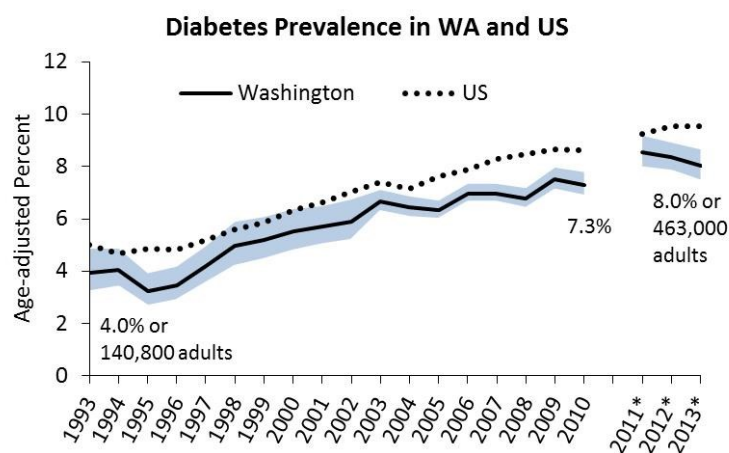


# IMPROVING OUTCOMES FOR PATIENTS WITH DIABETES

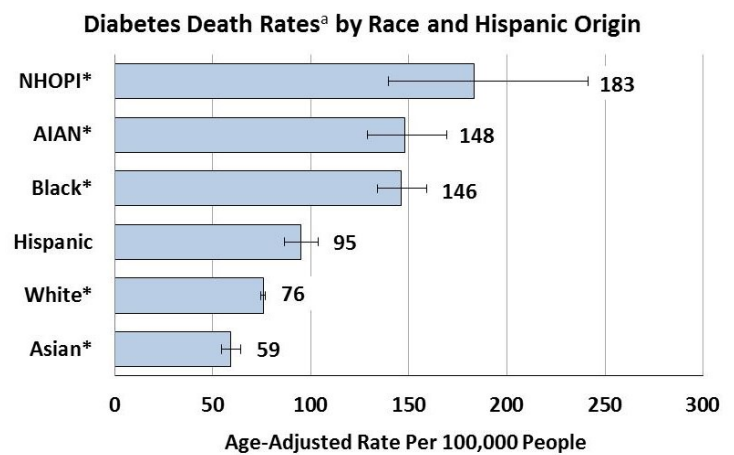
from the Washington State Diabetes Epidemic and Action Report

## Diabetes Care Providers Can Help Reduce Washington State's Diabetes Epidemic

At the direction of the Washington State Legislature, the Department of Health, Health Care Authority, and Department of Social and Health Services collaboratively authored the [Diabetes Epidemic and Action Report](#), the first report of its kind. This report provides data about the state of diabetes in Washington and offers guidance for how partners (community organizations, diabetes care providers, governmental agencies, health plans, and many others) can reduce this epidemic and improve outcomes for people with diabetes.



Source: Washington State and US Behavioral Risk Factor Surveillance System Surveys, 1993-2013.  
\*Data not comparable to earlier years due to changes in methods of collecting and analyzing data.



Source: Washington State Death Certificates, 2010-2012. Abbreviations: AIAN, American Indian/Alaska Native; NHOPI, Native Hawaiian/Other Pacific Islander.  
\*Deaths with any mention of diabetes as a listed cause of death. \*Non-Hispanic, single race only.

Providers can help improve outcomes for their patients with diabetes by taking the following actions:



1. Refer Patients to Diabetes Self-Management Education (DSME)
2. Refer Patients to Oral Health Care Providers
3. Refer Patients to Chronic Disease Self-Management Education Programs (CDSME)
4. Coordinate Care for both Mental and Physical Health
5. Emphasize Hypertension Control

## Diabetes Education Resources

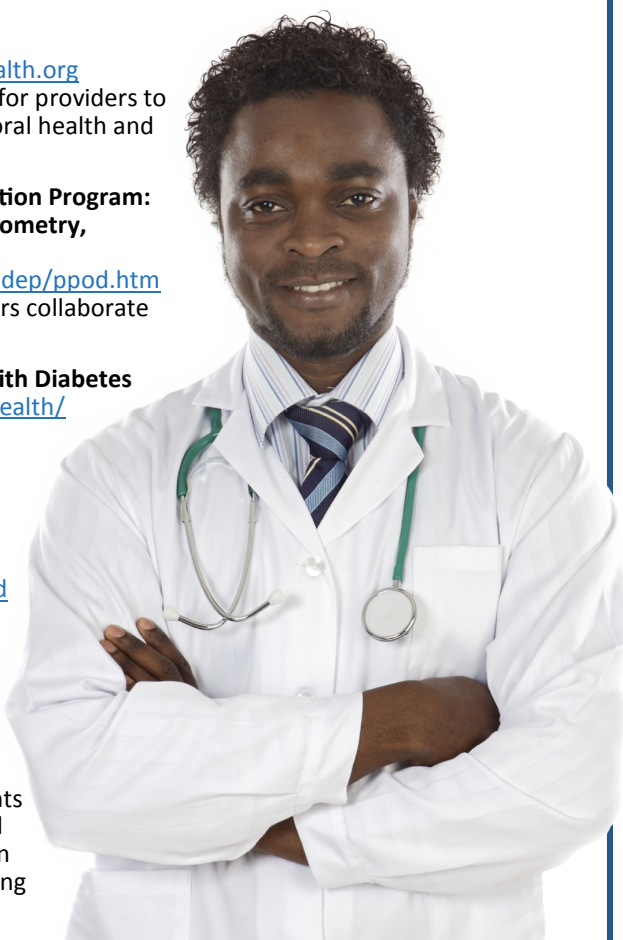
- **DSME Reimbursement for Medicare**  
[www.cmspulse.org/resource-center/health-topics/diabetes/documents/DSME-Toolkit.pdf](http://www.cmspulse.org/resource-center/health-topics/diabetes/documents/DSME-Toolkit.pdf)
- **DSME Reimbursement for Medicaid**  
Contact Alexandro Pow Sang at the Washington State Department of Health at (360) 236-3750 or [alexandro.powsang@doh.wa.gov](mailto:alexandro.powsang@doh.wa.gov)  
[www.doh.wa.gov/](http://www.doh.wa.gov/)
- **Diabetes Education and Prevention Program Referrals**  
<http://WIN211.org/> or dial 211, or contact the Washington Association of Diabetes Educators  
[www.wadepage.org](http://www.wadepage.org)
- **Find a Diabetes Educator**  
[www.diabeteseducator.org/](http://www.diabeteseducator.org/)

## Self-Management Resources (CDSME)

- **Find a Licensed CDSME Program in Your Area**  
[www.patienteducation.stanford.edu/organ/cdsitewashington.html](http://www.patienteducation.stanford.edu/organ/cdsitewashington.html)
- **Living Well**  
[www.livingwell.doh.wa.gov](http://www.livingwell.doh.wa.gov)

## Oral Health Resources

- **Smiles for Life**  
[www.smilesforlifeoralhealth.org](http://www.smilesforlifeoralhealth.org)  
An educational resource for providers to help with integration of oral health and primary care.
- **National Diabetes Education Program: Pharmacy, Podiatry, Optometry, and Dentistry Toolkit**  
[www.cdc.gov/diabetes/ndep/ppod.htm](http://www.cdc.gov/diabetes/ndep/ppod.htm)  
This toolkit helps providers collaborate with the care team.
- **Dental Tips for People with Diabetes**  
[www.nidcr.nih.gov/oralhealth/topics/diabetes](http://www.nidcr.nih.gov/oralhealth/topics/diabetes)  
Oral health resources in English and Spanish for patients with diabetes.
- **Finding Dental Care**  
[www.doh.wa.gov/YouandYourFamily/OralHealth/FindingDentalCare](http://www.doh.wa.gov/YouandYourFamily/OralHealth/FindingDentalCare)  
Resources for helping patients find dental care.
- **Living with Diabetes**  
<http://bit.ly/1BCCE7t>  
A brochure to help patients with diabetes understand why good oral health is an important part of managing their diabetes.



## Mental Health Resources

- **Screening, Brief Intervention and Referral to Treatment**  
[www.wasbirt.com/content/clinical-resources](http://www.wasbirt.com/content/clinical-resources)  
Clinical SBIRT resources including tools, clinic posters, training, reimbursement guidance, and more.
- **Clinical Practice Mental Health Screening Tools**  
[www.integration.samhsa.gov/clinical-practice/screening-tools](http://www.integration.samhsa.gov/clinical-practice/screening-tools)  
Tools for screening for a variety of mental health problems.

## Evidence-Based Guidelines

- **American Diabetes Association: Standards of Medical Care in Diabetes** <http://diabetes.org/>

## Hypertension Resources

- **Improving the Screening, Prevention, and Management of Hypertension**  
[www.doh.wa.gov/hypertension](http://www.doh.wa.gov/hypertension)  
An implementation tool for clinic practice teams.
- **Improving Blood Pressure Control**  
The [2015 M.A.P. for Improving BP Control](#)  
American Medical Association Resources. *(log-in required)*
- **Million Hearts Action Guide Series**  
<http://millionhearts.hhs.gov/resourcesactionguides.html>  
Evidence-based strategies for improving cardiovascular health.



**Heart Disease, Stroke, and  
Diabetes Prevention Program**  
(360) 236-3799  
[www.doh.wa.gov](http://www.doh.wa.gov)

**Washington State Diabetes Network**  
(360) 236-3677  
[diabetes@doh.wa.gov](mailto:diabetes@doh.wa.gov)  
[www.diabetes.doh.wa.gov](http://www.diabetes.doh.wa.gov)



For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1- 800-525-0127 (TDD/TTY 711).

Download the full  
Diabetes Epidemic and Action Report  
[www.doh.wa.gov/DEAR](http://www.doh.wa.gov/DEAR)