

# Tennessee Health Disparities Task Force

## Agenda

### Diabetes Prevention & Management in Tennessee Member Comments/Announcements

Office of Health Disparities Elimination

November 19, 2020

<https://www.tn.gov/health/health-program-areas/dmhde/covid-19-health-disparity-task-force.html>



# Diabetes Prevention & Management in Tennessee

# Presenters



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# Tennessee Prediabetes & Diabetes

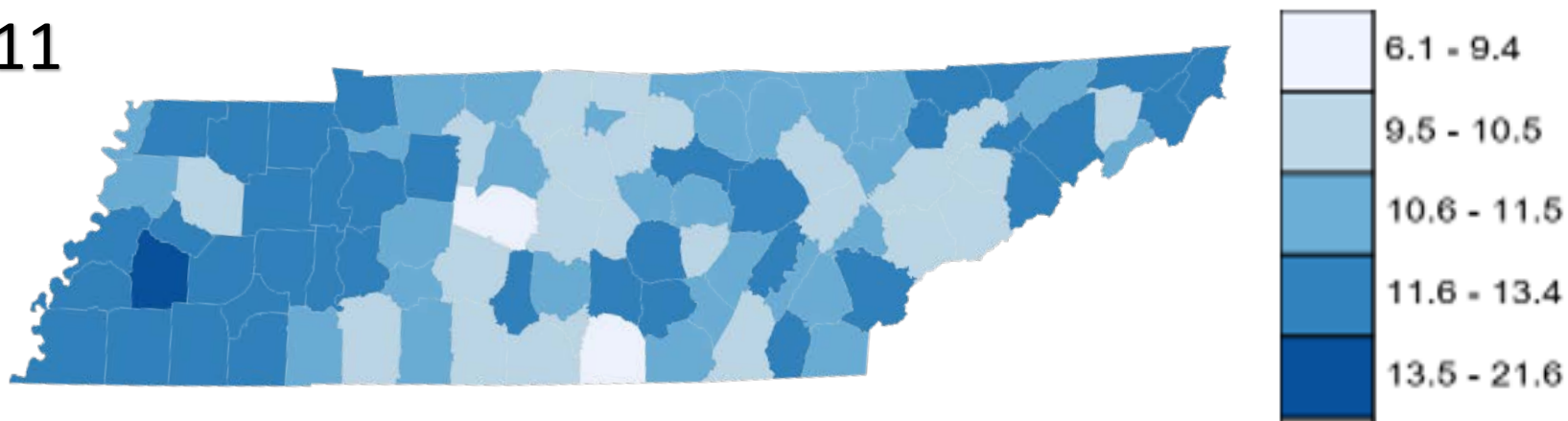
- Prevalence of diabetes is 13.8% compared to 10.5% nationally
- Prevalence of prediabetes is 7.3% compared to 10.9% nationally
- Every year in Tennessee, 9 in 1,000 adults are diagnosed with diabetes
- Tennessee adults with diabetes has increased 23% since 2012 - from 11.2% to 13.8%

*2018 Behavioral Risk Factor Surveillance System (BRFSS)*

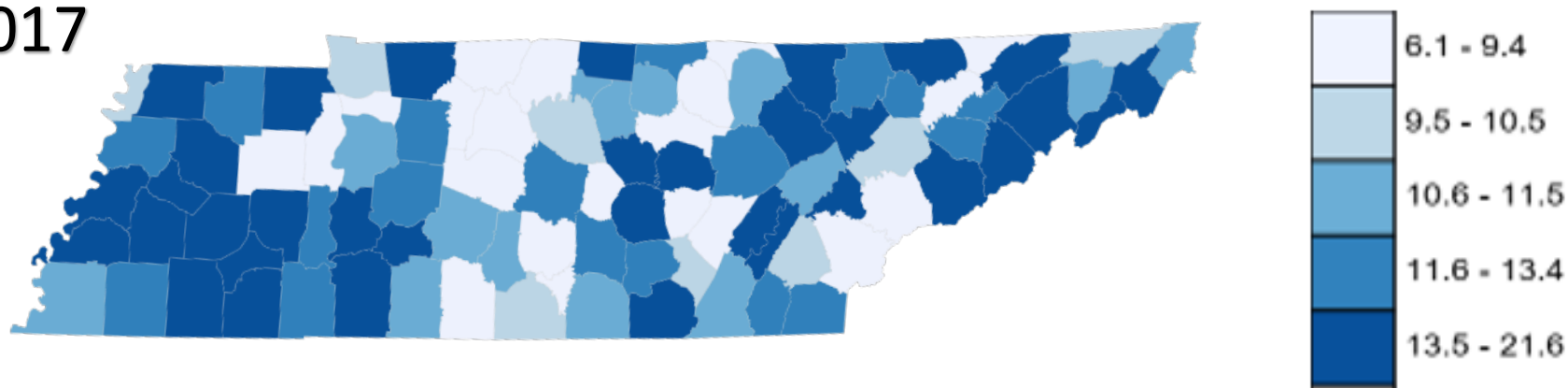
# Diagnosed Diabetes

## Adults Aged 20+ Years, Age-Adjusted Percentage, Tennessee

2011



2017



# Tennessee Strategies to Address Diabetes

## Diabetes Prevention and Management Strategies

Improve access to and participation in ADA-recognized/ ADCES-accredited DSMES programs in underserved areas

Increase engagement of pharmacists in the provision of medication management or DSMES for people with diabetes

Assist health care organizations in implementing systems to identify people with prediabetes and refer them to CDC-recognized lifestyle change programs for type 2 diabetes prevention

Collaborate with payers and relevant public and private sector organizations within the state to expand availability of the National DPP as a covered benefit for one or more of the following groups: Medicaid beneficiaries; state/public employees; employees of private sector organizations

Implement strategies to increase enrollment in CDC-recognized lifestyle change programs Diabetes Management and/or Type 2 Diabetes Prevention

# Screening for Diabetes - Recommendations

## ADA recommends screening:

- Women with a history of gestational diabetes
- Adults of any age who are overweight or obese ( $\text{BMI} \geq 25 \text{ kg/m}^2$  or  $\geq 23 \text{ kg/m}^2$  in Asian Americans) **and** who have one or more risk factors for diabetes.
- For those without out risk testing at age 45 years.

## USPSTF recommends screening:

- Adults 40-70 who are overweight

## CDC recommends screening:

- Adults >45
- Adults that are overweight or have risk factors



**CDC Prediabetes Screening Test**

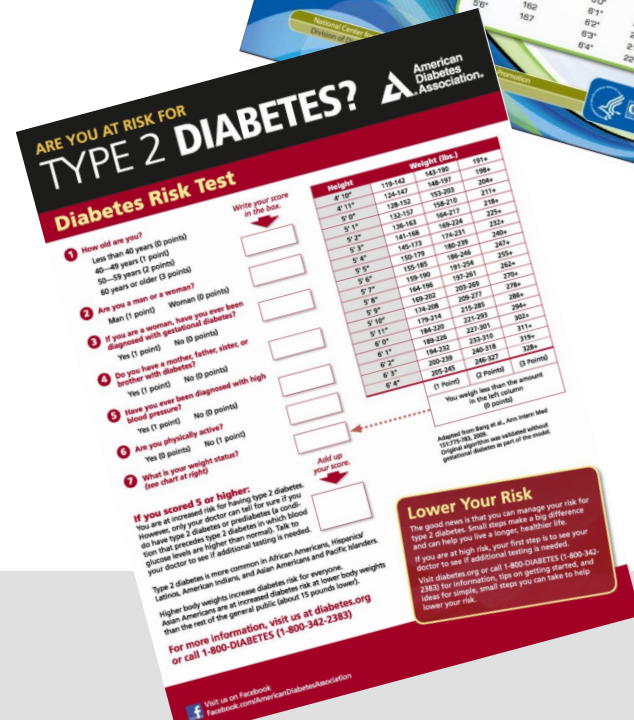
**COULD YOU HAVE PREDIABETES?**  
Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

**TAKE THE TEST—KNOW YOUR SCORE!**  
Answer the seven screening questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

Are you a woman who has had a baby weighing more than 9 pounds at birth?  
Do you have a parent or brother with diabetes?  
Did your height on this chart, Do you weigh as much as or more than the weight listed for your height?  
Are you younger than 65 years of age and get little or no exercise in a typical day?  
Are you between 45 and 64 years of age?  
Are you 65 years of age or older?

**AT-RISK WEIGHT CHART**

Height	Weight (lb)	Height	Weight (lb)
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	198
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221



**ARE YOU AT RISK FOR TYPE 2 DIABETES?**

**Diabetes Risk Test**

1. How old are you?  
Less than 40 years (0 points)  
40–49 years (1 point)  
50–59 years (2 points)  
60 years or older (3 points)

2. Are you a man or a woman?  
Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?  
Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?  
Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?  
Yes (1 point) No (0 points)

6. Are you physically active?  
Yes (0 points) No (1 point)

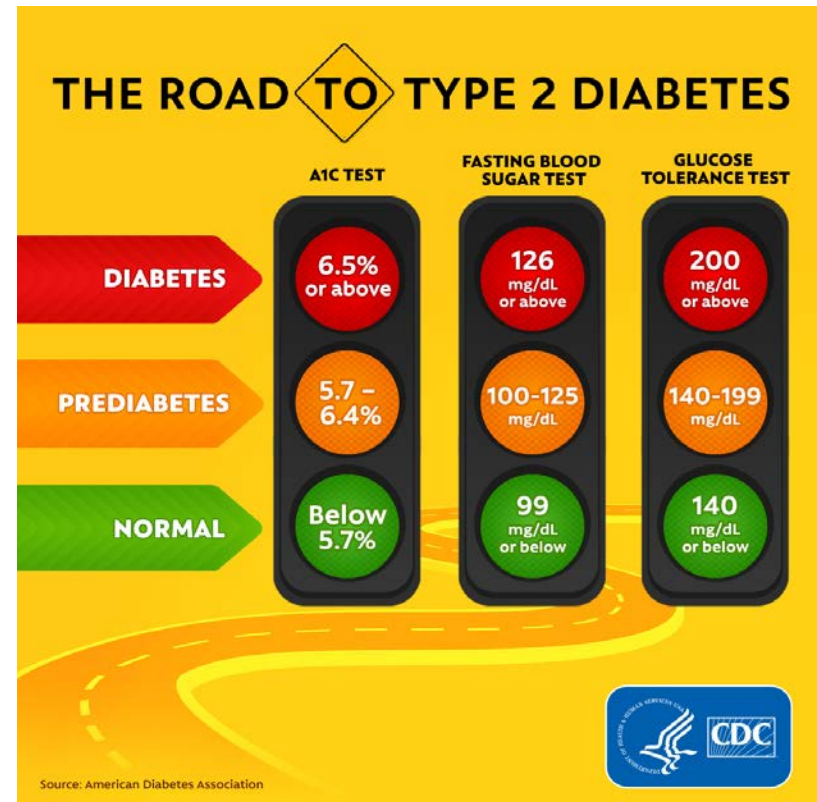
7. What is your weight status? (See chart at right)  
Add up your score.

**Weight (lb)**

Height	Weight (lb)	Height	Weight (lb)
4'10"	119–142	5'7"	148–190
4'11"	124–147	5'8"	153–197
5'0"	129–152	5'9"	158–205
5'1"	134–157	5'10"	163–213
5'2"	139–162	5'11"	168–221
5'3"	144–168	6'0"	173–229
5'4"	149–173	6'1"	178–237
5'5"	154–178	6'2"	183–245
5'6"	159–183	6'3"	188–253
5'7"	164–188	6'4"	193–261
5'8"	169–193	6'5"	198–269
5'9"	174–198	6'6"	203–277
5'10"	179–203	6'7"	208–285
5'11"	184–208	6'8"	213–293
6'0"	189–213	6'9"	218–301
6'1"	194–218	6'10"	223–309
6'2"	199–223	6'11"	228–317
6'3"	204–228	7'0"	233–325
6'4"	209–233	7'1"	238–333
6'5"	214–238	7'2"	243–341
6'6"	219–243	7'3"	248–349
6'7"	224–248	7'4"	253–357
6'8"	229–253	7'5"	258–365
6'9"	234–258	7'6"	263–373
6'10"	239–263	7'7"	268–381
6'11"	244–268	7'8"	273–389
7'0"	249–273	7'9"	278–397
7'1"	254–278	7'10"	283–405
7'2"	259–283	7'11"	288–413
7'3"	264–288	7'12"	293–421
7'4"	269–293	7'13"	298–429
7'5"	274–298	7'14"	303–437
7'6"	279–303	7'15"	308–445
7'7"	284–308	7'16"	313–453
7'8"	289–313	7'17"	318–461
7'9"	294–318	7'18"	323–469
7'10"	299–323	7'19"	328–477
7'11"	304–328	7'20"	333–485
7'12"	309–333	7'21"	338–493
7'13"	314–338	7'22"	343–501
7'14"	319–343	7'23"	348–509
7'15"	324–348	7'24"	353–517
7'16"	329–353	7'25"	358–525
7'17"	334–358	7'26"	363–533
7'18"	339–363	7'27"	368–541
7'19"	344–368	7'28"	373–549
7'20"	349–373	7'29"	378–557
7'21"	354–378	7'30"	383–565
7'22"	359–383	7'31"	388–573
7'23"	364–388	7'32"	393–581
7'24"	369–393	7'33"	398–589
7'25"	374–398	7'34"	403–597
7'26"	379–403	7'35"	408–605
7'27"	384–408	7'36"	413–613
7'28"	389–413	7'37"	418–621
7'29"	394–418	7'38"	423–629
7'30"	399–423	7'39"	428–637
7'31"	404–428	7'40"	433–645
7'32"	409–433	7'41"	438–653
7'33"	414–438	7'42"	443–661
7'34"	419–443	7'43"	448–669
7'35"	424–448	7'44"	453–677
7'36"	429–453	7'45"	458–685
7'37"	434–458	7'46"	463–693
7'38"	439–463	7'47"	468–701
7'39"	444–468	7'48"	473–709
7'40"	449–473	7'49"	478–717
7'41"	454–478	7'50"	483–725
7'42"	459–483	7'51"	488–733
7'43"	464–488	7'52"	493–741
7'44"	469–493	7'53"	498–749
7'45"	474–498	7'54"	503–757
7'46"	479–503	7'55"	508–765
7'47"	484–508	7'56"	513–773
7'48"	489–513	7'57"	518–781
7'49"	494–518	7'58"	523–789
7'50"	499–523	7'59"	528–797
7'51"	504–528	7'60"	533–805
7'52"	509–533	7'61"	538–813
7'53"	514–538	7'62"	543–821
7'54"	519–543	7'63"	548–829
7'55"	524–548	7'64"	553–837
7'56"	529–553	7'65"	558–845
7'57"	534–558	7'66"	563–853
7'58"	539–563	7'67"	568–861
7'59"	544–568	7'68"	573–869
7'60"	549–573	7'69"	578–877
7'61"	554–578	7'70"	583–885
7'62"	559–583	7'71"	588–893
7'63"	564–588	7'72"	593–901
7'64"	569–593	7'73"	598–909
7'65"	574–598	7'74"	603–917
7'66"	579–603	7'75"	608–925
7'67"	584–608	7'76"	613–933
7'68"	589–613	7'77"	618–941
7'69"	594–618	7'78"	623–949
7'70"	599–623	7'79"	628–957
7'71"	604–628	7'80"	633–965
7'72"	609–633	7'81"	638–973
7'73"	614–638	7'82"	643–981
7'74"	619–643	7'83"	648–989
7'75"	624–648	7'84"	653–997
7'76"	629–653	7'85"	658–1005
7'77"	634–658	7'86"	663–1013
7'78"	639–663	7'87"	668–1021
7'79"	644–668	7'88"	673–1029
7'80"	649–673	7'89"	678–1037
7'81"	654–678	7'90"	683–1045
7'82"	659–683	7'91"	688–1053
7'83"	664–688	7'92"	693–1061
7'84"	669–693	7'93"	698–1069
7'85"	674–698	7'94"	703–1077
7'86"	679–703	7'95"	708–1085
7'87"	684–708	7'96"	713–1093
7'88"	689–713	7'97"	718–1101
7'89"	694–718	7'98"	723–1109
7'90"	699–723	7'99"	728–1117
7'91"	704–728	8'0"	733–1125
7'92"	709–733	8'1"	738–1133
7'93"	714–738	8'2"	743–1141
7'94"	719–743	8'3"	748–1149
7'95"	724–748	8'4"	753–1157
7'96"	729–753	8'5"	758–1165
7'97"	734–758	8'6"	763–1173
7'98"	739–763	8'7"	768–1181
7'99"	744–768	8'8"	773–1189
8'0"	749–773	8'9"	778–1197
8'1"	754–778	8'10"	783–1205
8'2"	759–783	8'11"	788–1213
8'3"	764–788	8'12"	793–1221
8'4"	769–793	8'13"	798–1229
8'5"	774–798	8'14"	803–1237
8'6"	779–803	8'15"	808–1245
8'7"	784–808	8'16"	813–1253
8'8"	789–813	8'17"	818–1261
8'9"	794–818	8'18"	823–1269
8'10"	799–823	8'19"	828–1277
8'11"	804–828	8'20"	833–1285
8'12"	809–833	8'21"	838–1293
8'13"	814–838	8'22"	843–1301
8'14"	819–843	8'23"	848–1309
8'15"	824–848	8'24"	853–1317
8'16"	829–853	8'25"	858–1325
8'17"	834–858	8'26"	863–1333
8'18"	839–863	8'27"	868–1341
8'19"	844–868	8'28"	873–1349
8'20"	849–873	8'29"	878–1357
8'21"	854–878	8'30"	883–1365
8'22"	859–883	8'31"	888–1373
8'23"	864–888	8'32"	893–1381
8'24"	869–893	8'33"	898–1389
8'25"	874–898	8'34"	903–1397
8'26"	879–903	8'35"	908–1405
8'27"	884–908	8'36"	913–1413
8'28"	889–913	8'37"	918–1421
8'29"	894–918	8'38"	923–1429
8'30"	899–923	8'39"	928–1437
8'31"	904–928	8'40"	933–1445
8'32"	909–933	8'41"	938–1453
8'33"	914–938	8'42"	943–1461
8'34"	919–943	8'43"	948–1469
8'35"	924–948	8'44"	953–1477
8'36"	929–953	8'45"	958–1485
8'37"	934–958	8'46"	963–1493
8'38"	939–963	8'47"	968–1501
8'39"	944–968	8'48"	973–1509
8'40"	949–973	8'49"	978–1517
8'41"	954–978	8'50"	983–1525
8'42"	959–983	8'51"	988–1533
8'43"	964–988	8'52"	993–1541
8'44"	969–993	8'53"	998–1549
8'45"	974–998	8'54"	1003–1557
8'46"	979–1003	8'55"	1008–1565
8'47"	984–1008	8'56"	1013–1573
8'48"	989–1013	8'57"	1018–1581
8'49"	994–1018	8'58"	1023–1589
8'50"	999–1023	8'59"	1028–1597
8'51"	1004–1028	9'0"	1033–1605
8'52"	1009–1033	9'1"	1038–1613
8'53"	1014–1038	9'2"	1043–1621
8'54"	1019–1043	9'3"	1048–1629
8'55"	1024–1048	9'4"	1053–1637
8'56"	1029–1053	9'5"	1058–1645
8'57"	1034–1058	9'6"	1063–1653
8'58"	1039–1063	9'7"	1068–1661
8'59"	1044–1068	9'8"	1073–1669
9'0"	1049–1073	9'9"	1078–1677
9'1"	1054–1078	9'10"	1083–1685
9'2"	1059–1083	9'11"	1088–1693
9'3"	1064–1088	9'12"	1093–1701
9'4"	1069–1093	9'13"	1098–1709
9'5"	1074–1098	9'14"	1103–1717
9'6"	1079–1103	9'15"	1108–1725
9'7"	1084–1108	9'16"	1113–1733
9'8"	1089–1113	9'17"	1118–1741
9'9"	1094–1118	9'18"	1123–1749
9'10"	1099–1123	9'19"	1128–1757
9'11"	1104–1128	9'20"	1133–1765
9'12"	1109–1133	9'21"	1138–1773
9'13"	1114–1138	9'22"	1143–1781
9'14"	1119–1143	9'23"	1148–1789
9'15"	1124–1148	9'24"	1153–1797
9'16"	1129–1153	9'25"	1158–1805
9'17"	1134–1158	9'26"	1163–1813
9'18"	1139–1163	9'27"	1168–1821
9'19"	1144–1168	9'28"	1173–1829
9'20"	1149–1173	9'29"	1178–1837
9'21"	1154–1178	9'30"	1183–1845
9'22"	1159–1183	9'31"	1188–1853
9'23"	1164–1188	9'32"	1193–1861
9'24"	1169–1193	9'33"	1198–1869
9'25"	1174–1198	9'34"	1203–1877
9'26"	1179–1203	9'35"	1208–1885
9'27"	1184–1208	9'36"	1213–1893
9'28"	1189–1213	9'37"	1218–1901
9'29"	1194–1218	9'38"	1223–1909
9'30"	1199–1223	9'39"	1228–1917
9'31"	1204–1228	9'40"	1233–1925
9'32"	1209–1233	9'41"	1238–1933
9'33"	1214–1238	9'42"	1243–1941
9'34"	1219–1243	9'43"	1248–1949
9'35"	1224–1248	9'44"	1253–1957
9'36"	1229–1253	9'45"	1258–1965
9'37"	1234–1258	9'46"	1263–1973
9'38"	1239–1263	9'47"	1268–1981
9'39"	1244–1268	9'48"	1273–1989
9'40"	1249–1273	9'49"	1278–1997
9'41"	1254–1278	9'50"	1283–2005
9'42"	1259–1283	9'51"	1288–2013
9'43"	1264–1288	9'52"	1293–2021
9'44"	1269–1293	9'53"	1298–2029

# What is Prediabetes?

- A blood sugar level that is higher than normal but not high enough to be classified as diabetes
- Without lifestyle changes individuals with prediabetes have an increased risk of developing type 2 diabetes



ICD-10: R73.09 (ABN glucose) or R73.03 (prediabetes)



# National Diabetes Prevention Program (NDPP)

- The Centers for Disease Control and Prevention (CDC)-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes. ***\*In-person and virtual programs.***
- The Diabetes Prevention Program research study showed that making modest behavior changes helped participants lose 5% to 7% of their body weight—that is 10 to 14 pounds for a 200-pound person.
- Lifestyle changes (healthy eating, increased physical activity) reduced the risk of developing type 2 diabetes by 58% in adults with prediabetes and ***even higher for participants ages 60 and older, lowering their chances of developing type 2 diabetes by 71%.***

For DPP locations:

[https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx)



# Medicare Diabetes Prevention Program (MDPP)

- The MDPP lifestyle change program prevents the onset of type 2 diabetes among Medicare beneficiaries who are at risk for diabetes or have prediabetes.
- MDPP began in April 2018 for eligible beneficiaries nationwide under a performance-based payment model through the Centers for Medicare and Medicaid Services (CMS) Innovation Center.



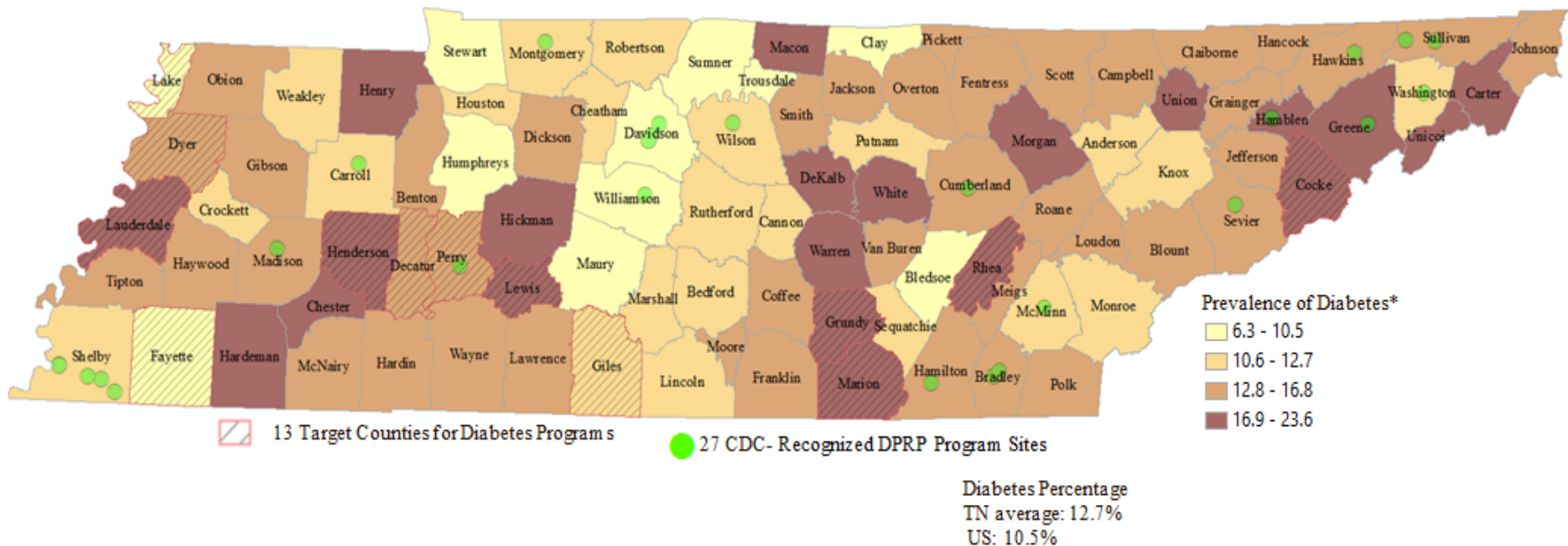
# Hope 80/20

- A few counties are contracting with this organization to deliver virtual DPP services.
- Fully recognized by the National Diabetes Prevention Program (CDC)
- Online and mobile app support tools and participant blog page
- Provides results analysis for participants referred to the program



# Diabetes Prevention Programs- Tennessee

**There are 27 CDC Diabetes Prevention Recognition Programs (DPRP) in 18 TN counties in 2020, increasing from 13 TN counties in 2019.**



Note: \* Crude percentage of adults with diagnosed diabetes by county, which is based on three-year (2015-2017) estimates from the BRFSS.

# Provider Resource-DPP



## Prevent Diabetes STAT

CDC partnered with the AMA on a call to action to “Prevent Diabetes STAT – Screen, Test, Act, Today”



## Prevent Diabetes STAT Website

- Information & tools tailored for:
  - Patients and partners
  - Health care professionals
  - Employers and insurers

<https://preventdiabetesstat.org/>

# Diabetes Prevention Program (DPP) State Engagement Meeting (StEM)

- Engagement of stakeholders to identify priorities for diabetes prevention and to develop and implement a Diabetes Prevention Action Plan.
- Established priority action steps for each of the following focus (pillar) areas:
  - Increase awareness of prediabetes.
  - Increase the availability of and enrollment in CDC-recognized diabetes prevention programs (lifestyle change programs).
  - Increase clinical screening, testing and referral to CDC-recognized diabetes prevention programs (lifestyle change programs).
  - Increase coverage for the CDC-recognized diabetes prevention programs (lifestyle change programs).

# TN Diabetes Regional StEM Coalitions

- ***East Region Priority:***

Presenting the business case to providers to screen/test/refer patients

- ***Middle Region Priority:***

Update information about the physical locations and delivery options for DPP sites *and* determine which employers currently cover DPP programs for employees

- ***West Region Priority:***

Use of nontraditional providers to provide DPP

# DPP Resources

- ***If you are interested in where DPPs are in Tennessee, and approved curricula:***
  - \*[CDC National Diabetes Prevention Program website](#)
  - \*[Find a Recognized Lifestyle Change Program](#) – click on Tennessee
- ***If you want to talk to Health Care Providers:***
  - \*[Information for Health Care Professionals](#) why refer patients, program details, resources for screening/testing, program eligibility, benefits to your practice, testimonials
  - \*[Prevent Diabetes STAT](#) information for providers and employers
  - \*[How Pharmacists Can Participate Guide](#)
- ***Other information and tools for DPP:***
  - \*[Resources and Tools-](#) Stats and data, American Medical Association (AMA)
  - \*DPP Cost Saving Calculator (for employers to use to see what they will save by providing DPP to employees),
  - \*[CDC Prediabetes Risk Test](#), [ADA type 2 Diabetes Risk test](#)
- ***Information specific to the Appalachian Region (which includes Tennessee)***
  - \*[Appalachian Diabetes Control and Translation Project \(CDC\)](#)



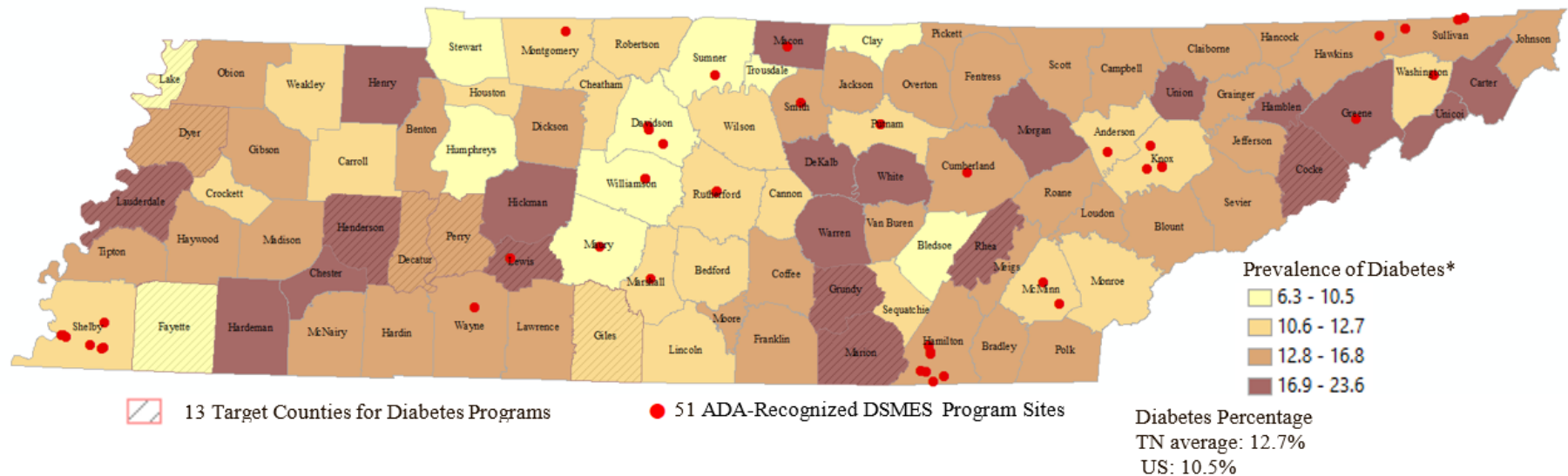
# What is DSMES?

- An evidence-based ongoing service that teaches people with diabetes how to effectively self-manage their diabetes and cope with the disease. **\*Offered in-person and virtual.**
- National Standards for ***Diabetes Self-Management Education and Support*** (DSMES) provide guidelines for operating a DSMES program.
- Curricula covers:
  - Preventing, detecting, and treating acute complications (hyper/hypoglycemia, sick days)
  - Preventing, detecting, and treating chronic complications (foot/eye exams)
- Provider referral required.
- Provided by a certified diabetes care and education specialist (CDCES)/CDE.
- Individualized to the needs of the person living with diabetes.



# DSMES-ADA in Tennessee

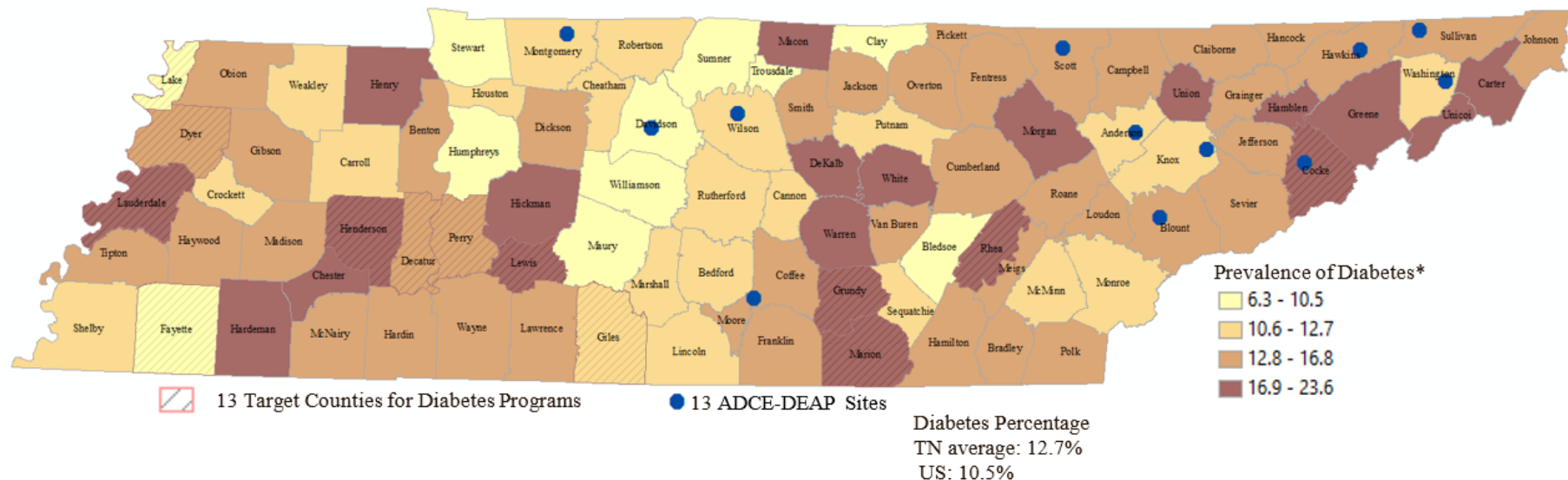
There are 51 ADA DSMES Program sites in TN in 2020, increasing from 49 sites in 2019.



Note: \* Crude percentage of adults with diagnosed diabetes by county, which is based on three-year (2015-2017) estimates from the BRFSS.

# ADCES-DEAP in Tennessee

There are 13 ADCES-Diabetes Education Accreditation Program (DEAP) in TN



Note: \* Crude percentage of adults with diagnosed diabetes by county, which is based on three-year (2015-2017) estimates from the BRFSS.

# DSMES Resource

## Diabetes Self-Management Education Support (DSMES):

- American -Diabetes Association (ADA) or
- Association of Diabetes Care & Education Specialists (ADCES)



### Diabetes Self-Management Education and Support (DSMES) Toolkit



The DSMES Toolkit is a comprehensive resource for achieving success in Diabetes Self-Management Education and Support (DSMES). Expanded use of DSMES can help ensure that all people with diabetes receive the support they need.

#### Featured Content

[When Diabetes Self-Management Education Is Emergency Medicine](#)  
DSMES can help patients with their diabetes management during times of emergency.

#### Background, Terminology and Benefits

Learn about the need for, terms used and benefits of diabetes self-management education and support.

#### The National Standards for DSMES

Find out how the standards define quality, evidence-based DSMES services that meet or exceed the Medicare diabetes self-management training regulations.

#### Accreditation and Recognition Process

Learn about the processes necessary to gain accreditation or recognition for DSMES services.

#### Increasing Referrals and Overcoming Barriers

Find tools and resources to address common issues for DSMES services.

#### Service Staffing and Delivery Models

Learn about traditional and non-traditional ways to implement DSMES services.

#### Reimbursement and Sustainability

Find resources on billing, coding and reimbursement for DSMES services.

#### Marketing and Promotion

Learn how to develop marketing and promotion plans for DSMES services.

#### Building the Business Case for DSMES

Find resources to create a business plan for sustainable DSMES services.

<https://www.cdc.gov/diabetes/dsmes-toolkit/index.html>

# Resources for People with Diabetes

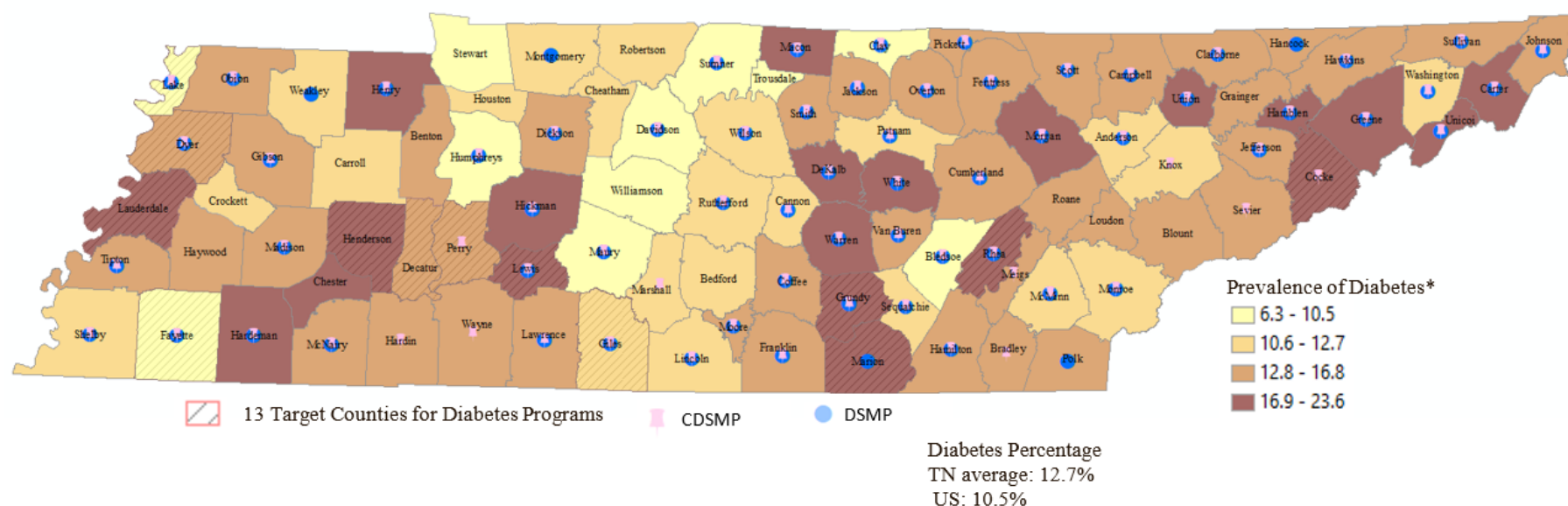
- [5 Questions to Ask Your Provider](#) (CDC)
- [Questions to Ask Your Doctor](#) (Agency for Healthcare Research and Quality/AHRQ)
- [Diabetes and Mental Health](#) (CDC)
- [How to Help a Loved One with Diabetes When You Live Far Apart](#) (CDC)
- [Take Charge of Your Diabetes](#) (6 week program)
- [Dining with Diabetes](#) (UT Extension program)

# Self-Management Resource Center (SMRC)

- Evidence-based programs developed at Stanford University
- 6-week group education workshops
  - Can be delivered in-person, virtual, or home study
- Teaches participants practical skills they need to live well with chronic health conditions
- Tennessee Department of Health supports:
  - Chronic Disease Self-Management Program (CDSMP) or Living Well with Chronic Conditions
  - Diabetes Self-Management Programs (DSMP)
  - Cancer: Thriving and Surviving (CTS)
  - Worksite Chronic Disease Self-Management Program (wCDSMP)

# Certified Trainers for CDSMP and DSMP Programs

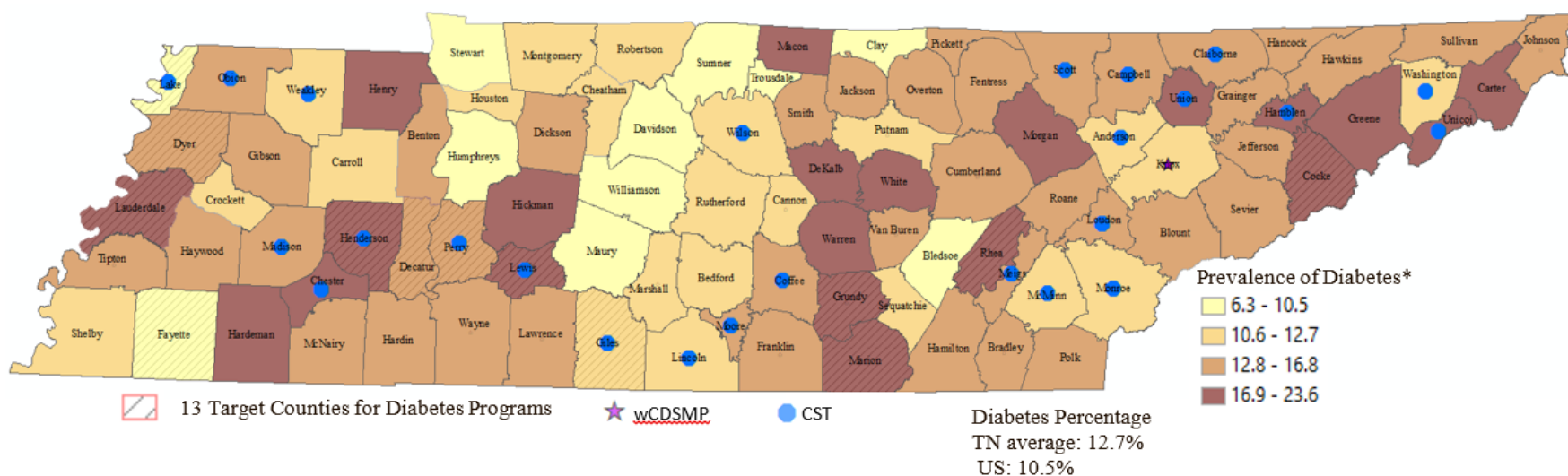
In 2020, 68 and 71 counties have certified trainers for DSMP and CDSMP programs, respectively.



Note: \* Crude percentage of adults with diagnosed diabetes by county, which is based on three-year (2015-2017) estimates from the BRFSS.

# Certified Trainers for wCDSMP and CST Programs

In 2020, 25 and 1 counties have certified trainers for CST and wCDSMP programs, respectively.

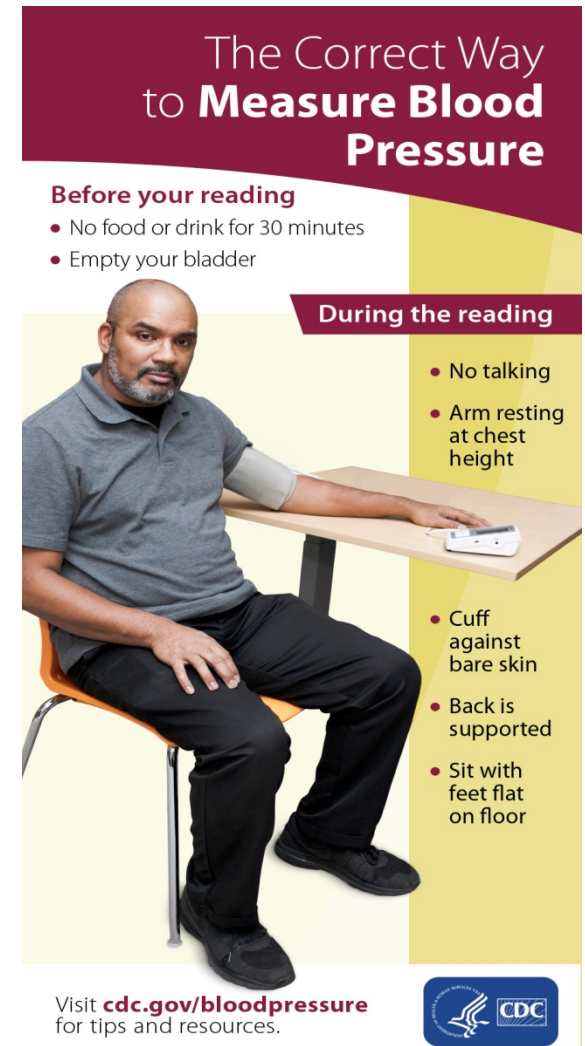


Note: \* Crude percentage of adults with diagnosed diabetes by county, which is based on three-year (2015-2017) estimates from the BRFSS.



# Self-Measured Blood Pressure Programs (SMBP)

- The regular management of blood pressure by a patient at home or elsewhere outside of the clinical setting using a personal home measurement device.
  - Programs implemented in Tennessee (not an extensive list)
    - Target BP
    - Million Hearts
    - YMCA BPSM



# Target BP

- Target BP helps health care organizations and care teams, at no cost, improve BP control rates through an evidence-based quality improvement program and recognizes organizations committed to improving BP control.

Interpret Results and Manage Patients			
Use this chart to reconcile in-office BP and SMBP measurements to classify and manage patients			
In-office BP	SMBP	Classification	Management
Less than 120/80	Less than 120/80	Normal blood pressure	Recheck BP in office in one year
120-129/ less than 80	120-129/ less than 80	Elevated BP	Healthy lifestyle changes and recheck SMBP every 3-6 months
Less than 130/80	Greater than or equal to 130/80	Masked hypertension	Manage as sustained hypertension due to increased CV risk or consider 24-hour ABPM
Greater than or equal to 130/80	Less than 130/80	White coat hypertension	Recheck SMBP every six months
Greater than or equal to 130/80	120-129/ less than 80	White coat hypertension+ elevated BP	Healthy lifestyle changes and recheck SMBP every 3-6 months
Greater than or equal to 130/80	Greater than or equal to 130/80	Sustained hypertension	Manage per current hypertension guideline recommendations

# Resources for People with Hypertension

- [Know Your Risk for High Blood Pressure \(CDC\)](#)
- [Questions to Ask Your Doctor About Blood Pressure \(AHA\)](#)
- [Understanding Blood Pressure Readings \(AHA\)](#)
- [Monitoring Your Blood Pressure at Home \(AHA\)](#)
- [Changes You Can Make to Manage High Blood Pressure](#)

# Ways You Can Get Involved

- Participate in your Regional Diabetes StEM Coalition
- Contact your local DPP or DSMES for more information
- Have conversations with clients about how they are managing type 2 diabetes and/or hypertension
- Refer patients to a DSMES Program in their area:
  - <https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>
- Become a DSMES Service Provider/Organization:
  - ADA (American Diabetes Association)
  - ADCES (Association of Diabetes Care & Education Specialists)

# Summary

- Tennessee's overall goal is to reduce diabetes incidence by partnering with internal and external partners and stakeholders.
- Promote and establish programs across Tennessee to address the needs of residents.
- Provide education and awareness of tools and resources offered through national and local channels for future and current health care professionals.

# TDH Chronic Disease Contacts

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Program Director  
[Danielle.McCoy@tn.gov](mailto:Danielle.McCoy@tn.gov)  
615-532-7577



**THANK YOU!**

**Any questions?**



**Member Comments (*5 min.*)**  
**Q & A**



# Upcoming COVID-19 Testing Events

**Saturday, November 21, 2020, 10:00am-2:00pm**

- **Shelby County**
  - Iglesia Nueva Vida National, 1348 National Street, Memphis, TN 38122

**Saturday, November 21, 2020, 12:00pm-4:00pm**

- **Davidson County**
  - Iglesia De Cristo Su Gran Alabanza, 3869 Pin Hook Rd. Antioch, TN 37013



**Questions??**

**Please contact Monique Anthony at 629-215-0642**

**or**

**[Minority.Health@tn.gov](mailto:Minority.Health@tn.gov)**