The emotional, physical, and financial cost of diabetes

Topics:
• Health in the headlines
• Effects of chronic disease on mental health
• Prevalence, symptoms, significance
• Prediabetes, what you need to know
• What can employers do?
• Nutrition therapy counseling
Roundtable Discussion:
Ask us your questions using the Q and A function

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Good Health Is Good Business
The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health’s own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.
Ask us questions – give us feedback – this hour is for you

- Please use the **Q and A** function to ask your questions at anytime.

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
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<tbody>
<tr>
<td>I am able to apply the tools and guidance provided today to support my workplace and/or employees.</td>
<td>Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree</td>
</tr>
<tr>
<td>The information provided today was easy to understand and relevant.</td>
<td>Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree</td>
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<tr>
<td>How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or P&amp;L manager?</td>
<td>Very Likely, Likely, Neutral, Unlikely, Very Unlikely</td>
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<tr>
<td>How likely are you to attend one of our Business to Business Zoom Conferences in the future?</td>
<td>Very Likely, Likely, Neutral, Unlikely, Very Unlikely</td>
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<td>What topic(s) would you like us to focus on in the future?</td>
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Health in the headlines
Overall numbers of cases of COVID-19 in Maine are falling, but they are still relatively high.

[Images of map highlighting different transmission levels and community levels in Maine]

How are COVID-19 Community Levels calculated?

https://covid.cdc.gov/covid-data-tracker/#datatracker-home
There are some hot spots in the US and around the world, but a winter surge is expected.
The alphabet soup of COVID variants

• Almost all new variants are in the Omicron family

• Too early to talk about the infectivity/severity of most specific variants
RSV, Influenza A, and other respiratory viruses are on the rise in Maine
There is now a pediatric hospital bed crisis in New England and the East Coast

- Treatment for RSV is supportive and there is no current vaccine.
- There are medications for Influenza especially for those at risk of severe disease.
Upcoming Winter Concerns/Reminders

- Encourage and Support staff to get vaccinated against Influenza and COVID-19
- Remember that Ventilation is important in reducing spread of respiratory viruses
- Continue to support staying at home when ill.
- Masks, Hand Washing, and Distancing are still important.
COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:
- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are be required to bring a completed consent to treat form signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call 207-204-8551.
*Long distance or carrier fees may apply.

Scheduling your vaccination:
- If you cannot find an appointment that works for you at a Northern Light location, please visit the state COVID-19 vaccination sites list.
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location.
The reality of the growing prevalence of diabetes in the US
DIABETES IN THE U.S
A SNAPSHOT

37 Million
37 million people have diabetes
That's about 1 in every 10 people
1 in 5 people don't know they have it

PREDIABETES
96 Million
96 million American adults—more than 1 in 3—have prediabetes
More than 8 in 10 adults with prediabetes don't know they have it

COST
$327 Billion
Total medical costs & lost work & wages for people with diagnosed diabetes

RISKS
People who have diabetes are at higher risk of serious health complications:

- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

Medical costs for people with diabetes are more than twice as high as for people without diabetes

The Financial Cost of Diabetes

- Healthcare average expenditure for a person with Diabetes = $16,752 (2017)
- $9,601 is attributed to Diabetes
- 2.3 times the average expenditure for a person without Diabetes
- 1 in 4 healthcare dollars are spent on people with a diagnosis of Diabetes
- $327 billion annually with $237 billion in direct medical costs and $90 billion in reduced productivity, including absenteeism
- For medical costs, the largest components are:
  - 30% spent on inpatient hospital care
  - 30% on prescription medications to treat complications of Diabetes
  - 15% on anti-diabetes agents and supplies
  - 13% on physician office visits
What does it mean to be living with diabetes?
Maine’s diabetes epidemic

- 115,001 diagnosed with diabetes
  - 10% of population
- 32,000 undiagnosed diabetes
  - Estimated
- 373,000 prediabetes
  - 35% of adult population
- 8,096 people every year in Maine diagnosed with diabetes

National Diabetes Statistics Report—2022,
cdc.gov/diabetes/data/statistics-report/index.html
Diabetes: signs and symptoms

• Excessive thirst
• Excessive hunger
• Fatigue
• Weight gain
• Weight loss
• Blurred vision
• Poor wound healing
• Numbness or tingling of hands or feet
Potential long-term complications

• Cardiovascular disease
• Chronic kidney disease
• Neuropathy
• Retinopathy, loss of vision
• Peripheral vascular disease
• Skin and mouth conditions
• Dementia
• Depression
Challenges for business leaders

- Create employee incentives for treatment & follow-up
- Improve access to medications
- Decrease cost of medications
- Improve access to continuous glucose monitoring (CGM)
- Improve access to dental services
The intersection between chronic disease and mental health
Cost of depression and chronic co-morbidities

<table>
<thead>
<tr>
<th>Condition</th>
<th>Without Depression</th>
<th>With Depression</th>
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<tbody>
<tr>
<td>Arthritis</td>
<td>$380</td>
<td>$990</td>
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<tr>
<td>COPD</td>
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<tr>
<td>Diabetes</td>
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</tr>
<tr>
<td>Chronic Pain</td>
<td>$403</td>
<td>$1,063</td>
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</tbody>
</table>

Per Member Per Month
Co-existence of diabetes and depression

Rates of both diabetes and depression are expanding worldwide

1 in 5 Adults with Type II Diabetes experience Depression which is more than 2x the rate found in the general population.

27% of Women diagnosed with Diabetes go on to develop a depressive disorder.

18% of Men diagnosed with Diabetes go on to develop a depressive disorder.
Diabetes and depression

1 in 3 people with Type II Diabetes experience Diabetes Distress - worry, frustration, anger and burnout related to daily demands of managing diabetes.

People with Diabetes who also have co-occurring depression are less likely to engage in important self-care activities such as exercise, diet, smoking cessation and medication adherence.

Health outcomes are much worse for people with both diabetes and depression including additional health complications, disability and earlier death.
What can employers do?

- Benefit design for medical and mental health conditions
- Strategic and persistent wellness communications
- Worksite support for people with Diabetic Distress
- Tailored mental wellness services
Maine Crisis Line 1.888.568.1112 provides confidential 24/7 support and information

Contact Work Force EAP at 1-800-769-9819 to inquire about services available for your employees

Contact Healthy Life Resources at 207.973.6446 or AcadiaHLR@northernlight.org
A comprehensive, coordinated, and actionable set of supports for employers to promote a strong functional workforce.

Contact Northern Light Wellness at 207.973.8273 to learn about programs to support your employees' journey to wellness.

Northern Light Acadia Substance Use treatment 207.973.6100

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The value of preventing or controlling diabetes
National Diabetes Prevention Program

- Reduce the risk of developing type 2 diabetes in participants by 58%
- Practical tools and tips for reducing stress, eating well, and getting active
- Regular coaching sessions (year long program), offered online, in your community, or even in-person at your location
- Group-based learning experiences that give participants a community of support
Activity

- **Employee buy-in**
  - Less than 10% of employees use their benefits
- **Incentives**
  - Reimbursement
  - Trackers
- **Walking meetings**
- **Works space**
  - Standing desks, cycle chairs
- **Stretch breaks**
Healthy eating

• Healthy vending machines
• Cafeteria
  • Nutritional information
• Education
  • Access to dietitian
• Newsletter
  • Healthy eating tips
  • Recipe
• Healthy habits
  • Avoid eating at desk
Diabetes and Nutrition Services

Our specialists are committed to providing the highest of healthcare services to patients with diabetes and nutrition related needs and disorders.

Together, we have created a program to help you and your loved ones gain the knowledge, skills, and empowerment necessary to become active participants in your diabetes care.

Contact your primary care provider for a referral.

For more Information, call 207.664.5475
Located at 31 Resort Way, Ellsworth (Entrance in back of building)
Nutrition therapy counseling, the benefit for employees and employers
Nutrition Coaching

• Provide nutrition education
• Support employee’s health objectives
• Help build skills and self-efficacy
• Set forth realistic goals/targets
• Address any challenges/barriers along the way
• Monitor progress throughout
How It Works

Biometric Screening
- Conduct biometric screening - A1C test

Initial Visit
- Establish relationship/build rapport with client
- Client completes a nutrition/lifestyle pre-assessment
- Determine level/type of support needed
- Provide education
- Create an action plan
- Schedule follow-up visit

Follow-Up Sessions
- Evaluate any progress/change made since previous session
- Identify any challenges/barriers with current plan and modify plan as needed
- Establish new/additional goals to incorporate into action plan as client is ready
- Continue education

Evaluation
- Conduct second biometric screening – A1C test
- Client completes a nutrition/lifestyle post-assessment
- Measure client’s overall progress using data from pre/post- biometric screenings and assessments
- Determine level of follow-up care/support needed
Improved Health Outcomes

• Individualized care and support
• Motivational Interviewing/S.M.A.R.T. goals
• Regular check-ins =
  - Personal accountability
  - Opportunity for ongoing education
  - Ability to regularly address any questions/challenges/barriers to progress
  - Higher adherence rate potential
• Celebrating the wins, both big and small!
Resource to help prevent and manage certain health conditions

Nutrition Therapy Program

Nutrition is a major determinant of a person’s overall health and Northern Light Beacon Health offers Nutrition Therapy to help people prevent and manage certain health conditions.

Many chronic diseases are affected by nutrition including diabetes, obesity, and cardiovascular issues.

- 80% of healthcare costs are attributable to people with at least one chronic disease
- People with chronic disease account for 76% of all doctor visits
- 96% of filled prescriptions are for people with chronic disease
- As of 2010, the CDC estimates that over half of the US adult population suffers from at least one type of chronic disease/health condition

The CDC estimates that approximately one third of the US adult population have pre-diabetes

Studies show that for every $1 invested in corporate wellness yields $5 in corporate savings.

Dietary needs differ from person to person and are dependent upon factors such as age, gender, height, weight, culture, socioeconomic status, religious/ethnic beliefs, prevailing health conditions, medications, and more. Our program creates a personalized care plan based on each person’s needs.

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Tools you can use:

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Many chronic illnesses are affected by nutrition including diabetes, obesity, and cardiovascular disease.

- Adults with diabetes are six times more likely to have been told they had a chronic disease
- People with chronic disease are twice as likely to be obese
- 70% of adults with diabetes are overweight or obese
- As of 2020, the CDC estimates that over half of the US adult population suffers from at least one type of chronic disease health care seeks
- The CDC estimates that approximately one third of U.S. adults have pre-diabetes
- Healthy diet is key for every adult to maintain healthy weight for both weight loss and weight maintenance
- Dietary needs differ from person to person and can depend upon factors such as age, gender, height, weight, culture, socioeconomic status, lifestyle, mental health, physical activity, health conditions, medications, and more.

Our program creates personalized care plan based on each patient's needs.

References:
Register and save the date for Thursday, December 8
Collectively improving quality of life across Maine

Topics:

• Health in the headlines
• Social Determinants of Health
• What are they
• How do they impact health
• What to look for / notice
• Healthcare and community partnerships to improve health
Legal Disclosure:

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