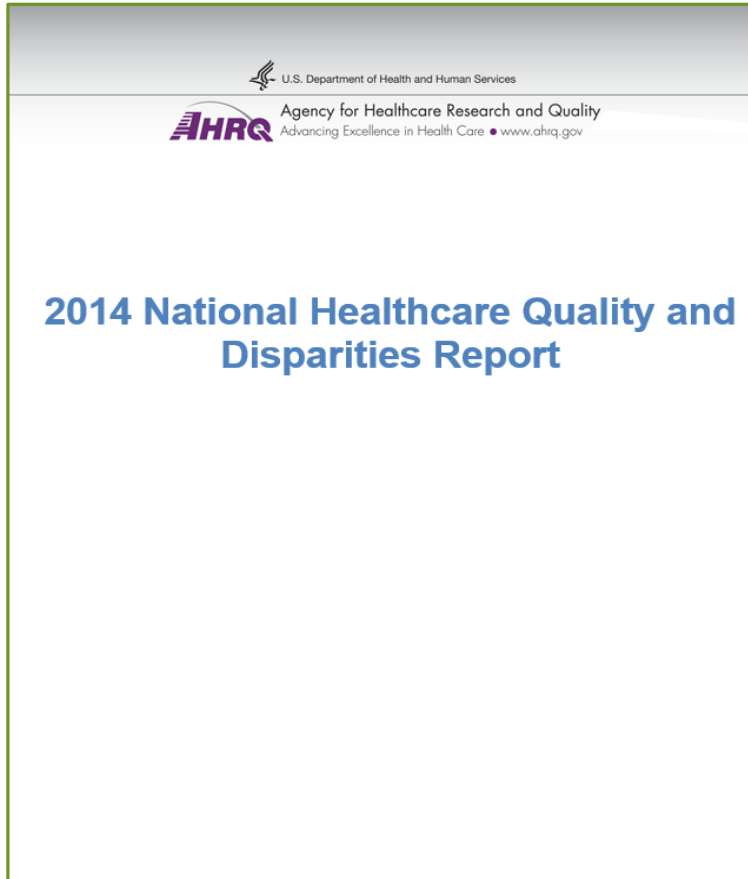
A Public Private Coalition



Consortium Structure



Concepts of Consortium in Federal Programs



Overview Consortium Agreements

CONSORTIUM AGREEMENTS NIH:

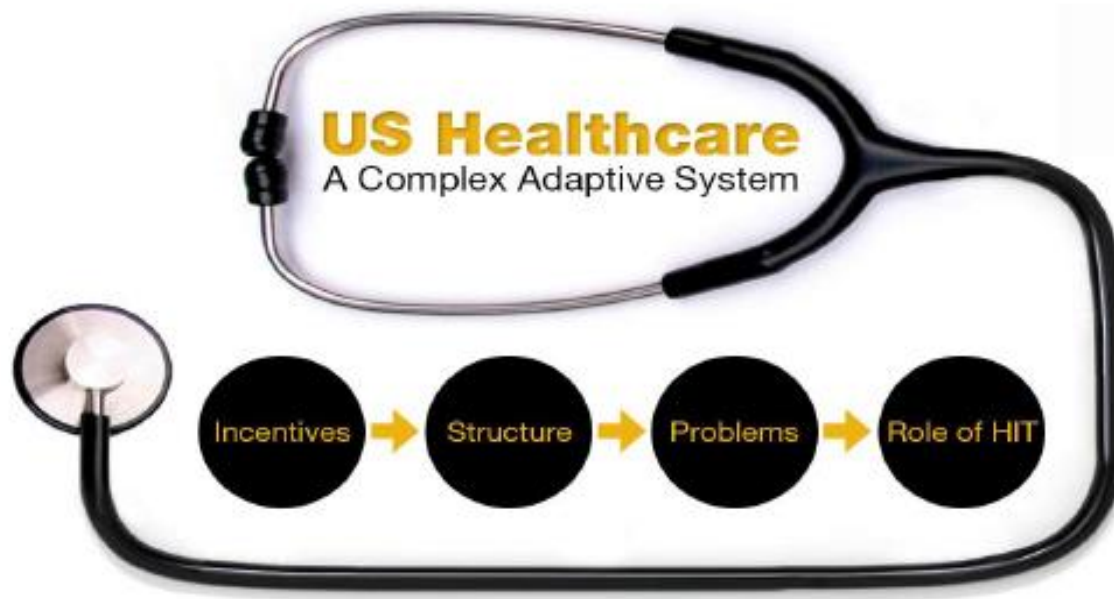
- Award of a Principal Investigator of the concessionary institution.
- Dealer should be able to schedule activities, manage, monitor and implement.
- **A letter of intent the participant.**
- Written agreement by all parties where there is a proposal. Commitment to policy of the concessionary institution.

- When have funds, be willing to audits.

Source: NIH Consortium Agreement 2015

3 Reasons Scientific Community to form a Consortium

Local systems silos lack synchronization services adapted to the problem of primary health of the nation, that is, to provide coordinated health services, continuous comprehensive care to more than 125 million Americans who suffer from chronic diseases.



Jerome H Grossman, MD, The Bridge, National Academy of Engineering, 2008

Population Health

These activities supported 4 essential elements:

1. Interventions based on scientific evidence,
2. Strategic use of staff,
3. Coherent communication, and
4. A strong infrastructure program.



Division of Population Health

CDC > [DPH Homepage](#)



POPULATION HEALTH
Leading the way to a healthier future.



The Division of Population Health is charged with managing programs that provide cross-cutting, chronic disease and health promotion expertise. Learn about our diverse programs by visiting the links below:

- Alcohol and Public Health
- Arthritis
- Behavioral Risk Factor Surveillance System
- Chronic Disease Indicators
- Chronic Obstructive Pulmonary Disease
- Coordinated Chronic Disease Program
- Epilepsy
- Health Related Quality of Life
- Healthy Aging
- Healthy Brain Initiative
- Inflammatory Bowel Disease
- Interstitial Cystitis
- Lupus
- Prevention Research Centers
- Psoriasis
- School Health
- Sleep and Sleep Disorders
- Workplace Health Promotion



PUBLICATIONS



REPORTS

Source: Voetsch K, Sequeira S, Chavez AH. A Customizable Model for Chronic Disease Coordination: Lessons Learned From the Coordinated Chronic Disease Program. [Erratum appears in Prev Chronic Dis 2016;13. http://www.cdc.gov/pcd/issues/2016/15_0509e.htm.] Prev Chronic Dis 2016;13:150509. DOI: <http://dx.doi.org/10.5888/pcd13.150509>

VP, International Project on Minorities



**Dr. Carlos Diosiris
Jimenez Escoto**

Coordinador
República
Dominicana
y
Haití de

Comunidad Saludable de la Montaña Inc.



Proyectos de Prevención de Diabetes
Telemedicine New Generation



Strategy Population Health

370,000 prediabetic people



600,000 diabetic people



Program Details

NATIONAL DIABETES PREVENTION

SCIENTIFIC EVIDENCE BASE

CDC recognized programs lifestyle change has been proven to work. They are based on research conducted by the National Institutes of Health.

They showed that people with prediabetes involved in a change program structured lifestyle can reduce your risk of developing type 2 diabetes by **58%** (**71%** for people over **60** years). This discovery was the result of the program to help people lose 5% to 7% of their body weight through healthier eating and **150 minutes** of physical activity a week. For a person who weighs 200 pounds, losing **5% to 7%** of their body weight it means losing **10 to 14 pounds**. You do not need a drastic weight loss to make a big impact.

Sources: Diabetes Prevention Program Research Group, Knowler WC, Fowler SE, Hamman RF, Christophi CA, Hoffman HJ, Brenneman AT, Brown-Friday JO, Goldberg R, **Venditti E**, Nathan DM. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *Lancet*. 2009;374(9702):1677–86. doi: 10.1016/S0140-6736(09)61457-4. Epub 2009 Oct 29.



Details on the Program National Diabetes Prevention

- *Approved curriculum with lessons, brochures* and other resources to help you make healthy changes.
- *A lifestyle coach, uniquely qualified to lead the program* to help you learn new skills, to encourage set and meet goals and stay motivated. The coach also facilitate discussions and help fun and engaging program.
- *A support group of people with similar objectives and challenges.* Together, you can share ideas, celebrate successes, and work to overcome obstacles.

During the first half of the program

- 16 consecutive weeks, six months.
- Eating healthy without giving up all the foods you like
- Add physical activity to your life, even if you do not think you have time
- Dealing with stress
- Addressing the challenges that can derail their hard like how to make healthy food choices when eating work out
- Back on track if you deviate from your plan-because everyone slips occasionally.

In the second half of the program

- Duration 6 months, six sections one each month.
- It will improve the skills you've learned so you can keep the changes you made.
- These sessions will review the key ideas, such as monitoring their diet and physical activity, setting goals, staying motivated and overcoming barriers.
- You can learn new information, too. Coach lifestyle and in small groups will continue to support you.

DISTRIBUTION PROGRAM

IN PERSON



ON LINE



COST

- The cost of participating in a recognized program CDC lifestyle change varies, depending on the location, organization offering, and type of program (in person or online). Contact the program you are interested to find out the cost.
- Some employers and insurance companies cover the cost of these programs. Check with your employer or insurance company to see if a program is covered.
- About 30 US states have adopted models of recruitment for the expansion of medicaid as part of their contracts to the health of the population.
- Depends on payment systems CMS, medicare and medicaid, on January 1, 2018 start paying
- Approximate cost: \$500

PROGRAMS AND LOCATIONS

- Health care clinics
- Community-based organizations
- Faith-based organizations
- Pharmacies
- Wellness centers
- Workplaces
- Cooperative Extension offices
- Continuing education programs based at the University

LIFESTYLE CHANGES COACHING SCHOOL OF PUERTO RICO

NATIONAL DIABETES PREVENTION



LIFESTYLE CHANGES

COACHING SCHOOL OF PUERTO RICO

Exclusive Sponsor By



CHANGES IN LIFESTYLE

TRAINING SCHOOL IN PUERTO RICO



LIFESTYLE CHANGES

COACHING SCHOOL OF PUERTO RICO

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PROGRAMA NACIONAL DE PREVENCIÓN PARA LA DIABETES DE PUERTO RICO



Plan for Puerto Rico

- Prevalence 15.7%
- Coaches 3,000
- 120 people
- 30 groups of 100 people
- Masters 20 -50



PROGRAMA NACIONAL DE PREVENCIÓN DE LA DIABETES DE PUERTO RICO

Programa Nacional de Puerto Rico



Elizabeth Vendetti Ph. D.

- Associate Professor of Psychiatry and Epidemiology University of Pittsburgh
- Dr. Elizabeth Vendetti now part of Team Diabetes Center since 1996.
- It is one of the most renowned scientists in the area of lifestyle changes.
- He participated in the studio for 10 years gave scientific basis for the curriculum used in the program.
- Currently he is driving a studio funded by NIH on cardiometabolic risk factors.
- Tube the opportunity to receive delivery of entertaining, simple and profound lessons about changing lifestyles of the University of Pittsburgh.
- We are building together the plan school coaches in Puerto Rico and wellness education and research center in Puerto Rico.



STAT CAMPAIGN

IMMEDIATELY PREVENT DIABETES



Prevent Diabetes **STAT**

Screen / Test / Act Today™

86 MILLION AMERICAN ADULTS HAVE PREDIABETES
9 OUT OF 10 PEOPLE WITH PREDIABETES DON'T KNOW THEY HAVE IT.*

csdlm.org

PATIENTS AND PARTNERS

HEALTH CARE PROFESSIONALS

EMPLOYERS AND INSURERS



Comer Sanamente



Comprar Saludable



Seguimiento Virtual

Prevenir de Inmediato la Diabetes



WEBSITE

LAUNCHING

NOVEMBER 14, 2016



SHORT DOCUMENTARY

EDUCATIONAL PLATFORM AND PROMOTION PROGRAM

MASS MEDIA AND ALTERNATIVE



La Sociedad Puertorriqueña de Endocrinología y Diabetología, Colegio de Médicos y CSDLM
¡URGEN DE TI!



Los pacientes de prediabetes haciendo la [Prueba del Cuestionario de la AMA y el CDC Pre Diabetes](#) (Con el apoyo tele facilitador de SEDPR, CM y CSDLM)



Pacientes con sospecha de prediabetes debe utilizar una de las tres pruebas de sangre.



Para acción inmediata a prevenir la diabetes mediante la derivación de pacientes con prediabetes al [programa nacional de prevención de la diabetes](#).

CLIMBING THE SUMMIT OF MOUNTAIN

GAMIFICATION PROGRAM

MOTIVATION PROGRAM VIRTUAL PHYSICAL FITNESS

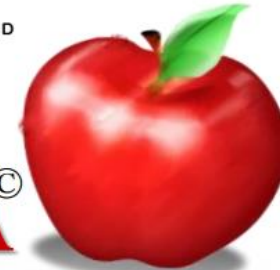


Producido Por de COMUNIDAD SALUDABLE DE LA MONTAÑA

CLIMBING TO HEALTH HILL, "SUBE LA CIMA" AND
MAKE NEW HORIZONS

AUTOR: DR. EMID A. NÚÑEZ CONDE

SUBE LA CIMA[©]



*Lifestyle Change Program, Nutrition And
Physical Fitness*



WEBSITE

Action Plan

STAT
CAMPAING

PILOT

COMMUNITY
PROGRAMS

DIABETES PREVENTION CONSORTIUM of Puerto Rico



NATIONAL CONSORTIUM FOR PREVENTION DIABETES

THANK YOU VERY MUCH!



PLAN DE ACCIÓN DDP 2016-2017



PROJECT/EVENT	DIABETES PREVENTION PROGRAM
ORGANIZER	CSDLM INC.

Plan de Acción del Programa de Prevención de Diabetes de Puerto Rico.

PROJECT PHASE	STARTING	ENDING
I. DPP	Agosto 2, 2016	Junio 30, 2017
II. PRODUCCIÓN VIDEO	Ag. 10 Rifa. Sept. 1,2,3,4, 2016 Grabación. Sept. 5 - 30 Edición	Septiembre 5, 2016
III. ESCUELA DE COACHES	Agosto 17, 18,19, 20 2016 TEAM. Oct. 7,8,9 y 10 2016 FIELD	Febrero
IV. CREACIÓN DE DEALERS	Agosto 2, 2016 Inicio,	Junio 30, 2017
V. COMIENZO ONLINE Y CLASES	Online: Nov. 17, 2016 en adelante Febrero 15, 16, 17, 2017	Febrero 6, 2017 Salón
VI. CAMPAÑA STAT	Precampaña: Oct. 18 a Nov. 15 2016. Screening Nov. 14 - 19	Nov. 16, 2016 Dia Mundial de la Diabetes
VII. SUBE LA CIMA	Programa de Gamificación para motivación.	Retos - Logros. Turismo de salud

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