

DOUGLAS DIABETES WORKING GROUP MEETING

Wednesday, May 5, 1999

5:00-7:00pm

First Presbyterian Church

760 10th Street

Douglas, Arizona

The meeting began with introductions. Dr. Tim Flood presented data from the Douglas Diabetes Survey Final Report. Presentation slides reviewed study objectives, study methods, and selection of participants in the survey. Data was gathered to:

- profile the health care of residents,
- document the prevalence of diabetes, and
- identify opportunities for intervention.

Keeping these objectives in mind, the study results presented included related topics of demographic profile, education level, insurance status, place of health care, body mass index (BMI) classification, physical activity, smokers, and dietary factors, as well as information on diabetes prevalence. Essentially, the survey found that:

- 70% of participants were Spanish speaking.
- 34% were uninsured.
- 23% were insured by Medicaid.
- 21% sought care in Mexico.
- 38% were overweight and 36% were obese.
- 67.4% of the sample characterized as "not (physically) active".
- 75% of participants did not know that 5 or more servings of fruits and vegetables should be eaten each day.
- Of 119 known diabetics surveyed, 87 (73%) did not have their blood sugar under control (glucose level over 126mg/dl).
- 17.4% of the remaining survey population showed a glucose level of 126mg/dl and over.

In follow-up contacts with individuals who were not known diabetics but had a glucose result of 126mg/dl and over,

- 80 had not seen a physician.
- 61 had seen a physician, resulting in 13 new cases of diabetes.

The estimated prevalence rate of diabetes mellitus in the community is 24.2% of people over 45, and 7.8% of those between 20 and 44 (for more information, see attached slides).

Limitations of the study were presented and included:

- gender distribution was not representative,
- mostly random glucose tests, under-estimation of portable glucometers, and
- survey design was not diagnostic.

After the presentation, the group discussed these limitations in some detail. Discussion examined one hypothesis which could have resulted in an over-representation of diabetics, as well as a second hypothesis that could have resulted in an under-representation of diabetics.

There was also discussion of the definition of physical activity and the definition of hyperglycemia (fasting versus random testing). Dr. Flood and Dr. Michael Lebowitz commented that physical activity was a difficult concept to capture in a survey and that every effort was made to create the best possible criterion

in consultation with the nation's foremost experts on the subject. Dr. Lebowitz also stated that, for survey purposes (not diagnostic purposes), random glucose levels over 200 were typically considered diabetic cases. Dr. Flood also stated that it was simply impractical, given the study's resources, to obtain all fasting tests.

Dr. Yull Arriaga raised the issue of Type II diabetes he sees in a population of teenagers, which were not included in the survey sample. He expressed an interest in intervening in that population. The group agreed that it is important to start prevention among children even younger than teenagers and emphasized the importance of developing school-based programs.

At this point, Jill de Zapien asked the group to brainstorm ideas for data dissemination and next steps. A number of people volunteered to coordinate different tasks:

1. Press Release-Molly Sweeney and Rosa Ortega
 - Newspaper
 - Radio
2. Schools-Yolanda Caruso, Dr. Rodriguez, Lucy Spikes
 - Presentation to the School Board-Yolanda
 - Policy Issues
 - Physical education classes in curriculum?
 - Nutrition and exercise curriculum?
 - Curriculum models-Jill de Zapien and Katie Careaga
3. Presentation to the City Council-Lucy Spikes, Carol Huddleston, and Mike Ortega
 - Dr. Flood will send ideas of policy issues they could be asked to address
 - For example:
 - How walking-friendly is the community?
 - Will they support an aerobic instructor?
 - Will they institute wellness programs among city employees?
 - Will they designate a Wellness Week and fund activities?
4. Presentation to the Board of Supervisors-Ginger Ryan and Diane Poppe
 - Policy Issue: Resources for treatment
5. Presentation to the Hospital Board--Diane Poppe
 - Policy Issue: resources to care for uninsured diabetics
6. Presentation at Chamber of Commerce-Rosa Ortega
7. Diabetes Conference/Class via Telemedicine
 - Dr. Rodriguez will discuss the idea with the University of Arizona telemedicine program.
 - Best Practices-Dr. Arriaga is willing to participate and work with the County

Arizona Department of Health Services and the University of Arizona will provide any needed technical assistance in preparations of presentations. Members of the work group will support presentations with their presence. Coordinators of the different activities will inform groups when dates have been set for the presentations.

submission, the Training Meeting held on February 6, 1999 with Carmen Ramirez, School Health Advisory Board activities, and the progress of the diabetes survey being conducted in Agua Prieta. The Sonoran data collection is making substantial progress-they have collected about 700 surveys and are hoping to get 1000.

The group was briefly updated on Chiricahua Community Health Center's Rural Health Outreach grant