

# Screening Seniors for Diabetes: Why and How?

6th Annual National Summit

National Minority  
Quality Forum

Jay Hedlund  
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Washington, DC



A National Drive to  
Find the Undiagnosed

**MedicareDiabetes**  
Screening Project

# The Medicare Diabetes Screening Project: Our National Partners

## Partners:

Administration on Aging

America's Health Insurance Plans – AHIP

American Academy of Family Physicians

American Academy of Physician Assistants

American Association of Diabetes Educators

American Clinical Laboratory Association

American College of Physicians

American Diabetes Association (Co-Chair)

American Dietetic Association

American Medical Association

American Optometric Association

Avalere Health

Center for Health Transformation

Disease Management Association of America

Healthcare Leadership Council (Co-Chair)

Healthways

National Association of Manufacturers

National Association of Area Agencies on Aging

National Association of State Units on Aging

National Black Nurses Association

National Council on Aging

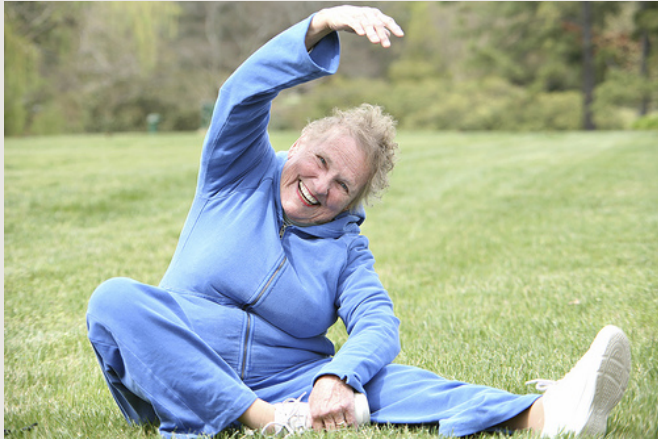
Novo Nordisk Inc. (Co-Chair)

Nurse Practitioner Healthcare Foundation

Preventive Health Partnership

Vision Service Plan - VSP

# Medicare Diabetes Screening Project Goals



- Increase usage of Medicare's benefits for diabetes screening (baseline is 10%)
- Encourage federal, state and local agencies to make diabetes screening a priority
- Develop grassroots outreach efforts to reach seniors and providers
- Message: Talk to your doctor about free diabetes screening in Medicare

# A Statistic That Startled the World

- One in three children born in the year 2000 will develop diabetes in their lifetimes



# But Who is Most At-Risk for Diabetes Now?



# The Future Is NOW!!!

- 1 in 3 will develop diabetes in their lifetime (prediction made in 2003)



- 1 in 3 have diabetes NOW (2009 study data)



## Question: Of the 1 in 3 aged 65 and Older Who Have Diabetes, How Many Don't Know It?

A. 12%

B. 23%

C. 35%

D. 46%

**Question: What percentage of adults ages 65 and older have pre-diabetes?**

**A. 20%**

**B. 25%**

**C. 30%**

**D. 40%**

# To Summarize Where We Are

- **Diabetes has reached epidemic proportions in the US**
- **Of all age groups, the highest percentages of diabetes and pre-diabetes are among seniors**
- **32% of seniors have diabetes; about half of them don't know it**
- **An additional 40% have pre-diabetes; most don't know it**
- **72% of aged Medicare beneficiaries have diabetes or pre-diabetes. Is the situation hopeless?**

# There Is Hope

- For prevention



- For early diagnosis and treatment



# Detection of Pre-Diabetes Is an Opportunity



# A Fact Worth Repeating

**People age 60 and older with pre-diabetes can lower their risk of developing diabetes by 71% -- by walking 30 minutes 5 days a week and making a modest change in their diet to lose small amounts of weight.**

# Early Detection of Diabetes Is an Opportunity



# Diabetes **Detection** and **Intervention** Works

- **Detecting and treating diabetic eye disease can reduce the development of severe vision loss by 50% - 60%.**
- **Comprehensive foot care programs can reduce amputation rates by 45%-85%.**
- **Detecting and treating early diabetic kidney disease by lowering blood pressure can reduce kidney function decline by 30% - 70%.**

# The First Step Is Screening

- **Since 2005, Medicare has covered free, annual screening for beneficiaries at risk for diabetes.**
- **In 2005 and 2006, fewer than 10% of Medicare beneficiaries were screened for diabetes.**

# Diabetes Screening under Medicare

- **Once per year for beneficiaries 65 years of age or older with any one of the following risk factors:**
  - High Blood Pressure
  - High Cholesterol
  - Obesity or overweight (BMI >25)
  - Family history of diabetes
  - History of gestational diabetes or giving birth to a baby weighing >9 lbs
- **Two screening tests per year for those identified to have pre-diabetes**

# Diabetes Screening under Medicare

- **No co-payment or deductible required**
- **Ordered by a:**
  - Physician
  - Physician's assistant
  - Nurse practitioner
  - Clinical nurse specialist
- **Fasting Plasma Glucose (PPG) or**
- **Oral Glucose Tolerance Test (OGTT)**



# So What Needs to Be Done?

- **Create awareness of risk, the need for screening, and the free benefits available from Medicare**
- **Reach out to the public and to doctors, nurses, pharmacists and other health care providers**
- **Get a variety of civic and community leaders engaged and involved**

# MDSP Pilot Projects to Promote Screening

- *Here is a video case study of how a community – Columbus, Georgia – has come together to promote diabetes screening in Medicare*
- *This experience – and the experience in MDSP's other pilot areas can serve as a template for grassroots promotion for diabetes screening and prevention*

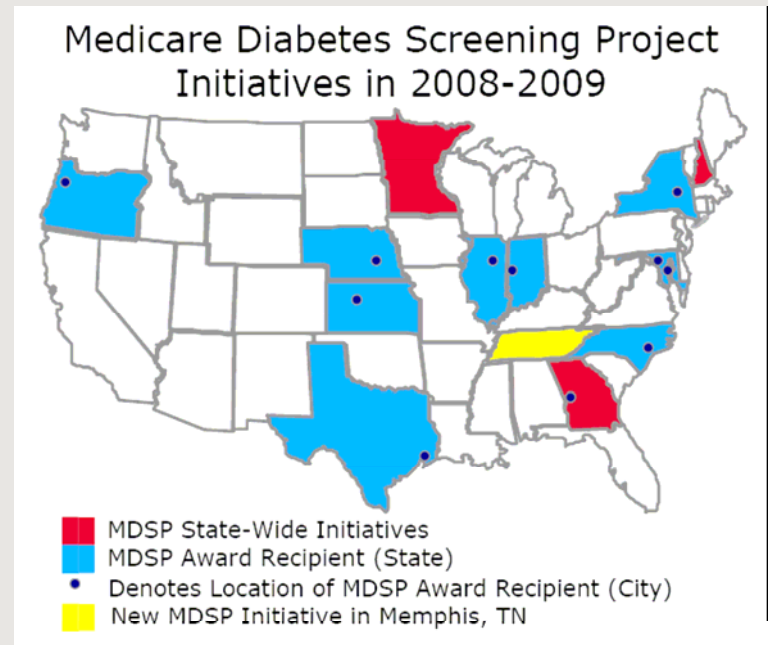
# Working with the Senior-Serving Network



*Advocacy. Action. Answers on Aging.*

# Community Infrastructure Awards: 2008

- Baltimore County (MD) Dept. on Aging
- Champaign-Urbana (IL) Public Health District
- Eastern Carolina Council AAA, New Bern, NC
- Generations, Vincennes, IN
- Howard County (MD) Office on Aging
- Lincoln (NE) Area Agency on Aging
- Lower Chattahoochee Area Agency on Aging, Columbus, GA
- National Association of University Women, Beaumont, TX
- NorthWest Senior & Disability Services, Salem, OR
- NW Kansas Area Agency on Aging, Hays, KS
- The Rose Women's Care Service, Highland, NY



# How We Can Help You

- If you and your organization are interested in collaborating with MDSP, or simply promoting MDSP messages, we can provide:
  - Materials and/or camera ready copy
  - A template for how to organize in your community
  - Technical assistance (telephone consultation, best practices, material development, etc.)
  - Application for grants and/or local assistance
  - Up-to-date information by joining our email list

# MDSP Consumer Brochure

## Some Small Steps To Get You Started

Ask your doctor or other health care provider about a free test to see if you have diabetes or pre-diabetes. And do it soon.

For more information, call the  
Columbus Research Foundation at Endocrine Consultants  
706-322-1700, ext. 119

### For information about diabetes and pre-diabetes:

American Diabetes Association  
1-800-DIABETES (1-800-342-2383)  
[www.diabetes.org](http://www.diabetes.org)

The National Diabetes Education Program  
1-800-438-5383  
[www.ndep.nih.gov](http://www.ndep.nih.gov)

Medicare  
1-800-MEDICARE (1-800-633-4227)  
[www.medicare.gov/health/diabetes.asp](http://www.medicare.gov/health/diabetes.asp)



A National Initiative to  
Prevent the Onset of Diabetes  
**MedicareDiabetes**  
Screening Project

Supported by a grant from Novus Nordisk Inc.

## “Could I have diabetes and not know it?”



### Now seniors can get a free screening test and find out.

As you get older, your risk for type 2 diabetes increases. Most people who are age 65 or older are at risk for type 2 diabetes or pre-diabetes.

The next time you see your doctor or other health care provider, ask about a free test for diabetes, covered by Medicare.

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## Knowing Is Better Than Not Knowing

In Columbus, Georgia, some 12,000 seniors don't know that they have diabetes or pre-diabetes. Could you be one of them?

Get checked for diabetes. If you find out that you do have diabetes, you can begin to take care of it.

You can work with your doctor and other health care providers to get in control of your diabetes. Good control can reduce your chances of a heart attack, stroke, blindness, kidney disease, or amputations.



After getting checked, you might instead learn that you have pre-diabetes. If so, you can take steps to prevent diabetes from happening in the first place.



## Medicare Covers Testing For Diabetes



Most people age 65 or older can get a free test for diabetes, once a year.

If you learn that you have pre-diabetes, you can get another free test for diabetes six months later. And if you lose a little weight, and get more physical activity, you can greatly increase your chances of preventing diabetes.



Get a  
**FREE TEST  
FOR  
DIABETES**

**MedicareDiabetes**  
Screening Project

# MDSP Church Bulletin Insert



## GOOD HEALTH IS A BLESSING AND A RESPONSIBILITY

Diabetes is one of the most serious health issues facing seniors in Columbus. If you're 65 or older, ask your doctor or other health care provider, *"Do I need to be checked for diabetes?"*

Taking this step could make you healthier and even help lower your risk for a heart attack or stroke.

For seniors at risk, Medicare covers all costs of getting checked for diabetes.

Good health is a blessing, and it's up to each of us to look after ourselves and our loved ones. So talk to your doctor about getting checked for diabetes...and please, do it soon.



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# MDSP Risk Checklist and Palm Card



“Could I have diabetes and not know it?”

If you are 65 or older, check off the boxes if you have any of the following:

- Family history of diabetes
- High blood pressure
- High cholesterol
- Overweight
- Diabetes during pregnancy (women)

If you marked any of the boxes above, you are eligible for a free test to check you for diabetes, covered by Medicare. Ask your doctor to check you for diabetes, and do it soon!



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Could you have **diabetes** and not know it?

Ask your doctor if you should get a free diabetes screening test, covered by Medicare

Medicare covers free diabetes screening tests for people at risk for diabetes

- Annually
- No Copay
- No Deductible

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# For More Information

- For updates and materials on Medicare screening for diabetes and pre-diabetes, or to join a coalition effort to build a national drive to get seniors screened:

**[www.screenfordiabetes.org](http://www.screenfordiabetes.org)**

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