

DIABETES DATA, RESOURCES, AND INFORMATION

January 2019

DIABETES

The American Diabetes Association® (ADA) published the new [2019 Standards of Medical Care in Diabetes](#), the global standard for diabetes care. Significant updates include Notable updates include: (1) Patient-centered care with more treatment algorithms to provide decision support for individualized care (2) Updated cardiovascular disease management recommendations endorsed by the American College of Cardiology (3) New section focused on diabetes technology, including recommendations on insulin delivery, blood glucose meters, continuous glucose monitors, automated insulin delivery devices, and insulin injection technique and (4) Significant revisions to the pharmacologic treatment guidance for type 2 diabetes, with consideration of key patient factors, including comorbidities, hypoglycemia risk, effect on body weight, cost, side effects, and patient preferences.

[BMI in puberty tied to diabetes risk in men, study finds](#)

There was a nonlinear association between a high body mass index during puberty and an increased risk for type 2 diabetes among men, especially among those who were overweight during childhood, according to a study in [The Journal of Clinical Endocrinology & Metabolism](#). Researchers evaluated data from the BMI Epidemiology Study Gothenburg and found no significant increase in diabetes risk among those who normalized their weight during puberty.

[Study to evaluate multidisciplinary approach in diabetes, CVD](#)

The COORDINATE-Diabetes study will evaluate a multidisciplinary approach to caring for patients with type 2 diabetes and cardiovascular disease using EHR data from health systems across the US. The trial, to begin next year, will involve guideline-based therapies in endocrinology, primary care and cardiology for patients at 46 cardiology clinics.

[Partnerships with families can improve patient care, lower costs](#)

Creating partnerships with patients and their families, and including them in care plans, can improve patient experience and outcomes and reduce healthcare costs, according to a position paper published in the Annals of Internal Medicine. Surveys and patient and family advisory councils can also help drive improvements to health systems, the paper says.

[The Let's Be Well Diabetes Box is available now](#)

The Let's Be Well Diabetes Box gives those living with diabetes the practical tools to take the necessary steps and empowers them to take care of themselves -- on their own terms. Our expertly curated box is all about eating well -- emphasizing portion control, meal planning and preparation, without giving up the foods that you love.

[New Md. law allows payments to RDs for prediabetes, obesity care](#)

A Maryland health insurance law that took effect this week provides for reimbursements to licensed dietitians or nutritionists for treating prediabetes and obesity. It also expands coverage

for equipment, supplies and self-management training related to prediabetes and impaired glucose levels induced by pregnancy.

68% of patients have at least one social determinant of health

Sixty-eight percent of US patients reported challenges associated with at least one social determinant of health -- such as financial or food insecurity -- and most have not discussed the issue with their health care provider, according to a Waystar survey. Patients covered by Medicare and Medicaid were more likely than those with commercial coverage to be affected by three or more social determinants, and although patients often decline assistance, they may be more receptive to offers of help after speaking with a physician or nurse, rather than an insurer.

Study links diet quality to glycemic control in gestational diabetes

A study in the [Journal of Women's Health](#) showed that women with gestational diabetes who had higher dietary quality had higher odds of overall optimal glycemic control than those with the lowest dietary quality. Researchers analyzed 1,220 women, average age of 32, and found lower values of mean capillary glucose for one-hour post-dinner among those with higher dietary quality, compared with women with the lowest dietary quality.

Study examines health care costs associated with diabetes

Adults who had diabetes during the study period had higher total medical expenses at 10 years before and after diagnosis, compared with those who did not have diabetes, according to a study in [Diabetes Care](#). Researchers used a cohort of 254,049 adults ages 25 to 64 and found the diabetes cohort also had significantly higher excess medical costs a year after being diagnosed and higher costs tied to outpatient and inpatient care than controls.

Americans struggle to pay for prescription medications

A survey conducted between Oct. 29 and Nov. 2 by GoodRx, a drug-price website, indicates that more than 2 out of 5 Americans have had difficulty paying for prescription medications in the past year, a third have skipped filling a prescription due to cost, and 20% have used savings to pay for drugs.

Study: Many adults skip care due to poor health insurance literacy

A study in [JAMA Network Open](#) found that many patients remain unaware that most preventive health care services are covered by health insurers at no cost, and those with low health insurance literacy were more likely to postpone or skip preventive health care services due to costs. The findings, based on survey data from 506 insured adults, suggest some people may be missing out on health care due to their mistaken belief that they can't afford it, even when it may be free, said lead study author Renuka Tipirneni.

Research examines physical activity levels in gestational diabetes

A study in the [Journal of Diabetes](#) showed that 63.1% of women with gestational diabetes reduced their physical activity during pregnancy, and those who were categorized as insufficiently active or inactive had higher fasting plasma glucose levels than women who were

physically active. Brazilian researchers evaluated 2,706 women, mean age of 31.3, and found that 47.4% and 34.3% received physical activity counseling before or after being diagnosed with gestational diabetes, respectively.

[Study links depression to medication adherence in diabetes](#)

Patients with type 2 diabetes who had a positive screening for a major depressive disorder were at 2.72-fold increased odds of having low medication adherence, according to a study in the [Journal of Diabetes and its Complications](#). Researchers surveyed 376 patients with a mean age of 56.6 and found that low medication adherence was associated with an A1C level of 8.5% or more, having two of four somatic symptoms and all four cognitive affective symptoms, and a score of more than 10 on the depressive symptoms questionnaire.

[5 Tips to Prevent Diabetic Retinopathy](#)

Diabetic retinopathy, the most common form of diabetes-related eye disease, is the leading cause of blindness in working-age Americans. It's also preventable. [Resources](#) are available to inform patients about risk factors and educate clinicians on steps to prevent disease in their patient population.

[Research links eating fruits, vegetables to reduced diabetes risk](#)

A study in the journal [Redox Biology](#) showed that a higher intake of vitamin C -- by eating five to 10 servings of fruits and vegetables, as well as legumes, nuts and seeds -- may help reduce a person's risk of developing metabolic syndrome and heart disease. Researchers note that individuals with metabolic syndrome "can eat the same amount of vitamin C as people without metabolic syndrome but have lower plasma concentrations of vitamin C," which may be due to damage to the gut microbiome.

[Study finds missed diabetes monitoring opportunities in primary care](#)

A study in [Family Medicine and Community Health](#) showed that less than 60% of primary care patients with diabetes received a recommended test for diabetes monitoring in the previous 12 months, with 58% tested for A1C levels and 57% for lipid profile, "creating a substantial gap in the quality of care for diabetes in US primary care settings," researchers wrote. Analysis of 2,379 primary care visits for patients with diabetes revealed that continuity of care with primary care providers contributed to a 36% increase in adherence to diabetes monitoring guidelines for A1C and a 76% increase for lipid profile tests.

OBESITY

[Knowledge about benefits of exercise linked to being physically active](#)

Individuals who were more knowledgeable about the benefits of exercise and the risks of inactivity were significantly more physically active than those with poor knowledge, according to a study in [PLOS ONE](#). Australian researchers surveyed 615 people and found that although nearly all of them agreed on the health benefits of physical activity, more than 50% of respondents did not know the recommended amount of physical activity, and the majority incorrectly estimated the increased disease risk resulting from inactivity.

Gestational diabetes, obesity tied to higher infant birth weight risk

A study in the [Journal of Diabetes Investigation](#) showed that 35.5% of Japanese women with gestational diabetes who had prepregnancy overweight or obesity gave birth to infants who were large for gestational age, compared with 5.9% of mothers in the normal BMI group. Researchers evaluated 101 women, mean age of 34.7 at delivery, and also found an association between greater gestational weight gain and greater infant birth weight.

CDC report shows US adults are getting heavier, shorter

A CDC report found that the average body weight, body mass index and waist circumference of US adults 20 years and older increased between 1999-2000 and 2015-2016, while the overall average height fell slightly for men and women. The findings, based on National Health and Nutrition Examination Survey data, showed the average BMI of US adults grew from 27.8 to 29.1 for men, and from 28.2 to 29.6 for women.

Study: Food insecurity ups risk for obesity, binge eating disorder

A study in the [International Journal of Eating Disorders](#) showed that individuals with food insecurity had increased odds for obesity and binge eating disorder compared with those who have food security. Researchers analyzed 1,251 participants and found those with a college and post-college education had a lower risk of becoming obese than people with high-school level or GED education.

Study: School nutrition programs improve health

School nutrition programs can help students maintain healthy body mass indexes, according to a study of about 600 students in a dozen schools by researchers at the University of Connecticut's Rudd Center for Food Policy and Obesity. Students who participated in the programs were healthier in the short term and made healthier choices over the next five years.

Reanalysis shows increase in number of US adults trying to lose weight

Researchers retracted their previous study that stated a decline in the number of overweight and obese US adults trying to lose weight over the past 30 years, as the numbers actually increased from 56% to 58% by the end of the study period. The findings in the [Journal of the American Medical Association](#), based on a reanalysis of the 1988 to 2014 National Health and Nutrition Examination Survey data, noted that the authors retracted their paper after failing to account for a change in how the survey asked about weight-loss attempts beginning in 1999.

Pediatric BMI tied to later parental perception of child weight status

A study in [Pediatrics](#) showed that every unit increase in children's body mass index z-scores at ages 1 or younger and at ages 4 to 5 were associated with 2.9 times and 10.4 times increased odds of being perceived by their parents as overweight after two years, respectively. The findings prompted researchers to conclude that clinician and public health efforts to boost parental awareness of their children's actual BMI status may not be effective in curbing pediatric obesity.

Research shows link between obesity, income

Individuals from lower-income households are at a higher risk of developing obesity and diabetes, which could be attributed to an increase in sugar consumption, according to a study in the journal [Palgrave Communications](#). Researchers evaluated CDC data on 3,000 US counties and found that 35% of the population in states with median household incomes below \$45,000, such as Alabama, Arkansas and Mississippi, were obese, compared with about 25% of those in states with median household incomes above \$65,000, like California, Colorado and Massachusetts.

Childhood physical activity declines sooner than previously thought

Researchers examined 600 youths born from 2002 to 2004 and found that their total daily physical activity dropped by 75 minutes between ages 6 and 11, while their sedentary behavior rose by 107 minutes per day during the same period. The findings in [Pediatrics](#) also showed greater drops in light and moderate-to-vigorous physical activity among boys, as well as reduced total physical activity levels and elevated sedentary behavior levels among those with higher body mass index z-scores and fat mass index.

Slower weight gain found in youths in schools with nutrition programs

Middle-school students in schools with nutrition policies and healthy eating programs had a less than 1% increase in body mass index percentile after five years, compared with a 3% to 4% BMI percentile increase among those in schools without such programs, researchers reported in the American Journal of Preventive Medicine. The findings also showed healthier behaviors among those in schools with nutrition programs.

Study looks at incidence of weight-associated cancers in US

A study published in [JAMA Oncology](#) revealed that the rates of cancer attributable to excess weight vary among states across the US, with the rates ranging from as high as 8.3% in Washington, D.C., to as low as 5.9% in Hawaii. The findings, based on adults older than 30, showed higher state-by-state proportions in some cancers, such as weight-related endometrial cancer that ranged from 36.5% in Hawaii to almost 55% in Mississippi.

Tools can help clinicians address food insecurity among seniors

Food insecurity is a major social determinant of health, particularly among seniors, but there are numerous online courses and tools that can help health care providers identify and address this problem. Evidence suggests food security interventions improve health outcomes and the chances of aging in place among food-insecure older adults, underscoring the importance of clinical interventions, researchers wrote in the Journal of the American Geriatrics Society.

DATA

Hawaii, Mass. lead ranking of healthiest US states

A report from the United Health Foundation ranked Hawaii, Massachusetts, Connecticut, Vermont and Utah as the healthiest US states based on 35 health markers including clinical care, community, environment and health outcomes, while Arkansas, Oklahoma, Alabama, Mississippi, and Louisiana were ranked the least healthy. The report, America's Health

Rankings, also found that the country's obesity rates hit record levels and surpassed 30% of the population, while premature death rates rose by 3% over last year.

HIT

Doctors say it's the best, worst of times with EHRs, analytics tools

More than 50% of 300 full-time physicians surveyed by health care analytic solutions and services company Geneia reported experiencing negative and positive effects of EHR implementation, while 57% said the "introduction of advanced data and analytics tools, population health software and data registries has been a positive and a negative development for practicing physicians." The findings also showed that physicians' growing dissatisfaction and frustration with EHRs may negatively affect how they approach new data and analytics tools.

Survey: 67% of physicians unaware of telemedicine reimbursement

A Reaction Data survey of 283 physicians and health IT leaders revealed that 67% were not aware of the expanded telemedicine reimbursement announcement from the CMS, but 63% of respondents cited the positive effect of the increased reimbursement on telemedicine adoption, implementation and use. Meanwhile, 53% of those surveyed still have not adopted a telemedicine solution, while 24% are using their own solution and 23% have contracted with a telemedicine service/software provider.

Researchers tout benefits of mHealth in diabetes

Siren Care's mobile health wearable that can monitor skin temperature helped health care providers in monitoring diabetic peripheral neuropathy, the onset of foot ulcers and Charcot arthropathy among diabetes patients, according to a study in the [Journal of Medical Internet Research](#). The study of 35 patients found that a mobile app and sensor-embedded sock "can reliably and consistently collect temperature data from the wearer's feet, which are consistent with clinical observations."

Survey: Online medical portals are underutilized

Online patient portals for doctor-patient communication offer real benefits and are available to most people with health insurance, but a survey in [Health Affairs](#) found that nearly two-thirds of insured participants had not used a medical portal in the past year. Those not using an available medical portal were more likely to be insured by Medicaid, be 65 or older, live in a rural area and have less than a college education.

Ill. amends telehealth coverage for seniors with diabetes

The Illinois Insurance Code is expanding coverage for telehealth programs, allowing certified diabetes educators and licensed dietitian nutritionists to use connected care platforms for older diabetes patients in their homes who have trouble accessing health care services.

Report touts role of health coaches in increasing use of wearables

A HIMSS report, based on a survey of about 100 health IT decision-makers, stated that health coaches can help improve the value of patient-generated health data and wearable technology

in chronic care disease management. About 50% of respondents reported using health coaches for chronic disease management and said it reduces the burden on providers and enables patients to easily incorporate the use of wearable tools in their self-management strategies.

Telehealth use lagging in underserved populations

The use of telehealth across the US rose from 6.6% in 2013 to 21.6% in 2016, but telehealth access was least likely among low-income, rural and Medicaid patients, according to a study in [Health Affairs](#). Researchers suggested that the low adoption of telehealth among underserved populations may be due to their inadequate access to remote care providers.

Few physicians have worked in practices using telemedicine

Only 15% and 11% of physicians have worked in health care practices that used telemedicine for patient interactions and to connect with other health care professionals, respectively, according to a study in [Health Affairs](#). Researchers reviewed a 2016 survey of 3,500 physicians and found that radiologists had the highest telemedicine use for patient interactions, followed by psychiatrists and cardiologists, while emergency medicine physicians reported the highest telemedicine use for interactions with health care professionals, followed by pathologists and radiologists.

Researchers examine trends in telemedicine use in US

A study in the [Journal of the American Medical Association](#) showed that although telemedicine visits in the US increased from 206 visits in 2005 to more than 202,000 visits in 2017, telemedicine use is still rare. Researchers found that mental health visits and primary care exams accounted for 53% and 39% of telemedicine visits during the study period, respectively, with primary care taking over as the most frequent form of telemedicine by the end of the study.

Report evaluates users' views on using health care chatbots

UserTesting polled 500 consumers and found that they don't completely trust health care chatbot apps and reported having concerns about HIPAA compliance and being cautious of relying on unfamiliar brands. Seventy-three percent of respondents said these tools were helpful, while 12% said these were not helpful and 15% were neutral, the report stated.

Most patients, providers think virtual visits have good care quality

Sixty-two percent of 254 patients and 59% of 61 clinicians surveyed said that care quality of virtual video visits was similar to office visits, while 21% of patients cited that virtual visits have a better overall quality, compared with 33% of clinicians who thought office visits have a better quality. The study, published in [The American Journal of Managed Care](#), found that 52.5% and 70.5% of clinicians believe virtual video visits were better in terms of visit efficiency and timely scheduling of patient appointments, respectively, than office visits.

WEBINARS

CLINICIAN CONTINUING EDUCATION

Keep Current with the [Obesity Learning Center](#) Visit the learning center for complimentary access to featured CME/CE as well as guidelines, articles, and additional resources for clinicians and patients.

Diabetes Knowledge in Practice Free Journal Club

Join Professor Jens Juul Holst and Dr John Buse for the next journal club, [New Directions in Diabetes Care: Updates From Recent Guidelines](#) 29 Jan 2018, 13:00 ET

FUNDING

[Healthy Food Financing Initiative](#)

A U.S. Department of Agriculture small grant program that provides funding to improve access to affordable, healthy foods in urban and rural areas, particularly areas composed predominantly of lower income neighborhoods and communities.