

NH Diabetes Digest

Diabetes Direction Day at Avis Goodwin Community Health Center

Avis Goodwin Community Health Center, located in Dover and Rochester, has taken a **unique approach to improve the quality of care for their patients with diabetes**. Donna Bernier, Chronic Disease Manager, has been a champion for the cause. Since 2007, she has been coordinating *Diabetes Direction Day*. On these days patients see doctors, nutrition professionals, social workers, and dental providers, just to name a few. These are not “group medical visits,” rather they are individual appointments.

Inside this issue:

- The Oral Health-Diabetes Connection 2 Each patient rotates through 11 or more “stations” during a 4-hour block of time. Patients with HgbA1c of 8% or above as well as newly diagnosed patients are selected to participate by their primary care providers. It is offered two times per year at both the Dover and Rochester sites.
- Evidence Based Tobacco Cessation for Patients with Diabetes 3 The idea for *Diabetes Direction Day* came after gas prices started to climb. The aim was to schedule patients for as many ADA-recommended services as possible all in one day – it became “one-stop shopping” for the diabetes patient.
- NH DHHS Obesity Prevention Program 4 Although a significant amount of work takes place behind the scenes in order to offer this program, Ms. Bernier is pleased with the results thus far and, according to the program evaluations, patients have been extremely satisfied. In terms of quality improvement, HgbA1c tends to improve for most patients who participate in the program.
- Announcements 5

In addition to *Diabetes Direction Day*, Ms. Bernier coordinates a number of other programs for patients with chronic diseases. Some of these include:

Comments?
Suggestions?
News you would like to share?

- Tune up Your Meter Day
- Journey for Caring
- Chronic Disease Education Sessions
- Red Hat Society
- Patient Focus Groups

Contact Marisa Lara at:
Marisa.Lara@dhhs.state.nh.us

For more information on *Diabetes Direction Day* or any of the other chronic disease programs, please contact Donna Bernier at 603.516.2547 or visit www.avisgoodwinchc.org

Please join us in
congratulating Donna as she
received the
Employee Recognition Award
for 2009 at Avis Goodwin
Community Health Center!

The Oral Health-Diabetes Connection

Background

Diabetes is associated with a number of oral disorders including gingivitis, periodontitis, salivary dysfunction, taste disorders, and oral mucosal diseases such as candidiasis and lichen planus. People with diabetes are more than twice as likely to develop periodontal disease than people without diabetes.¹⁻³ Periodontal disease may be the first clinical manifestation of diabetes and has been cited as the "sixth complication."^{1,3,4,5} People with diabetes will often experience earlier onset of periodontal disease that is more severe and accompanied by more tooth loss than people without diabetes.^{1,2,6} Periodontal disease may lead to poor glycemic control primarily through insulin resistance, and poor glycemic control may predispose a patient to periodontal disease by way of delayed wound healing.^{2,3,4,13} Thus, treating one condition may have a favorable impact on the other.^{1,2,6}

The American Diabetes Association recommends that people with diabetes have a dental exam at least once every six months. They should be seen more often if they have advanced periodontal disease or their diabetes is uncontrolled.

Signs of periodontal disease²

- Pain or mouth sores
- Bleeding during brushing, flossing, or eating
- Red, swollen, or tender gums
- Gums that seem to have pulled away from teeth
- Loose or separated teeth
- Pus around the teeth
- Persistent bad breath
- A change in the way the teeth fit together



A) Gingivitis in a 19-year-old patient with uncontrolled diabetes



B) Advanced periodontal disease

Action Steps

Determine the time and reason for the patient's last dental visit, home care habits, and if the patient has a dental home.

Inform patients of their risk for oral disease and about added risk from smoking, poor diet, uncontrolled diabetes, and lack of routine dental care.

Assist the patient in finding a dental home, if needed (**go to www.chan-nh.org for a list of centers with sliding fee scales**). Assist the dentist by communicating patient health history and visible signs of periodontal disease.

Spreading the Word

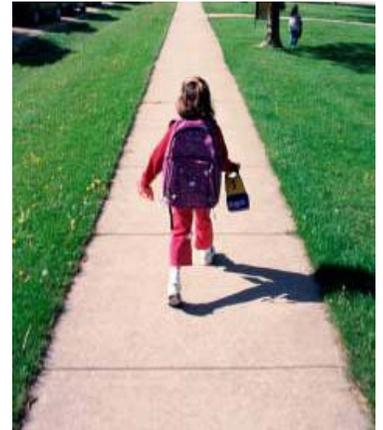
To educate health professionals about the oral health-diabetes connection, members of the NH Diabetes Coalition Public Education Work Group worked with a Registered Dental Hygienist and a Certified Diabetes Educator to develop a training curriculum. They piloted it at a community health center and a community dental center. The group also created a communication tool to facilitate the transfer of patient information between dentists and primary care providers. The results from the evaluations were very positive. The group is currently seeking additional funding to expand the pilot to other practices. Within the NH Division of Public Health Services, the Diabetes and Oral Health Programs have worked together to include oral health recommendations in the *NH Guidelines for Diabetes Care*. Additionally, a professional poster has been created to present at state and regional conferences. **(For a list of references - see page 5)**

This information is not intended to replace the clinical judgment of healthcare providers.

New at NH DHHS: Obesity Prevention Program

The NH Obesity Prevention Program is one of many state obesity prevention programs funded by the Centers for Disease Control and Prevention (CDC). The goal of the New Hampshire Obesity Prevention Program is to **prevent and control obesity and other chronic diseases** through healthy eating and physical activity. The program:

- Collaborates with statewide partners to begin the implementation phase of the Healthy Eating, Active Living Initiative (HEAL) Action Plan, which was developed by partners across New Hampshire
- Provides technical assistance to communities that implement HEAL initiatives
- Evaluates HEAL initiatives undertaken by the Obesity Prevention Program



Target Areas

Increase **physical activity**

Increase consumption of **fruits and vegetables**

Decrease consumption of **sugar-sweetened beverages**

Increase **breastfeeding** initiation, duration, and exclusivity

Decrease consumption of **energy-dense foods**

Decrease **television viewing**



Program Philosophy

Emphasizes **evidence-based policies and environmental supports**

Relies on **partnerships, resources, and existing networks** to build and sustain changes

Recognizes that **social change takes time**

Utilizes a **social marketing** planning approach

Promotes **obesity prevention strategies**

Is based on the **Social-Ecological Model**

Research shows that behavior change is more likely to last when an individual and his or her entire environment change at the same time.

Through policies and environmental supports, the Obesity Prevention Program works to **make the healthy choice the easy choice where people live, learn, work, and play.**



Announcements

November is National Diabetes Month

For more information visit www.diabetes.org

November 19, 2009 is the **Great American Smokeout**. Millions of Americans chose to quit on this day! Free counseling available to all NH residents who want to quit tobacco at **1-800-879-8678 (1-800-Try-to-STOP)**.

May 1, 2010— Minority Health Conference: You Have the Power! Small Steps to Better Health will be held in Nashua . The primary audience will be the general public, although health professionals are welcome to attend. The topic is diabetes and cardiovascular disease, with a focus on prevention. For pre-registration information, contact Tracie Holmes at Southern NH AHEC (603) 895-1514 X 4 .

May 5th & 6th, 2010— Partners for Asthma: the Road Ahead - will be held in Concord at the Grappone Conference Center. Continuing education will be provided for physicians, nurses, and respiratory therapists. For more information contact Malone Cloitre at (603) 895-1514 ext. 3 or mcloitre@snhahec.org.

The New Hampshire Department of Health and Human Services (DHHS) Folic Acid Education Program is joining with the National Council on Folic Acid in promoting **National Folic Acid Awareness Week, January 4-10, 2010**. More than 3,000 pregnancies in the United States are affected by Spina Bifida or Anencephaly birth defects each year. Up to 70% of these neural tube birth defects could be prevented if all women received enough of the B vitamin folic acid every day starting before they became pregnant. The Centers for Disease Control and Prevention (CDC) recommends that all women of childbearing age consume 400 micrograms of folic acid every day by taking a daily multivitamin and eating a diet rich in folate/ folic acid.

The Oral Health-Diabetes Connection (References—continued from page 2)

Note that the original document was altered for this publication. This list includes ALL of the original references from the extended version.

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Photos A&B: Australian Denture Care Center