



# CARDI•OH

Ohio Cardiovascular and Diabetes Health Collaborative



*In partnership with:*



# Cardi-OH ECHO Tackling Type 2 Diabetes

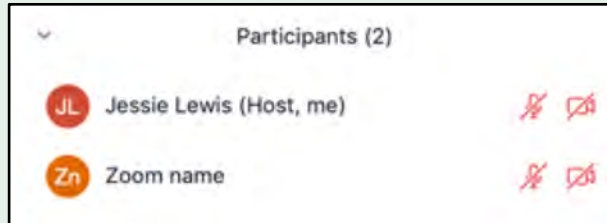
Thursday, March 18, 2021

# Reminders

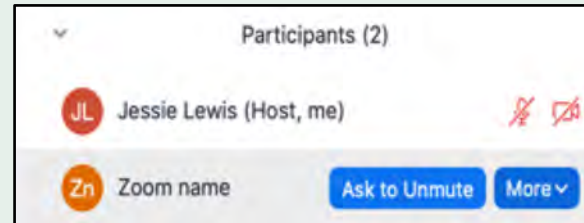


- Enter your name and practice name into the Chat to record your attendance
- Rename yourself in the Participant List with your full name and practice name

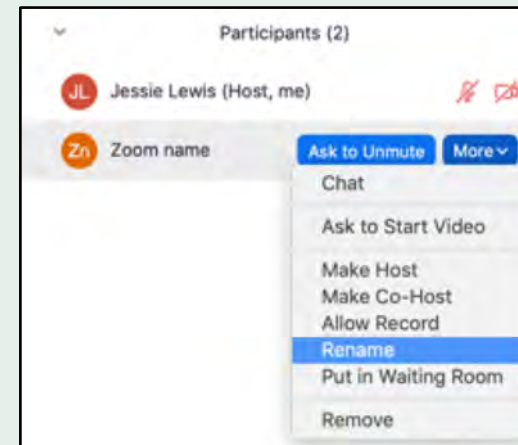
## 1. Hover over your name



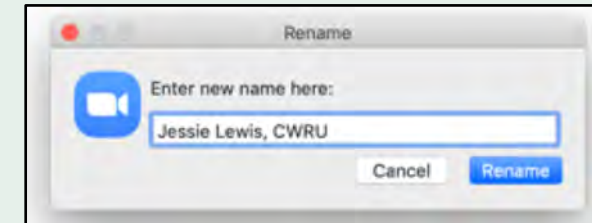
## 2. Select More



## 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 & FACILITATOR

Goutham Rao, MD  
*Case Western Reserve University*

## DIDACTIC PRESENTER

Elizabeth Beverly, PhD  
*Ohio University*

## CASE PRESENTER

Laura Hocter Ousley, DO  
*OhioHealth Physician Group*



# 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.

# Type 2 Diabetes in a Rural Context



Elizabeth Beverly, PhD

Associate Professor

Heritage Faculty Endowed Fellowship in Behavioral Diabetes

OHF Ralph S. Licklider, DO, Research Endowment

Department of Primary Care

Ohio University Heritage College of Osteopathic Medicine

# Objectives

1. Describe the epidemiology of type 2 diabetes in rural America
2. List and describe a minimum of 3 challenges faced by rural residents in accessing care and controlling type 2 diabetes
3. List and describe a minimum of 3 strategies to engage rural residents in lifestyle changes, taking into account environmental context



# Rural America



- Approximately 60 million people, or one in five Americans, live in rural America
- Rural Americans face numerous difficulties in accessing health care, which contribute to higher rates of disease and disability
- Estimated 8% to 17% higher prevalence of diabetes in rural versus urban communities



# Rural America



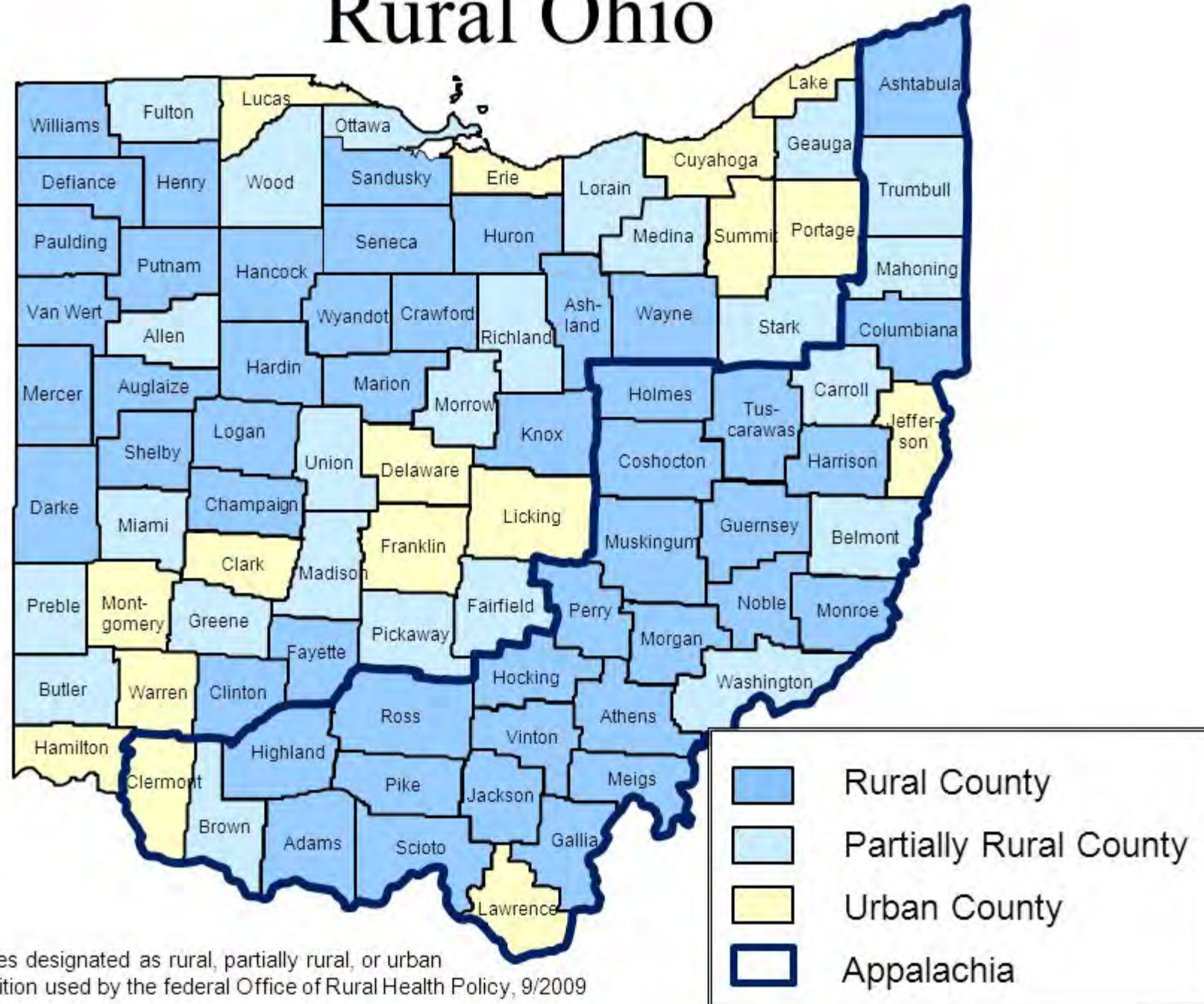
- 20% of America's population, yet employ only 10% of practicing physicians
- Fewer specialists, dentists, mental health professionals, and pharmacists practice in rural regions
- Less likely to have timely access to emergency medical services, hospitals, clinics

# Common Barriers in Rural America



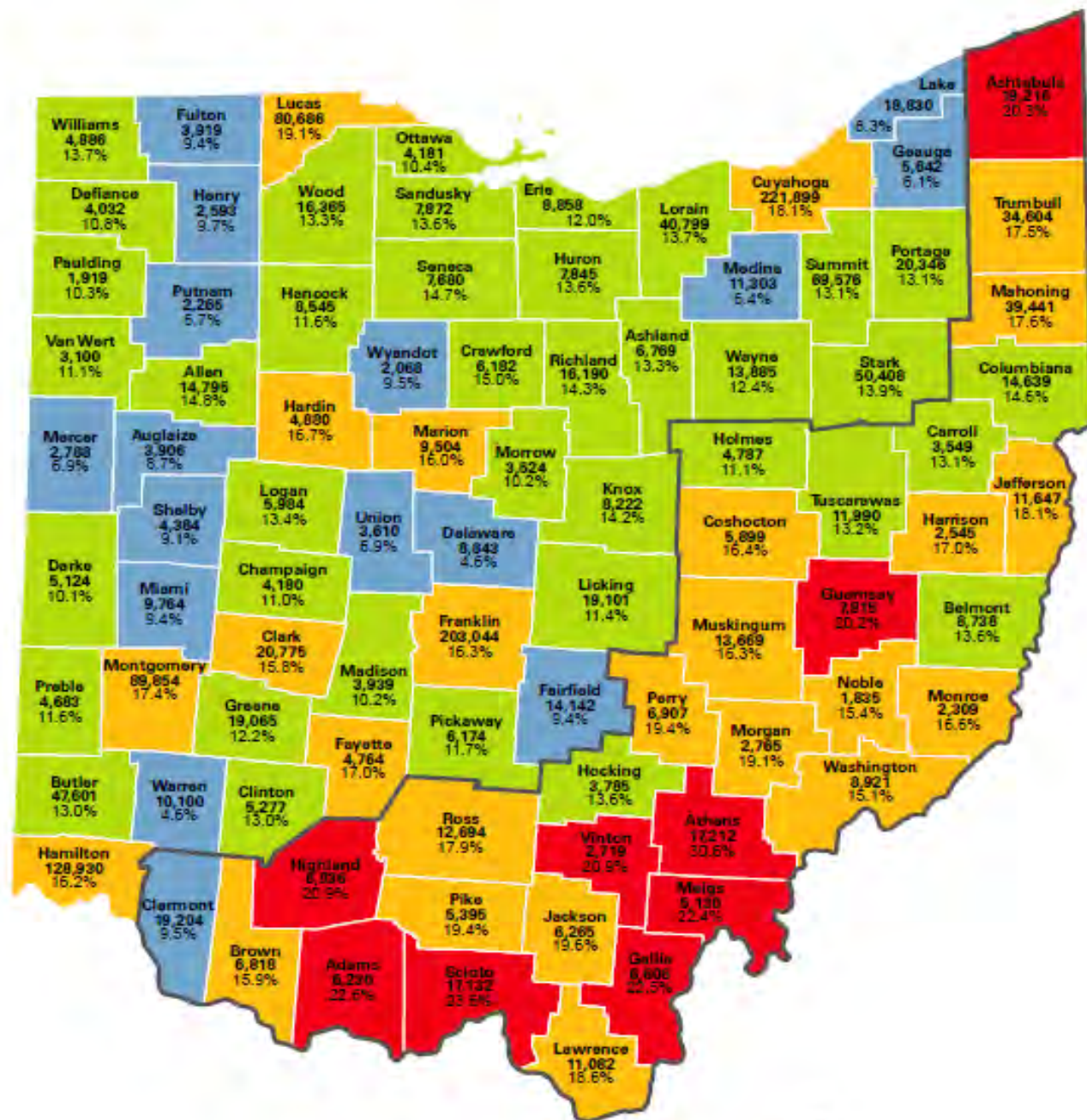
- Transportation difficulties (e.g., lack of public transportation, unpaved roads, extreme weather conditions)
- Lack of access to health care
- Lack of quality health care
- Lack of diabetes specialists in the region
- Fewer hospitals, emergency departments, and clinics
- Financial constraints
- Less comprehensive insurance coverage
- Food insecurity
- Housing issues and homelessness
- Social isolation

# Rural Ohio



Source: Counties designated as rural, partially rural, or urban under the definition used by the federal Office of Rural Health Policy, 9/2009





# Ohio



**CARDI-OH**  
Ohio Cardiovascular and Diabetes Health Collaborative

## Poverty in Ohio by County 2014-2018 American Community Survey

**Statewide Poverty**  
1,645,986  
14.5%

**Percentage  
Population in  
Poverty**

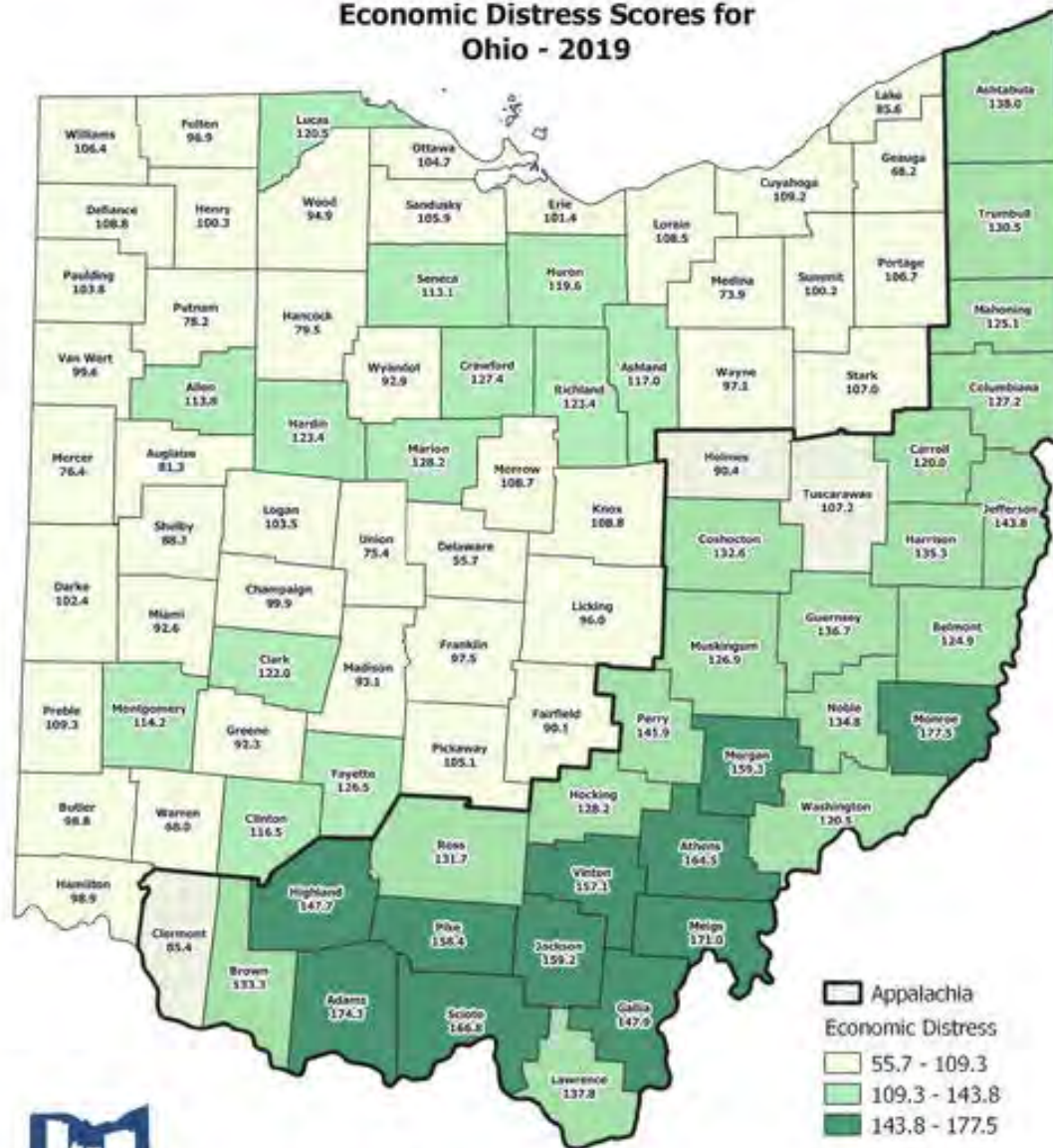
- 4.6% - 9.9%
- 10.0% - 14.9%
- 15.0% - 19.9%
- 20.0% - 30.6%
- Appalachian Ohio

This map shows the 2014-2018 American Community Survey estimates of the number and percentage of persons in poverty by county

Source:  
2014-2018 American Community Survey  
U.S. Census Bureau

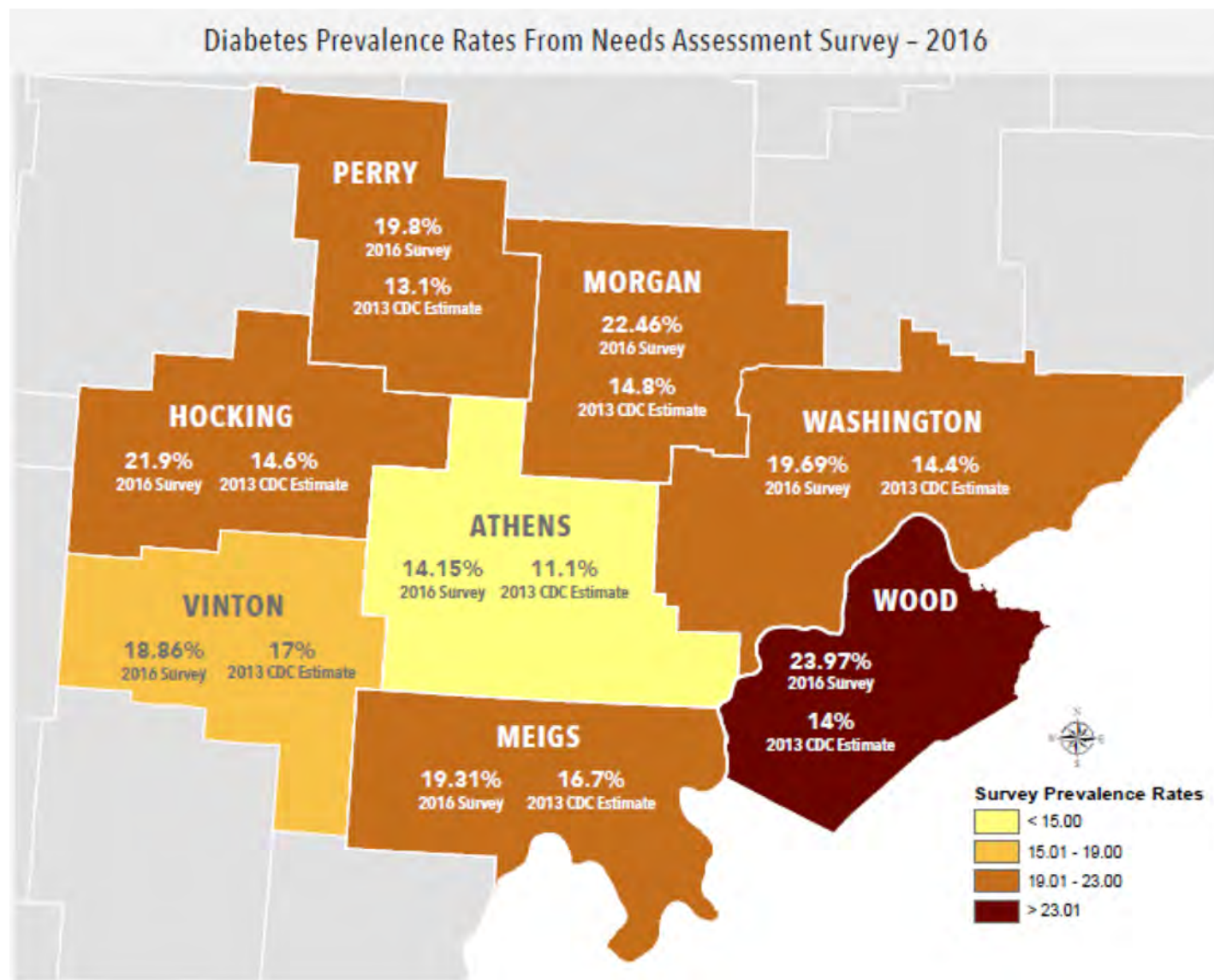
Prepared by:  
Office of Research  
Ohio Development Services Agency  
June 2020

**Figure 5**  
**Economic Distress Scores for**  
**Ohio - 2019**



The designation of economically “distressed” is assigned for a county with a per capita income of 80% or less of the national average and/or an unemployment rate at least 1% greater than the national average unemployment rate for a 24-month period.





# Strategies for working with Rural Americans



- Telehealth is a promising model for delivering DSMES
  - Prior telehealth interventions have observed improvements in A1C values compared to usual care
  - Need to consider access to broadband internet and ability to travel to clinics
    - Be aware of available resources to coordinate transportation (e.g., Medicaid-approved transportation)



# Strategies for working with Rural Americans



- Successful rural DSMES incorporates social support
  - Offer group DSMES
  - Offer in-person diabetes support groups
  - Recommend an online peer support group
  - Encourage people with diabetes to reach out to friends, schedule regular get-togethers, phone calls, and texts
  - Encourage people with diabetes to join a local club, activity, religious/spiritual group, and/or volunteer organization



Thank you!

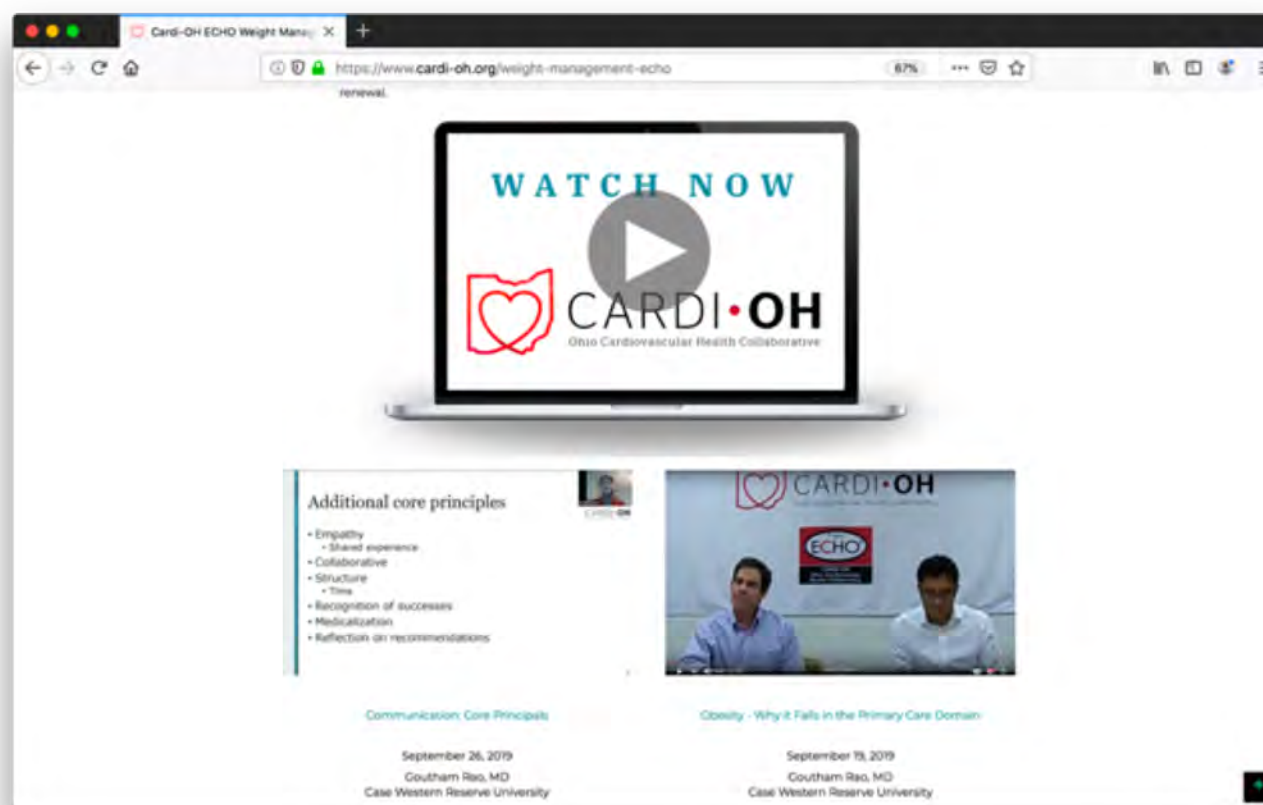
Questions/Discussion

# 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**.
- For those who wish to claim CME credits, more information about the process will be shared over the next 2 weeks.
  - *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.*