

Welcome to our session

Addressing Diabetes in Arizona: From Plan to Action



An Independent Licensee of the Blue Cross Blue Shield Association

Health
Choice



Speakers

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Chief Medical Officer

Blue Cross Blue Shield of Arizona

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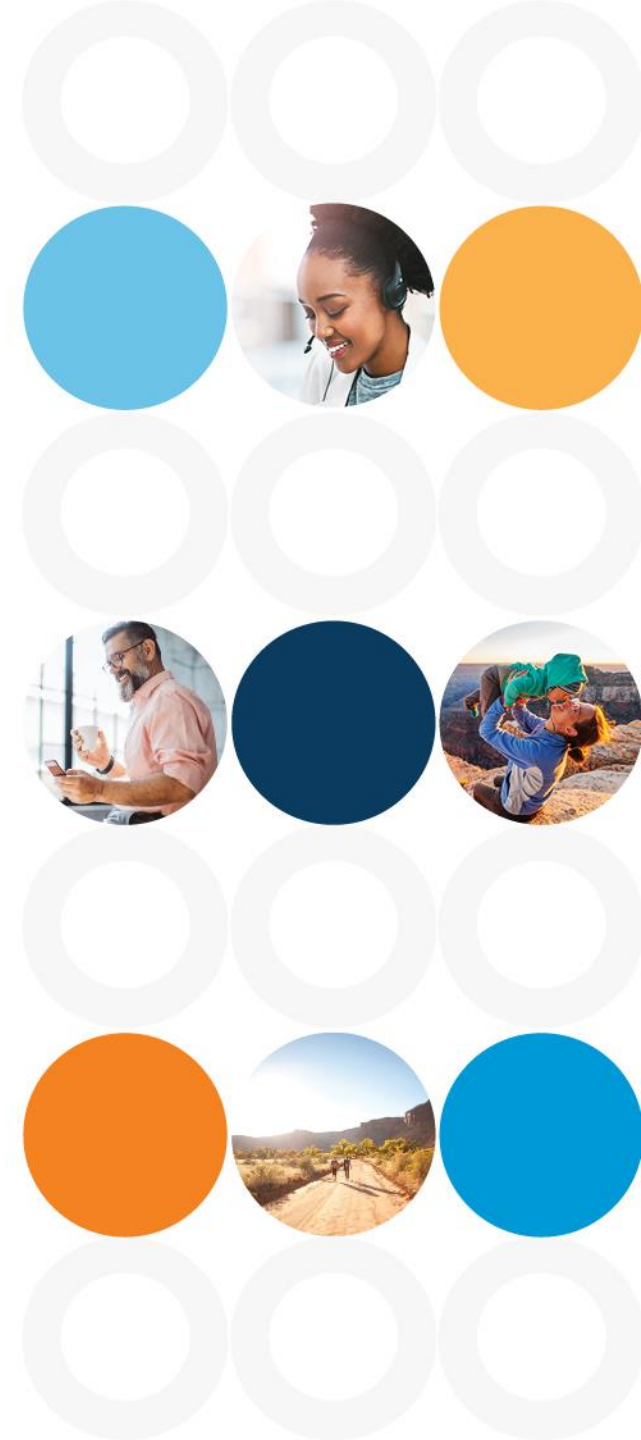
American College of Lifestyle Medicine



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Addressing Diabetes in Arizona: From Plan to Action

Cara Christ, MD, MS
Chief Medical Officer
Blue Cross Blue Shield of Arizona



Blue Cross Blue Shield of Arizona



Fast Facts:

- Non-profit health plan
- 80+ years serving Arizonans
- 2+ million members
- Medicaid, Medicare, Federal Employee Program, ACA Exchange, Commercial Groups and Self-Funded Clients
- The Blue Cross Blue Shield of Arizona Foundation for Community & Health Advancement

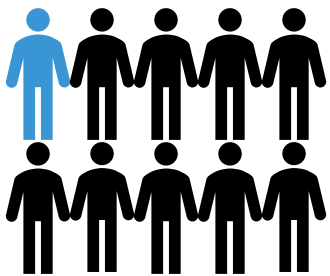


At a Glance: Diabetes in Arizona

1 in 3
Arizonans have
PRE-DIABETES



1 in 10
Arizonans have
DIABETES



DIABETES COSTS IN ARIZONA

5.1

Direct Medical Costs (doctor visits, medications, supplies, hospital care)

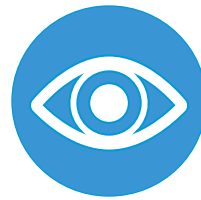
+ 1.7

Indirect Costs (absenteeism, lower work productivity, early disability)

\$6.8

**BILLION DOLLARS IN
DIABETES RELATED COSTS**

DIABETES creates higher risks for:



Blindness



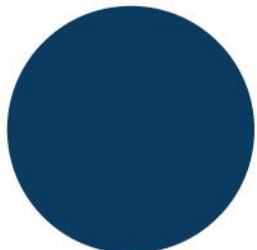
Heart
Disease



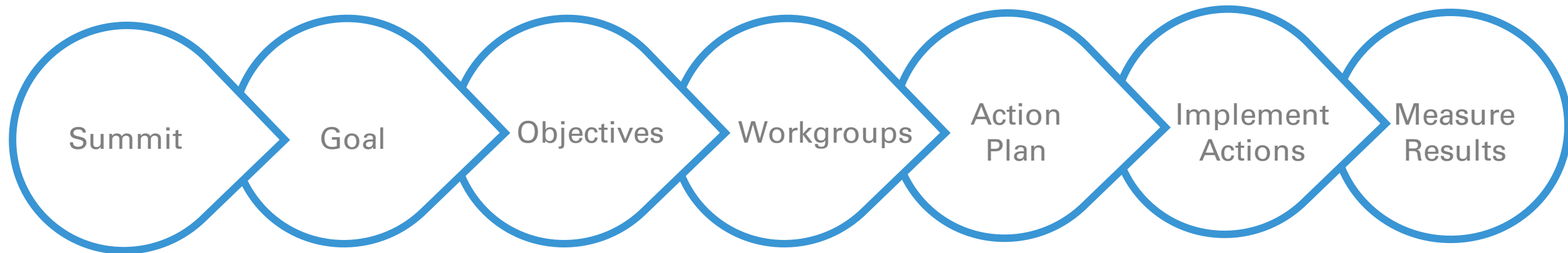
Loss of toes,
feet or legs



Death



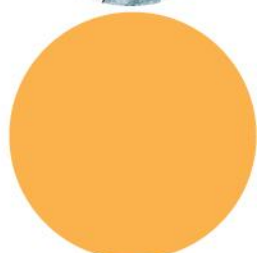
Action Planning Process



GOAL:
reduce progression
of diabetes by
25%
by 2025

Objectives:

- Reduce hemoglobin A1c levels
- Increase engagement of members living with diabetes
- Increase provider coordination and accessibility
- Reduce disparity of outcomes among members
- Monitor metrics to measure improvement in health outcomes



Prevention and Screening

While nothing can be done to prevent type 1 diabetes, there are steps anybody can take to minimize the risk of developing type 2 diabetes – or manage it after it has already developed.



Type 2 Diabetes Risk Test

It's never too late to steer yourself away from type 2 diabetes. It just requires making some healthy adjustments in your routine. Knowing if you're at risk is a powerful way to start.

[Take the Test](#)



Blue Cross Blue Shield of Arizona @BCBSAZ · Jun 30

Diabetes can affect your body in many ways. But don't be afraid - proper management of your #diabetes can help prevent or delay any of these effects.

For more resources on living well with diabetes, head over to azblue.com/diabetes

Blue Cross Blue Shield of Arizona

For those with #prediabetes, 5-7% weight loss and 150 minutes of exercise per week can reduce your risk of developing diabetes by 58% (71% for people over 60 years old), according to the CDC.

For more information visit: <https://bit.ly/35oY0Gy>

#diabetes #type1 #type2 #insulin #diabetesprevention

Healthy Habits for Diabetes Prevention



- Avoid or limit highly processed foods
- Choose water over sugary drinks
- Eat a well-balanced diet
- Exercise regularly



Learn more at:
azblue.com/diabetes



August 2

Staying cool during the hottest time of the year is important for everyone, but especially for those who have #diabetes. The summer heat is climbing, so make sure to check your blood sugar more often to make sure it is in target range and follow these tips to stay cool, hydrated, and healthy!

#bloodsugar #diabetesmanagement #summerheat #highbloodsugar #lowbloodsugar #insulin #weather #heat #hydration



Prior to being active outdoors, make sure to check your blood sugar before, during, and after your activity.

Prediabetes Risk Test



1. How old are you?

- Younger than 40 years (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years or older (3 points)

2. Are you a man or woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

See chart at right

Total Score:

Write your score in the boxes below

Height	Weight (lbs.)		
4'10"	115-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-178	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your healthcare provider can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your healthcare provider to see if additional testing is needed. In general, it is recommended to see provider at least once a year.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your

#AZHCCHealth 2023



Cree su plato sano

Con las pautas generales de la derecha, trabaje con su proveedor, dietista o educador certificado en diabetes para crear su plan de nutrición individualizado.

CREE SU PLATO SANO

Para porciones precisas, use un plato de 9 pulgadas y prepare porciones de aproximadamente el tamaño de su palma y el grosor de una tarjeta de crédito.

Encuentre un experto en nutrición cerca suyo



Las opciones de bebidas adicionales incluyen: Agua, té helado sin endulzar y café.

VERDURAS SIN ALMIDÓN

- Frijoles verdes frescos, congelados o enlatados
- Brécoli
- Pimientos
- Tomates
- Champiñones
- Espárragos
- Hojas verdes
- Pimientos
- Cebollas
- Remolachas
- Coles de Bruselas
- Quinoba
- Zanahorias

PROTEÍNAS MAGRAS

- Pavo
- Pechuga
- Mariscos
- Carnes magras de carne de res y cordero
- Tofu
- Huevos
- Quesos bajos en grasa

GRANOS Y ALMIDONES

- Panes integrales, cereales, galletas saladas, pasta
- Crema de trigo o avena
- Arroz integral, pastillas de maíz
- Chocamix
- Papas
- Zapallo
- Frijoles y legumbres

LECHE Y YOGUR

- Descremada o leche baja en grasa
- Yogur descremada o bajo en grasa
- Leche de soya natural

FRUTAS

- Frescas
- Congeladas
- Enlatadas en jugo 100% de fruta

American Diabetes Association Partnership – Project Power

 **Blue Cross Blue Shield of Arizona** @BCBSAZ · Jul 5

In partnership with the @AmDiabetesAssn BCBSAZ has brought no-cost/free diabetes prevention and self-management programs to Arizona called Project Power. ❤️ Learn more in our blog: bit.ly/46BtyKH and sign up today! #diabetes #ADA #blog #free #courses #arizona #health



Project Power
FREE Diabetes Healthy Lifestyle Programs for Adults and Youth
Visit: <https://diabetes.org/get-involved/community/project-power>

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PROJECT POWER

 American Diabetes Association
Connected for Life.



TYPE 2 DIABETES.

PROJECT POWER
A no-cost, diabetes lifestyle change and risk reduction education program.

Blue Cross Blue Shield of Arizona has partnered with the American Diabetes Association to bring Project Power to Arizona.

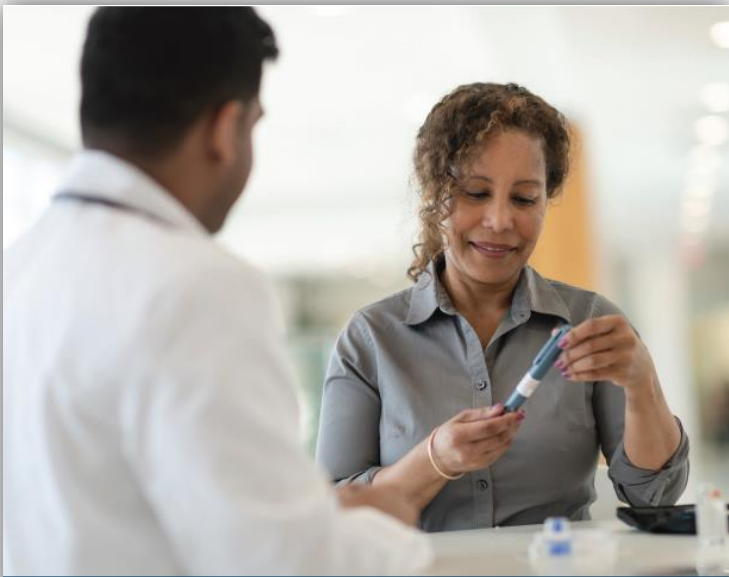
Project Power has eight sessions delivered remotely, over 12 weeks, at your convenience. Plus, there is no cost to participate!

Register today: diabetes.org/ProjectPower | Referral Code: A-1010

www.diabetes.org/projectpower





My Diabetes

Workbook/Action Plan



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What is diabetes?

Diabetes is a chronic condition in which the body is unable to properly utilize food (carbohydrates) for energy, resulting in too much sugar in the blood. There isn't a cure yet for diabetes, but with lifestyle changes and proper management, people with diabetes can live long, healthy lives and continue doing activities they enjoy.

HOW DO I MANAGE MY DIABETES?

Eating a healthy diet, staying physically active, and monitoring your condition are important steps to managing diabetes. However, not everyone manages diabetes the same way so it's important to work closely with your doctor. Getting started can feel overwhelming – this booklet is designed to help equip you with knowledge, tools, and resources that will support you in your unique health journey.

SET YOURSELF UP FOR SUCCESS

Work with your healthcare team to create an individualized plan that works for YOU and YOUR diabetes. Appropriate nutrition and lifestyle changes, along with medication and regular screenings and monitoring, can help you better manage your diabetes and may reduce the risk of developing diabetes-related complications.

LET'S BEGIN YOUR ACTION PLAN!

- Monitoring 4
- Nutrition 9
- Physical Activity 10
- Health Screenings 11
- Travel Recommendations 12
- Information at a Glance 13

SECTION 1 Monitoring

Monitoring your blood sugar levels is an important part of managing your diabetes. Your numbers enable you and your healthcare team to determine how your diet, medication, and physical activity impact your blood sugar levels, and to adjust your overall care plan as needed.

HEMOGLOBIN (A1C OR HBA1C)

This blood test estimates your average blood sugar levels over the past 3 months. The American Diabetes Association (ADA) recommends an A1C of less than 7.0% for most adults, but discuss your individual A1C goal with your doctor as they might suggest a different goal for you.

- Have your A1C checked by your doctor every 3-6 months**, or as recommended by your doctor.
- High A1C readings over time can increase your risk of developing diabetes-related complications. An A1C greater than or equal to 8.0% may signify unmanaged diabetes.
 - If your A1C is high despite following your recommended treatment plan, talk with your doctor about considering changes to your plan.

My A1C goal is: _____
 My A1C scores: _____
 Date: _____



Innovative Programs



Food as Medicine



Medication Management



Peer Support







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Thank you

Please complete this survey:



Coming up next:
December 6, 2023
12 – 1 pm

Emerging Infectious Disease:
What's Ahead in Arizona