

**A National Drive to
Find the Undiagnosed**

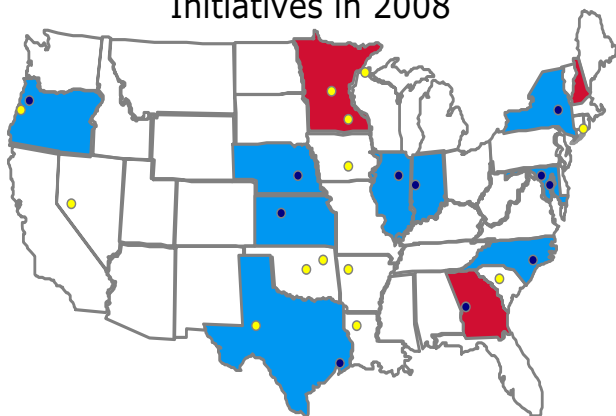
MedicareDiabetes Screening Project

Volume 1, Issue 8, September 2008. Sarah E. Nordstrom, Editor

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- YMCA and Diabetes Prevention
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Medicare Diabetes Screening Project Initiatives in 2008



- MDSP State-Wide Initiatives
- MDSP Award Recipient (State)
- Denotes Location of MDSP Award Recipient (City)
- Denotes Location of MDSP Material Distribution

MDSP Announces Recipients of 2008 Promotional Awards!

Awards of \$2500 will be sent to local organizations for efforts to promote diabetes screening among seniors in their area. The eleven recipients were chosen from a number of thoughtful and interesting applications - the MDSP was very pleased with the quality of submissions. The following organizations will receive awards: Baltimore County Department on Aging in Baltimore, MD; Champaign-Urbana Public Health District in Champaign, IL; Eastern Carolina Council Area Agency on Aging in New Bern, NC; Generations - Area 13 Agency on Aging in Vincennes, IN; Howard County Office on Aging in Columbia, MD; Lincoln Area Agency on Aging in Lincoln, NE; Lower Chattahoochee Area Agency on Aging in Columbus, GA; National Association of University Women in Beaumont, TX; Northwest Kansas Area Agency on Aging in Hays, KS; NorthWest Senior and Disability Services in Salem, OR; The Rose Women's Care Service: Community Resource Center in Highland, NY. All applicants are urged to apply again next year. (Cont'd on page 2)

www.screenfordiabetes.org

The MDSP website is here! Check the website for periodic updates on the MDSP, including news from our pilot projects in Georgia, New Hampshire, and Minnesota! View and order free promotional brochures, and even check out previous newsletters.

MDSP Launches Initiative in Minnesota

The Medicare Diabetes Screening Project (MDSP) has begun yet another outreach initiative, this time in Minnesota! Jim McGowan, a longtime volunteer for the American Diabetes Association and former Diabetes Care Specialist for Novo Nordisk, will be heading up the effort in Minnesota. "I'm really excited to lead the effort in Minnesota, and I'm expecting to achieve the successful outcomes that the MDSP has seen in Columbus, GA and New Hampshire," said McGowan. Outreach will span state-wide, and MDSP-related events started up around the state during the month of August and included participation in the Minnesota State Fair in St. Paul, and the Minnesota 2008 Age & Disabilities Odyssey. For more information on MDSP-Minnesota, please contact Jim McGowan at jmgw@novonordisk.com.

MDSP State-Wide Summit: Set For Columbus, Georgia

The MDSP will host a summit in Columbus on November 6, 2008, for community leaders from cities across Georgia to discuss the expansion of the MDSP state-wide. Key partners from Augusta, Albany, Gainesville, Macon and Savannah will be invited to Columbus for a one-day forum to meet with their counterparts from Columbus and across the state to develop an action plan for implementation. For more details, please email shno@novonordisk.com.

(cont'd from page 1) Contact information for award recipients will be listed on the new MDSP website - www.screenfordiabetes.org - and the site will also provide updates and information on this year's recipients.

"Community-Based Diabetes Prevention Program Shows Promise"

In a new study published in the October 2008 issue of the *American Journal of Preventive Medicine*, researchers from Indiana University School of Medicine demonstrate that community-based organizations such as the YMCA are an effective tool in diabetes prevention.

The study featured two intervention models performed at the YMCA. One model duplicated the Diabetes Prevention Program (DPP), and the other offered standard diabetes prevention advice (control group). The initial DPP study demonstrated that moderate lifestyle intervention - a decrease of 4-7% in body weight, and 150 minutes of physical activity a week - could delay or prevent the progression from pre-diabetes to diabetes by 58%.

The group that participated in the DPP-style intervention had significant decreases in weight and cholesterol levels. The results of the study suggest that the YMCA could be an effective vehicle for replicating DPP-style interventions across the country. There are more than 2,500 YMCA facilities serving more than 10,000 communities across the country. [Link to press release](#)

F.Y.I Article Links

["Disease Prevention Programs Worth the Investment"](#)

[Number of people with diabetes in the US increases to 24 million](#)

About Us:

There are 35 million seniors in Medicare who are 65 years or older. As many as 17 million of them have undiagnosed diabetes or pre-diabetes. Since the passage of the Medicare Modernization Act of 2003, Medicare now covers free screening tests for diabetes and pre-diabetes for at-risk seniors. However, initial data from the Centers for Medicare and Medicaid Services (CMS) suggests that these benefits have been under-utilized.

That's why government, professional and private sector organizations, co-chaired by the American Diabetes Association, the Healthcare Leadership Council, and Novo Nordisk Inc., have joined forces to create awareness of the screening benefits for diabetes and pre-diabetes available under Medicare and to encourage seniors to ask their medical providers about diabetes screening.

To be removed from this list please contact: shno@novonordisk.com

The National Diabetes Education Program: Your Source for Free Diabetes Information

Looking for free diabetes information that's



easy to get, scientifically based, written in plain language, and from a source you can trust? All it takes is one call or one click to the **National Diabetes Education Program (NDEP)** to get the free diabetes information you need. NDEP makes it easy to get free information on living with diabetes, tips to prevent or delay type 2 diabetes,

and how to help loved ones manage the disease. Just call **1-888-693-NDEP** or click www.YourDiabetesInfo.org. NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private partners.

did you know?

The total prevalence of diabetes in the US increased 13.5% from 2005 to 2007

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