



## Distressed with Diabetes?

The positive impact diabetes self-management education and support programs can make for those living with this chronic condition

Sarah Downs, Director – Health Programming and Delivery, WellSpark

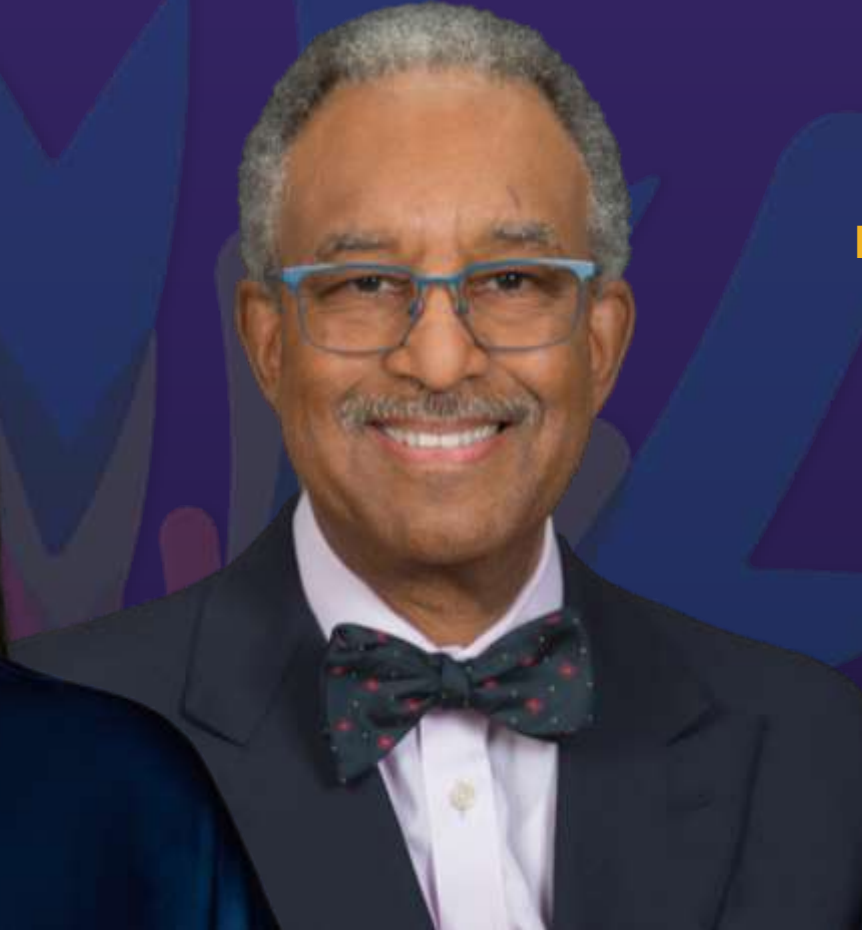
**Sarah Downs**

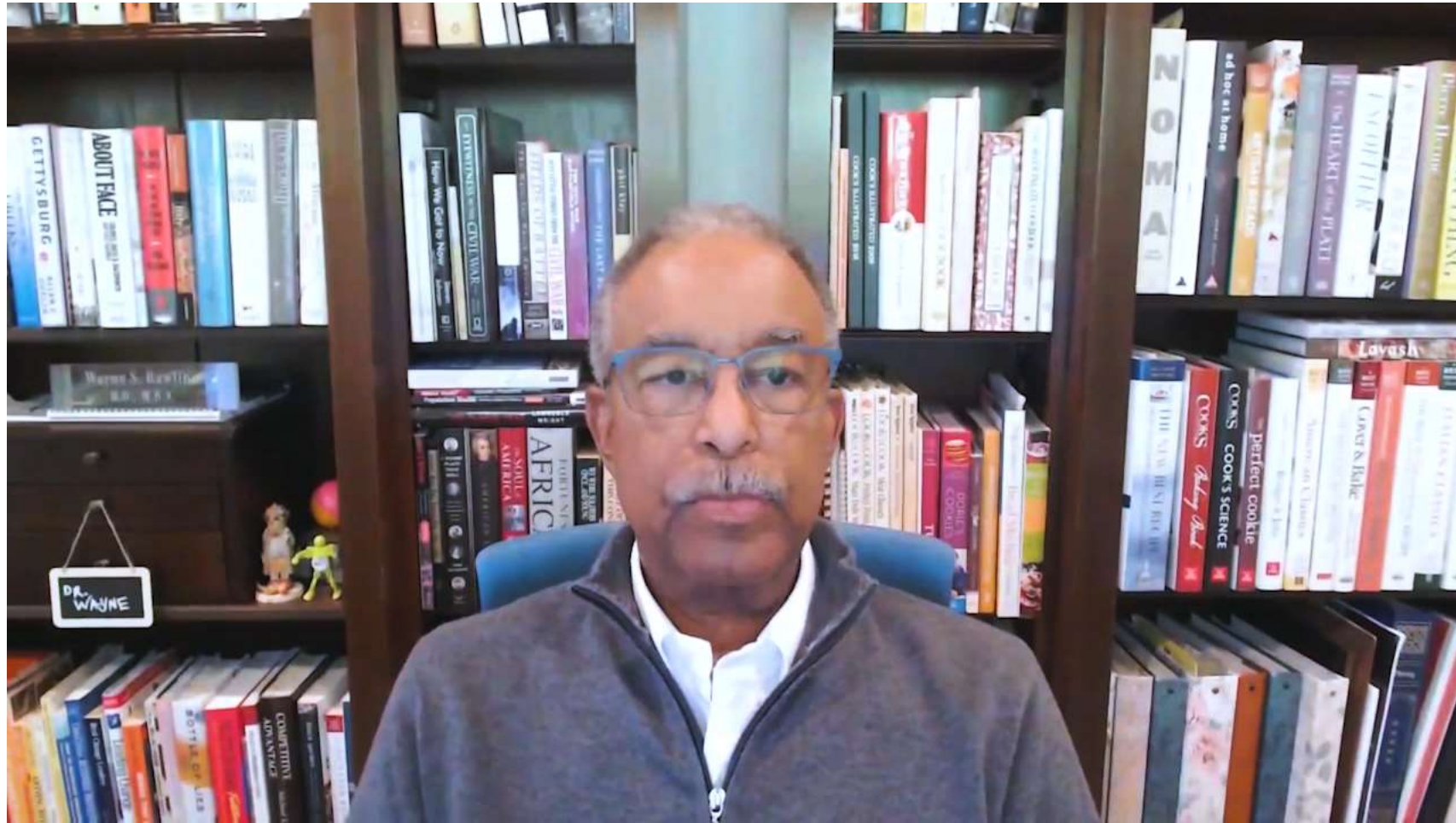
Director – Health  
Programming and Delivery



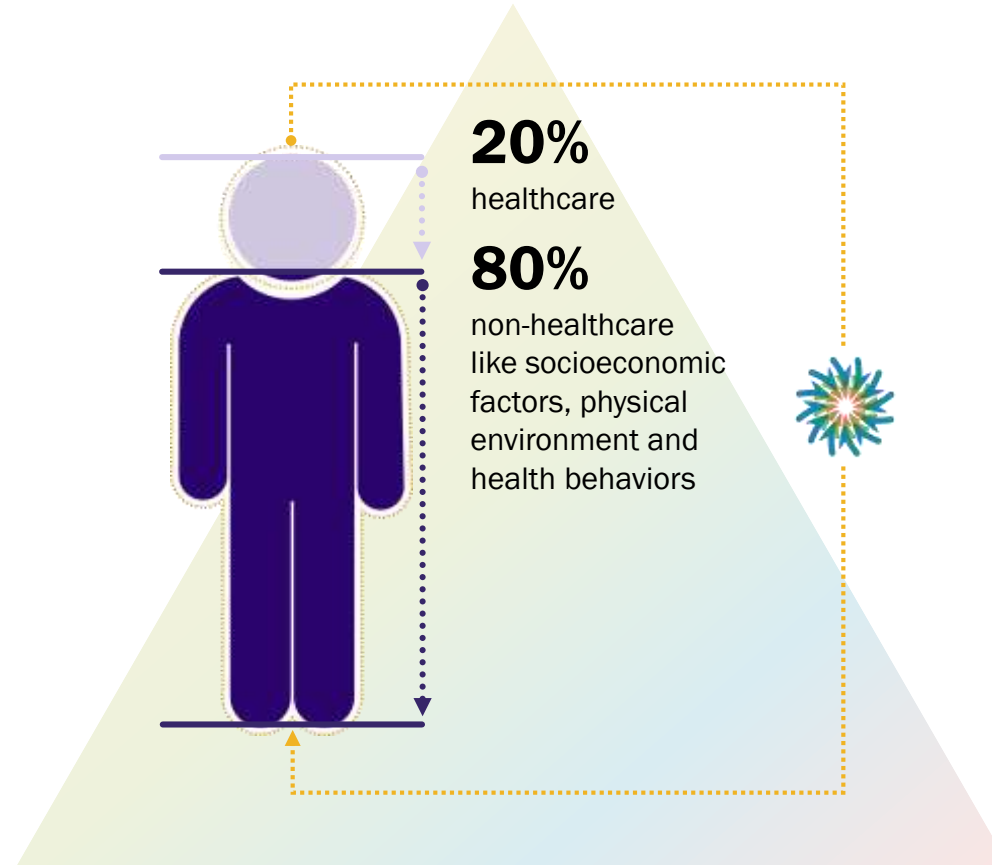
**Dr. Wayne Rawlins**

M.D., Senior Clinical  
Advisor





# Social Determinants of Health



# Addressing all of life's dimensions with whole person support

## Biological Factors

- Chronic conditions
- Lab results
- Medical and surgical procedures
- Prescriptions
- Diet and exercise
- Sleep challenges

## Social Factors

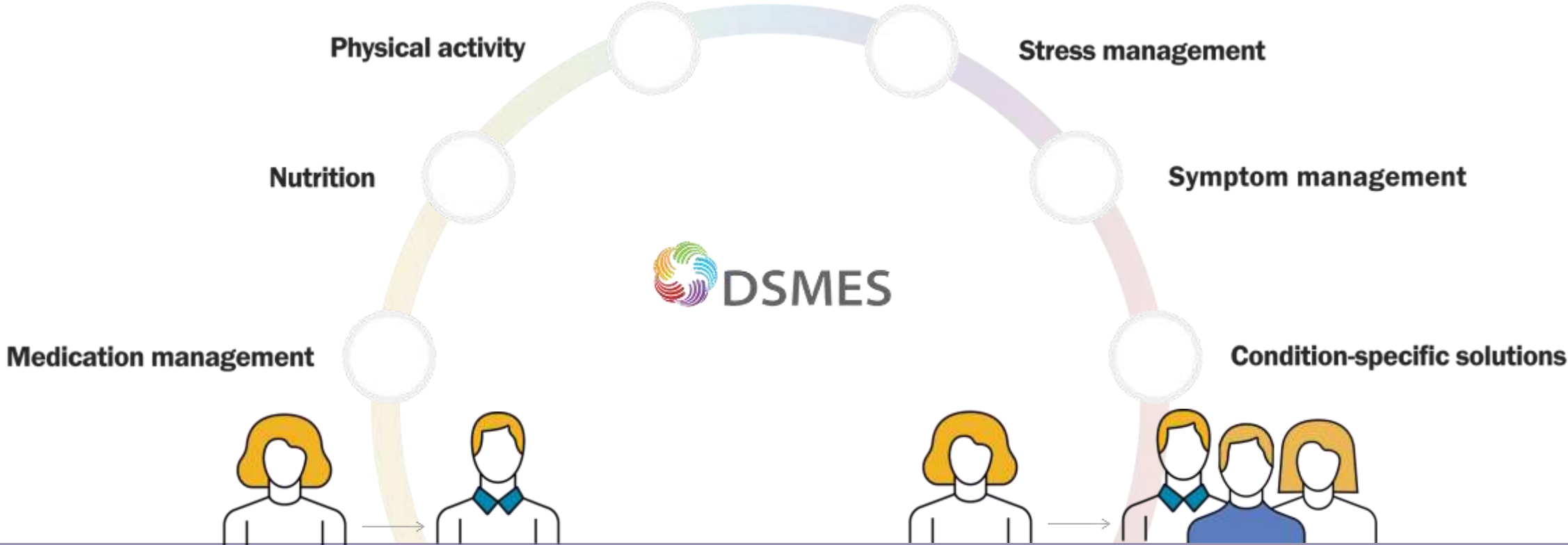
- Caregiving
- Family
- Work
- Financial, legal and other support resources



## Psychological Factors

- Coping
- Disease distress
- Grief
- Resilience
- Depression
- Anxiety

# Diabetes Self-Management Education and Support Programs



# Measurements that matter

## Weight loss

Weight loss of  $\geq 5\%$  is clinically significant

## Hemoglobin A1c reduction

1% change in A1c can have protective measure against deaths from stroke, eye and kidney complications, heart attacks and future medical costs

## Adherence behaviors

Doing the necessary screenings can help catch diabetes complications early. This includes screenings such as diabetic retinopathy, nephropathy and foot care screenings

## Diabetes distress

Lower diabetes distress scores can translate to lower hemoglobin A1c results, improved adherence and overall better quality of life

## A WellSpark case study

51%

of participants lost weight – 23% lost 5% or more

63%

of people engaged with our DSMES programs reduced their hemoglobin A1c, with the average reduction being 1.5%

98%

of people engaged with our DSMES programs are **adherent with their diabetes screenings**

72%

of participants **decreased their distress score**

# DSMES Real Life Experiences

## **April Rich**

Manager of Health Programs



## **Elise Spalla**

Supervisor of Healthcare Programs



Questions?



**THANK YOU!**

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