

## FY13-15 Community Benefit

### Adult Type II Diabetes

The Healthy People 2020 national health target is reduce the death rate from diabetes to below 66.6 per 100,000 persons.

Diabetes is a costly chronic disease that can lead to disability and death. According to the Florida Department of Health, diabetes death rates are higher than the state level (19.3 per 100,000) in Clay, Duval and Putnam Counties. When this indicator is broken down by race, the rates for Black residents are far higher than those of White residents. There was a slight increase in all counties in the rate of hospitalizations from or with diabetes. Diabetes hospitalizations are far higher for children ages 12 to 18 than those ages five to 11 in all counties. Putnam County has the highest percentage of adults with diagnosed diabetes. Those adults ages 65 and older have the highest percentage. Racially, Black residents generally have higher rates. Males have higher rates than women in all counties and throughout the state. Hospitalizations from amputation of a lower extremity attributable to diabetes have increased in all counties.

Source: Community Health Needs Assessment, 2012

Diabetes Age-Adjusted Death Rate per 100,000 Persons (2012-2014)

Location	Rate	Status
County : Clay		
2012	30.6	↓
2013	23.5	
County : Duval		
2012	24.3	↓
2014	23.9	
County : Nassau		
2012	10.8	↓
2014	8.8	
County : St. Johns		
2012	17.9	↓
2014	10.0	

Source: www.nefloridacounts.org

**Programs:**

- Diabetes and prediabetes screening
- Health education
- Community outreach and prevention awareness events
- Strategic Investments

**Strategies:**

1. Offer diabetes and prediabetes screening and education at community education sessions and at community health fairs in collaboration with local faith-based partners and other community organizations.
2. Work with the American Diabetes Association to promote diabetes awareness and educate the community.
3. Provide information on how to access low-cost or free medication for the uninsured and underinsured.

**Program Results:**

**FY13**

- The Nassau Council on Aging Senior Expo community event offered blood glucose screening and health information on diabetes
- 59 people received blood glucose screening, of which 2 people (3.4%) were identified as having abnormally high results
- The CDC Prediabetes Screening test was administered to 10 people; 9 (90%) were found to be at high risk for prediabetes

**FY14**

- Over 220 people received education and health information on diabetes prevention and treatment
- 35 prediabetes screenings were completed; 143 people received blood glucose screening, 32 people (22%) were identified as having abnormally high results
- 144 people received BMI screening, 51 people (35%) were identified as having abnormally high results

**FY15**

- Over 400 people received education and health information on diabetes prevention and treatment.
- 35 prediabetes screenings were completed; 167 people received blood glucose screening, 2 people (1%) were identified as having abnormally high results
- 158 people received BMI screening, 82 people (52%) were identified as having abnormally high results.

**Strategic Investments:**

**FY13**

- Barnabas Health Center transitioned from urgent care to primary care services
- Nassau Council on Aging provided transportation for low-income and indigent individuals to reach medical appointments

**FY14**

- Barnabas Health Center opened a primary care clinic 24 hours/week. Treated 207 patients, 517 visits. 30 patients received screening and treatment for diabetes
- Nassau Council on Aging provided transportation for low-income and indigent individuals to reach medical appointments

**FY15**

- Nassau Council on Aging provided transportation for 503 low-income and indigent individuals to reach medical appointments
- Barnabas Health Center provided medical services to 520 patients for a total of 1,766 visits; 43% of adults with diabetes improved and stabilized their HA1c levels; 17 diabetic patients completed a 6-week educational class to help them better manage their diabetes; 8 diabetic patients completed a 6-week nutritional class to help them learn to prepare healthy foods on a budget

**Partners:**

American Diabetes Association

Barnabas Health Center

Fernandina Church of Christ

First Missionary Baptist Church

Nassau Council on Aging