



# CARDI•OH

Ohio Cardiovascular and Diabetes Health Collaborative



*In partnership with:*



# Cardi-OH ECHO Tackling Type 2 Diabetes

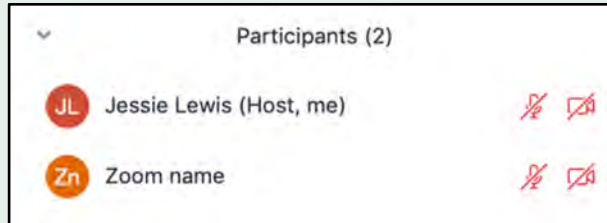
Thursday, January 28, 2021

# Reminders

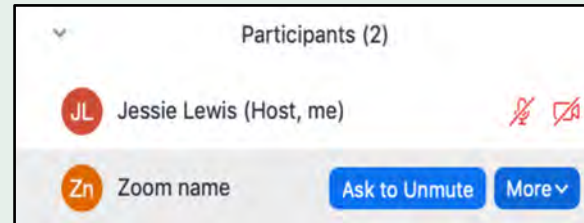


- Enter your name and practice name into the Chat to record your attendance
- Rename yourself in the Participant List with your full name and practice name

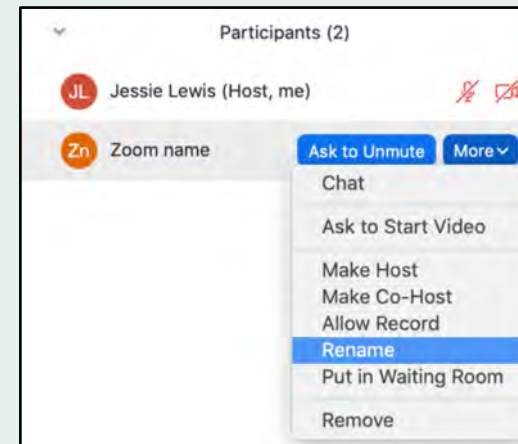
## 1. Hover over your name



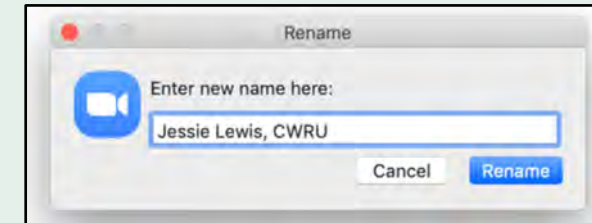
## 2. Select More



## 3. Select Rename



## 4. Type name and practice



- Mute your microphone unless speaking
- Comment or ask questions in the Chat at any time

# Cardi-OH ECHO Hub Team

## LEAD

Goutham Rao, MD  
*Case Western Reserve University*

## FACILITATOR

Kathleen Dungan, MD, MPH  
*The Ohio State University*

## DIDACTIC PRESENTER

Chris Taylor, PhD, RD, LD  
*The Ohio State University*

## CASE PRESENTER

Kay Hoopes, PharmD  
*Chillicothe VA Medical Center*



# Structure of ECHO Clinics



Duration	Item
5 minutes	Announcements and introductions
25 minutes	Didactic presentation, followed by Q&A
25 minutes	Case study presentation and discussion
5 minutes	Wrap-up/Post-Clinic Survey completion

# Disclosure Statements



- The following planners, speakers, moderators, and/or panelists of the CME activity have financial relationships with commercial interests to disclose:
  - Kathleen Dungan, MD, MPH receives consulting fees from Eli Lilly and Tolerion, institutional research fees from Eli Lilly, Novo Nordisk, and Sanofi Aventis, and presentation honoraria from Nova Biomedical, Integritas, and Uptodate.
  - Adam T. Perzynski, PhD reports being co-owner of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for book authorship with Springer Nature publishing and Taylor Francis publishing.
  - Christopher A. Taylor, PhD, RDN, LD, FAND reports grant funding for his role as a researcher and presenter for Abbott Nutrition and grant funding for research studies with both the National Cattleman's Beef Association and the American Dairy Association.
  - Jackson T. Wright, Jr., MD, PhD reports research support from the NIH and Ohio Department of Medicaid and consulting with NIH, AHA, and ACC.
  - These financial relationships are outside the presented work.
- All other planners, speakers, moderators, and/or panelists of the CME activity have no financial relationships with commercial interests to disclose.

# Lifestyle Approaches to Management of Type 2 Diabetes



Christopher Taylor, PhD, RD, LD

Professor and Director of Medical Dietetics

Director, Coordinated Program in Dietetics

Co-Director, Master of Dietetics and Nutrition Future  
Education Model Graduate Program

Professor of Family Medicine

The Ohio State University College of Medicine

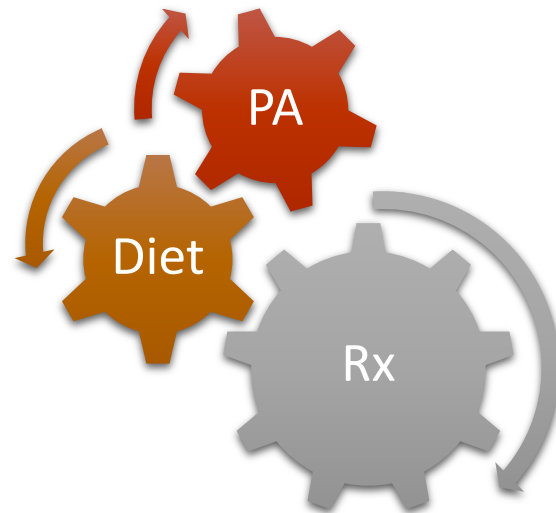
# Objectives

- Describe a strategy for initial discussion of dietary and physical activity changes among patients with type 2 diabetes.
- List and describe a minimum of 3 effective strategies for engaging patients in lifestyle changes to improve control of type 2 diabetes
- Describe the overall impact of sustained lifestyle changes upon morbidity and mortality among patients with type 2 diabetes



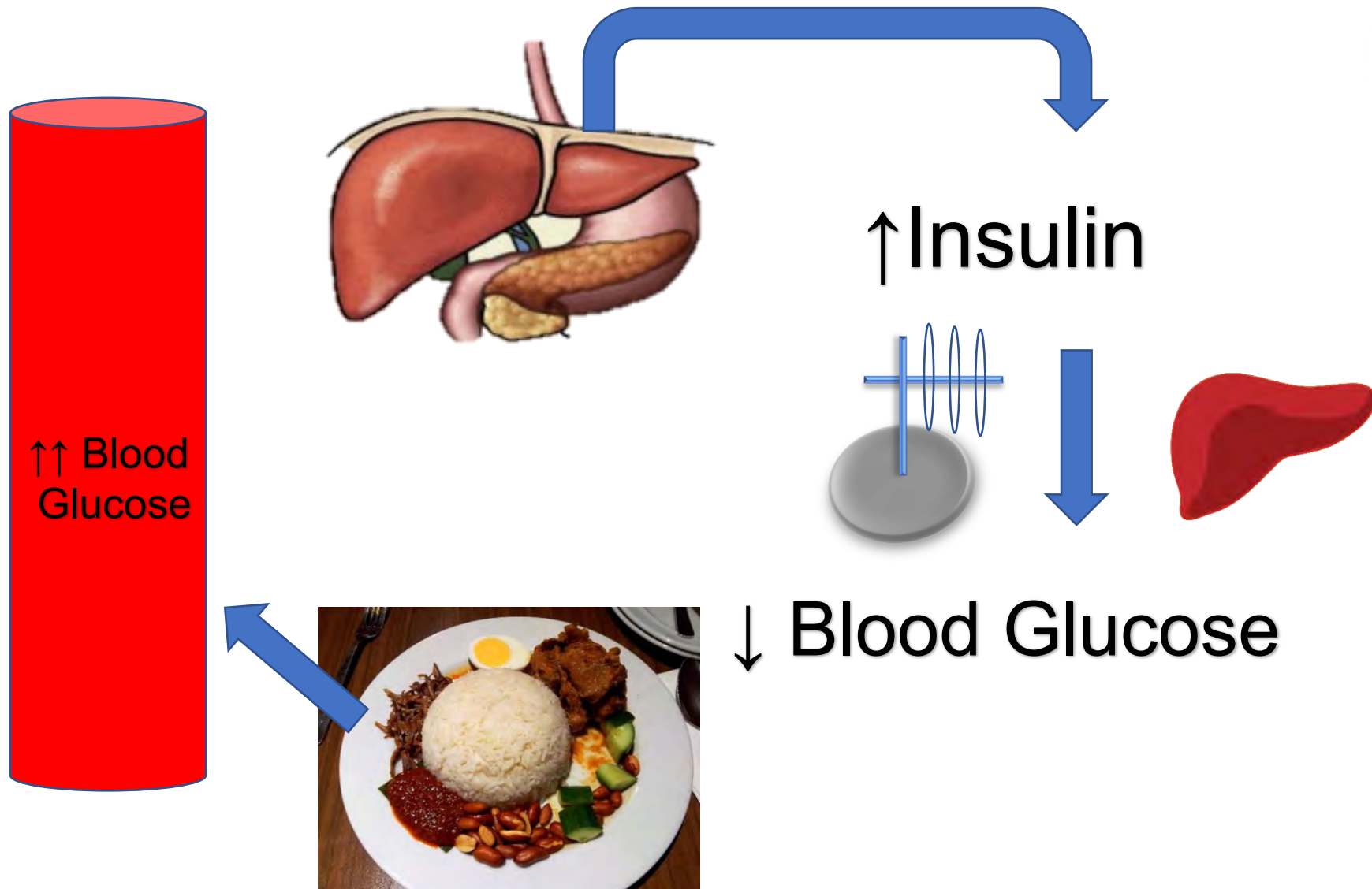
# Facilitating Outcomes in Diabetes

- Lifestyle behavior modification
  - Physical activity
  - Dietary patterns
- Pharmacologic treatment

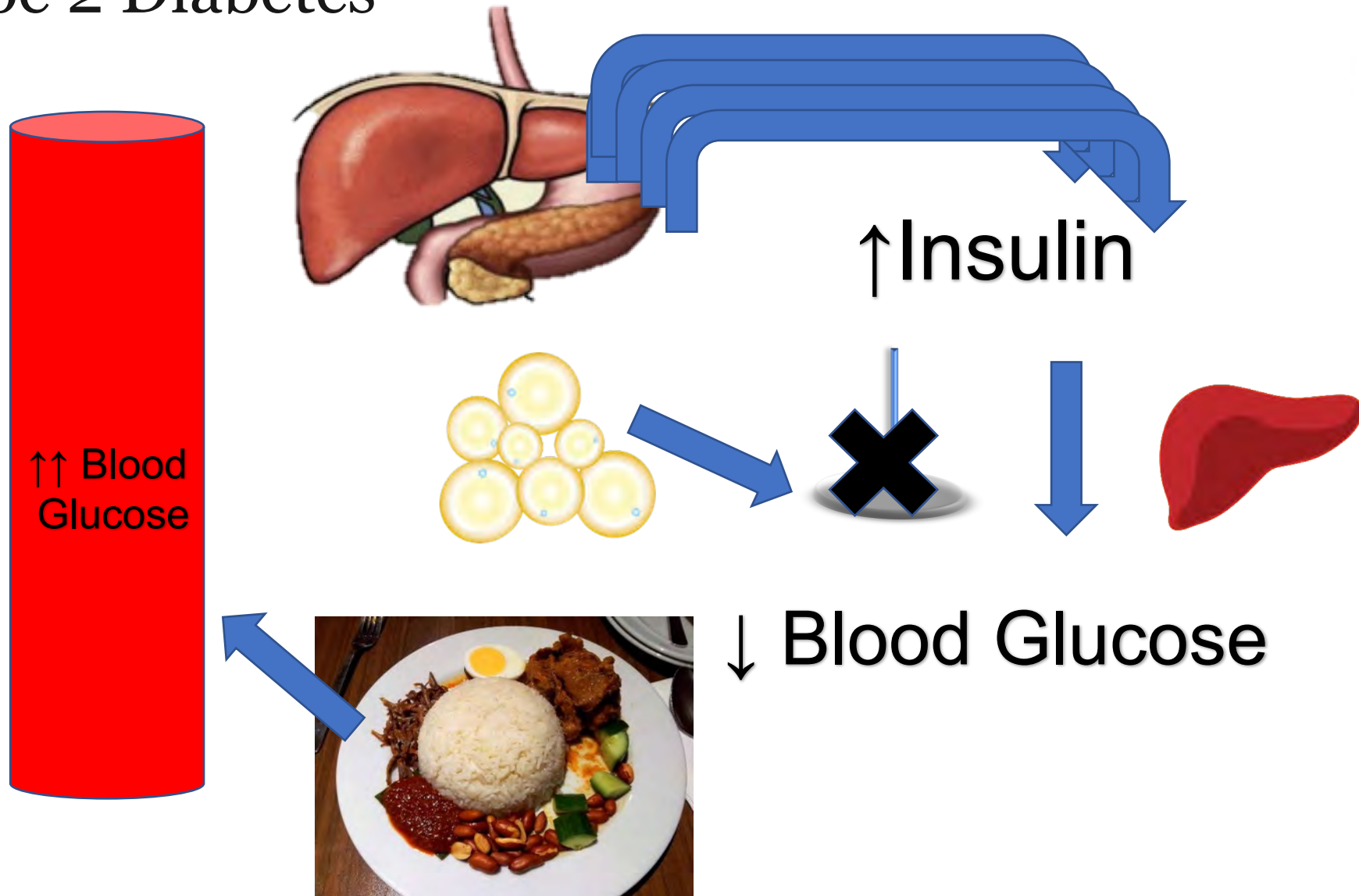




# Process of Maintaining Glucose



# Insulin Resistance and Hyperglycemia Type 2 Diabetes



# When We Are No Longer in Balance

- Challenges to maintaining glucose
  - Poor insulin production
  - Poor insulin action
  - Too many carbohydrates in



# Establishing a Path

- Guidelines offer focus on lifestyle behaviors balanced with pharmacologic therapies
- Patient commonly perceive medications to cover the behaviors not changed
- Lifestyle behavior change perceived to be something they *should do*
  - Not a priority until directly addressed by PCP

# Diabetes Prevention Program – The Story of Hope



- An early 1990s Randomized Clinical Trial to prevent diabetes
- The study had 3 groups of participants
  - Drug: metformin
  - Usual care
  - Lifestyle Behavior group
- 5-7% body weight loss significantly improved health and more likely to prevent diabetes
- 10-year follow up found major reductions in:
  - Systolic blood pressure (2-3 mmHg)
  - Diastolic blood pressure (5-6 mmHg)
  - LDL cholesterol (0.47–0.54 mmol/l)
  - Triglycerides (0.18–0.32 mmol/l)
  - Improved HDL (0.13–0.16 mmol/l)
  - [Diabet Med. 2013 Jan; 30\(1\): 46–55.](#)
- 15-year follow up:
  - T2DM incidence (27% reduction)
  - Lancet Diabetes Endocrinol 2015 Nov;3(11):866-75.

# Strategies in Eating Patterns

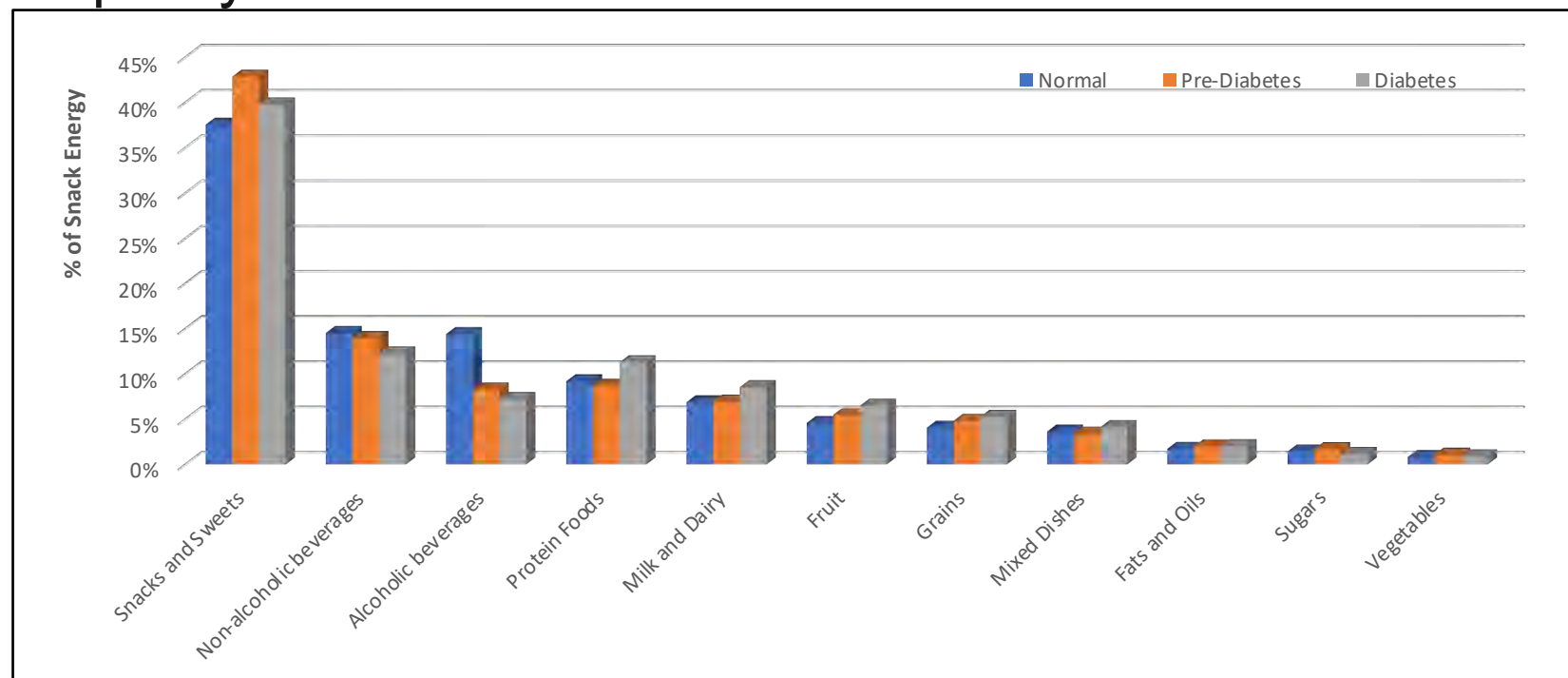


- Make all meals matter
  - Adults who skip meals shown to have poorer intakes at other eating times
- Addressing the foods AND the beverages
  - Sources of energy, carbohydrates and added sugars masked in drinks
  - Quantities and contributions underappreciated by consumed



# Strategies in Eating Patterns

- Snacking contributes a meal's worth of energy without the nutrition
  - 20-25% of the day's energy intakes, 40% of the added sugars during snack
  - Patients with diabetes have better added sugar intakes, but poor diet quality



# Translating these Guidelines into Food



- US Preventive Service Task Force recommends moderate to high intensity lifestyle to facilitate behavior change
  - Medium- (31-360 minutes) to high-intensity (>360 minutes) lifestyle interventions
  - Consider your limitations
  - Stay in your lane (scope of practice and licensure)
- Lifestyle behavior modification requires application of guidelines to patients' personal situations
  - Personal adaptations require time
- Recommendations are focused on nutrient intakes and overall food intakes (daily or weekly)
  - Individuals eat food and meals and must translate big picture to fork



Thank you!

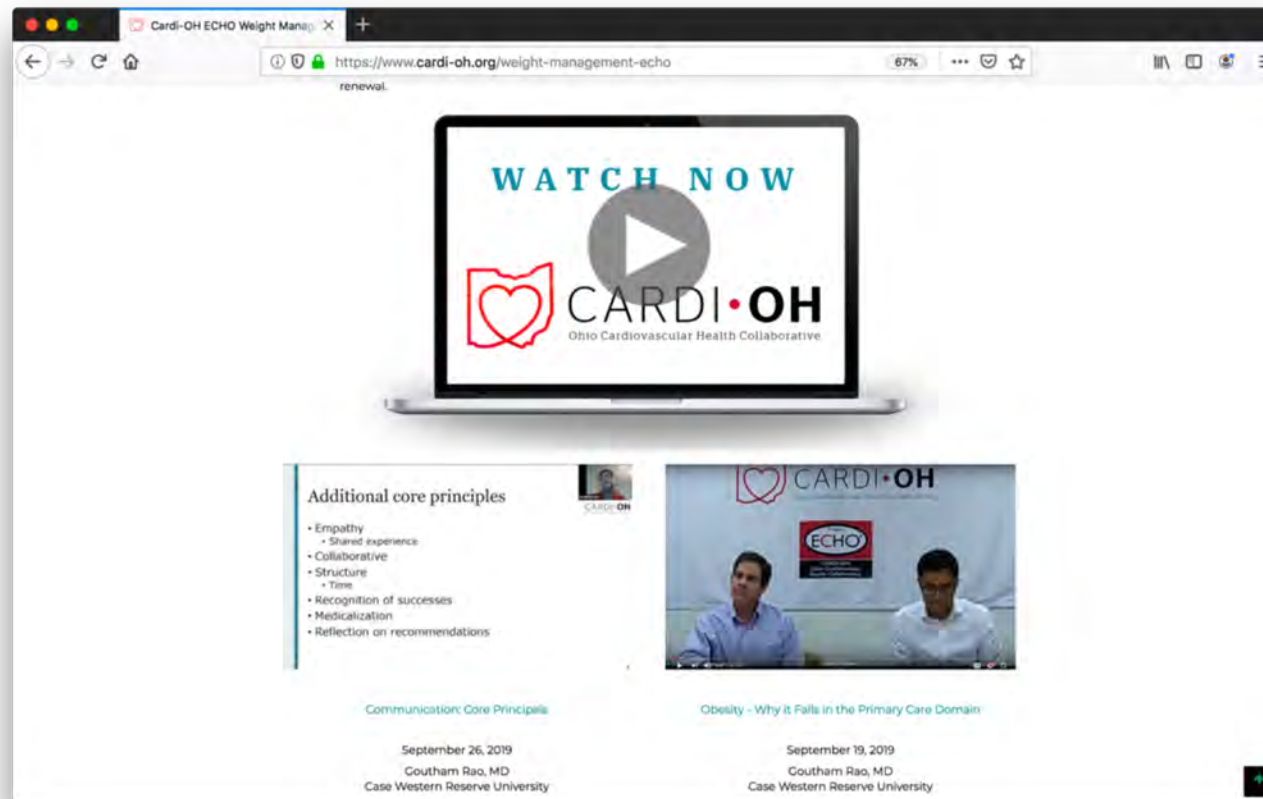
Questions/Discussion

# Watch Previous Cardi-OH TeleECHO Clinics



Register on Cardi-OH.org to watch all Tackling Type 2 Diabetes TeleECHO Clinics:

<https://www.cardi-oh.org/user/register>  
<https://www.cardi-oh.org/echo/diabetes-spring-2021>



# Reminders

- A Post-Clinic Survey has been emailed to you.  
Please complete this survey **by Friday at 5:00 PM**.
- *The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians.*
- *The MetroHealth System designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.*

FEBRUARY 10, 2021 WEBINAR  
12:00 - 1:00 P.M.

## Integrating Behavioral Health and Primary Care Services: Lessons Learned From Three Ohio Practices



**PRESENTED BY**

**Trygve Dolber, MD**

Assistant Professor, Psychiatry and Internal Medicine  
Associate Director of Population Behavioral Health  
University Hospitals Cleveland Medical Center  
Case Western Reserve University

**FEATURING PANELISTS FROM:**

The University of Cincinnati  
The Ohio State University  
Northeast Ohio Medical University

This 1.00 CME credit webinar will highlight the magnitude of unmet mental health need in the population and its role in physical health burden, present the rationale, evidence, and outcomes for integrated care to address unmet mental and physical health needs, and address the practical, stepwise application of integrated care into an existing practice. The webinar will include a special focus on cardiometabolic health.

**Advanced Registration Required:**

[Click to Register →](#)

Or visit [https://cwru.zoom.us/join/register/WN\\_2h2wARDQGa39yP0v966w](https://cwru.zoom.us/join/register/WN_2h2wARDQGa39yP0v966w)

After registering, you will receive a confirmation email containing information about joining the webinar.

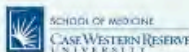
The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

**QUESTIONS?**

If you have any questions or need assistance with registration please contact the Cardi-OH Team at [info@cardi-oh.org](mailto:info@cardi-oh.org)

The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this webinar are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

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In partnership with:



**Registration Now Open!**  
February 2021 Webinar

## Integrating Behavioral Health and Primary Care Services: Lessons Learned From Three Ohio Practices

Wednesday, February 10, 2021  
12:00 – 1:00 PM EST

Register online:  
<https://www.cardi-oh.org/>