Medicare's Everyone with Diabetes Counts (EDC) Program: Overview and What’s Happening in California

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Better Health, Better Care, Lower Cost

- Quality Innovation Network-Quality Improvement Organizations (QIN-QIOs) in every state and territory are united in a network of contracts administered by the Centers for Medicare & Medicaid Services (CMS).
- The QIN-QIO program is the largest federal program dedicated to improving health quality for Medicare beneficiaries at the community level.

HSAG’s QIN-QIO Responsibility

Nearly 25 percent of the nation’s Medicare beneficiaries

HSAG is the Medicare QIN-QIO for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands.

Everyone with Diabetes Counts (EDC)

- EDC is a disparity-reduction program designed to:
  - Improve health literacy and healthcare quality among Medicare and Medicare-Medicaid beneficiaries with diabetes and pre-diabetes.
  - Target Medicare beneficiaries from medically underserved racial/ethnic minority and rural populations.
  - Decrease the disparity in diabetes testing through increased eye exams, foot exams, blood pressure control, weight control, and testing for HbA1c and lipids—and improve health scores for these tests.
  - Support sustainable diabetes education resources by engaging public, private, agency, and organization partnerships at the community, state, and national level.

Disparities Exist in Diabetes Care

- EDC’s target populations:
  - African Americans
  - Hispanics/Latinos
  - American Indians/Native Americans/Alaska Natives
  - Asians/Pacific Islanders
  - People living in rural areas
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HSAG’s Role in EDC

• Increase adoption and implementation of diabetes self-management education (DSME)
  – Diabetes Empowerment Education Program™ (DEEP™), University of Illinois at Chicago (UIC)
  – Diabetes Self-Management Program, Stanford University
  – Project Dulce, Scripps Health Whittier Diabetes Institute
• Train organizations, volunteers, and community health workers statewide to offer DSME
• Provide assistance to organizations, clinics, community-based hospitals, Medicare Advantage Plans, Federally Qualified Health Centers (FQHCs), etc., in developing sustainable diabetes education programs
• Impact more than 7,000 Medicare beneficiaries in California with diabetes or pre-diabetes

Goals are Outcomes-Based and Data-Driven

• QIN-QIOs track data on Medicare beneficiaries both before and after completion of their EDC educational workshop.
• QIN-QIOs track clinical outcomes for 10 percent of participants regarding:
  – HbA1c
  – Lipids
  – Blood pressure
  – Weight
  – Foot exams
  – Eye exams

Sites to Host DSME Workshops

• Locations where seniors live, work, play, socialize, and worship
• Senior centers
• Senior housing sites
• Churches
• Community centers
• Hospitals
• Physician offices

“Tell me and I forget, teach me and I may remember, involve me and I learn.”
-Benjamin Franklin

Five Components of EDC

1. Recruitment and education of Medicare beneficiaries
2. Recruitment and education of physician practices and staff
3. Recruitment of partners and stakeholders
4. Data collection and analysis
5. Sustainability planning and implementation

Interactive Demonstrations
Understanding a Food Label

Cheeseburger | Cola Soda | Fries
---|---|---
**Nutrition Facts**
Calories: 250 | Calories: 200 | Calories: 270
Total Fat: 20 g | Total Fat: 10 g | Total Fat: 13 g
Sodium: 1200 mg | Sodium: 100 mg | Sodium: 500 mg
Total Carbs: 35 g | Total Carbs: 20 g | Total Carbs: 40 g
Cholesterol: 60 mg | Cholesterol: 0 mg | Cholesterol: 25 mg

**Total Fat and Carbohydrates**
- 13 teaspoons of lard
- 28 teaspoons of sugar

Visualizing Fats and Carbohydrates

<table>
<thead>
<tr>
<th></th>
<th>Cheeseburger</th>
<th>Cola Soda</th>
<th>Fries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>24 g = 6 teaspoons</td>
<td>0 g = 0 teaspoons</td>
<td>29 g = 7 teaspoons</td>
</tr>
<tr>
<td>Total Carbs</td>
<td>35 g = 8 teaspoons</td>
<td>35 g = 7 teaspoons</td>
<td>63 g = 13 teaspoons</td>
</tr>
</tbody>
</table>

HSAG DSME Workshop and Peer Educator Graduates

Thank you!
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