**References**

- **Changing health systems:**
  
  "Interventions based on the Chronic Care Model" improved at least 1 process or outcome measure for people with diabetes in primary care practices."
  

  "Use of electronic health records (EHRs) led to higher achievement of care & outcome standards for patients with diabetes than use of paper records, including meeting blood pressure and LDL-cholesterol goals."
  

  "Achieving NCQA patient-centered medical home recognition led to significant improvement in the percentage of patients with diabetes who had evidence-based complications screening."  
  

  "Involvement of non-physician providers such as pharmacists, case managers, and community health workers is strongly supported as a way to improve diabetes outcomes."
  
  Advances and Emerging Opportunities in Diabetes Research: A STRATEGIC PLANNING REPORT OF THE DIABETES MELLITUS INTERAGENCY COORDINATING COMMITTEE (Section titled: Clinical Research To Practice: Translational Research); NIH Publication No. 11-7572; 2011.  
  
  [http://www2.niddk.nih.gov/AboutNIDDK/ReportsAndStrategicPlanning/DiabetesPlan/PlanPosting.htm](http://www2.niddk.nih.gov/AboutNIDDK/ReportsAndStrategicPlanning/DiabetesPlan/PlanPosting.htm)

- **Retinopathy:**
  
  "Treating diabetic eye disease with laser therapy can reduce the development of severe vision loss by up to 60%. “
  

  "People with diabetes who received guideline-recommended care had substantially reduced low vision/blindness."
  
“People with diabetes have medical expenses more than twice as high as people without diabetes.”

“Diabetes-related blindness costs the U.S. about $500 million a year.”

“Vision loss is also associated with depression and social isolation.”

“A third of U.S. adults with diabetes did not get a dilated eye exam in 2010.”
CDC Diabetes Data and Trends
http://apps.nccd.cdc.gov/DDTSTRS/default.aspx

“Blacks with diabetes were less likely to have a dilated eye exam than whites.”
National Healthcare Quality Report
U.S. Department of Health and Human Services/Agency for Healthcare Research and Quality

“Only 63% of people over 35 with diabetes identify blindness as a serious problem caused by diabetes.”

* CVH:
“Reducing diastolic blood pressure from 90 mmHg to 80 mmHg in people with diabetes reduces the risk of major cardiovascular events by 50%.”

“Implementing clinical reminders for diabetes care, enhancing patient education, and other program changes significantly improved the proportion of patients achieving A1c, blood pressure, and LDL-C goals in a Veterans Administration medical center.”

“Heart disease is one of the top ten costliest health conditions.”

“Heart trouble, stroke, hypertension and diabetes are among the top conditions causing disability.”

“Diabetes, high blood pressure or a combination of these two diseases accounted for over 9% of health care costs in the U.S. (2003-2005).”

“Less than 14% of people with diabetes met all goals for blood pressure, A1C & LDL-cholesterol.”

“About one fourth of people with diabetes have a blood pressure ≥140/90.”
CDC Diabetes Data and Trends
http://apps.nccd.cdc.gov/DDTSTRS/default.aspx

“Only about half of people over 35 with diabetes identify cardiovascular disease as a serious problem caused by diabetes.”

- Kidney Disease:
  “Improving blood pressure and blood glucose control in people with diabetes reduces the risk for kidney disease by up to 40%.”
  “Treatment with angiotensin-converting enzyme inhibitors (ACEIs) and angiotensin receptor blockers (ARBs) is more effective in reducing the decline in kidney function than treatment with other blood pressure lowering drugs.”

“Diabetes and chronic kidney disease accounted for over 2% of health care expenditures, an estimate 4 times higher than the value expected based on disease prevalence.”

“Diabetes is associated with reduced quality of life, especially for people with multiple and/or severe complications such as ESRD.”
IOM. Living well with chronic illness: A call for public health action. 2012

“Thirty percent of end-stage renal disease (ESRD) patients received no pre-ESRD nephrology care.”

“In a national sample of primary care physicians, a substantial number didn’t correctly identify their patients with chronic kidney disease stages two to four.”
“Less than half of people over 35 with diabetes identify kidney disease as a serious problem caused by diabetes.”

- **Neuropathy:**
  “Blood pressure control reduces the risk of microvascular complications of diabetes, such as neuropathy, by about 33%.”

“A multidisciplinary team approach that includes podiatrists most effectively prevented complications from diabetes and reduced the risk of amputation.”

“Over $1.6 billion in hospital costs resulted from diabetes-related lower extremity amputations in 2006.”

“Diabetes is associated with reduced quality of life, especially for people with multiple and/or severe complications.”
IOM. Living well with chronic illness: A call for public health action. 2012

“About a third of people with diagnosed diabetes did not receive a foot exam in 2010.”
CDC Diabetes Data and Trends
http://apps.nccd.cdc.gov/DDTSTRS/default.aspx

“Hospital discharge rates for nontraumatic lower extremity amputations are higher among blacks than among whites.”
CDC Diabetes Data and Trends
http://apps.nccd.cdc.gov/DDTSTRS/default.aspx

“Only 37% of people over 35 with diabetes identify amputation as a serious problem caused by diabetes.”

- **General Fact Sheet References and State Data References:**

  “Every system is perfectly designed to achieve exactly the results it gets. If we want new results - and we do - we need a new system.” --Donald Berwick, formerly Centers for Medicare & Medicaid Services & Institute for Healthcare Improvement
  http://www.healthleadersmedia.com/page-1/QUA-256546/Berwick-Pushes-for-Quality##

**Michigan** Diabetes Reports (Diabetes Fact Page, Prediabetes Fact Page, Impact of Diabetes in Michigan):  
http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_2980---,00.html

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**Washington** BRFSS Data Tables:  

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http://www.dhs.wisconsin.gov/diabetes/survrpt.htm

- **Guidelines for Diabetes Management**

**American Diabetes Association**  
Standards of medical care in diabetes-2013  
*Diabetes Care*. 2013;36(Suppl 1):S11-S66

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AACE Medical Guidelines for clinical practice for developing a diabetes mellitus comprehensive care plan  
*Endocr Pract* 2011 Mar-Apr;17(Suppl 2):1-53

**American Academy of Neurology**  
Evidence-based guideline: treatment of painful diabetic neuropathy  

**National Institutes of Health**  
Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of
High Blood Pressure (JNC 7 Express)
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http://www.nhlbi.nih.gov/guidelines/hypertension/jncintro.htm

American Heart Association

Task Force on Community Preventive Services
www.thecommunityguide.org/diabetes

Download fact sheets & references from the NACDD Diabetes Council web pages at http://www.chronicdisease.org. Click on Diabetes, then Resources/Tools

Direct link to fact sheets: http://www.chronicdisease.org/?page=DiabetesResourcesTool