

# 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



Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health



Jim Jarvis, MD, FAAFP, Senior Physician Executive, Incident Command, Northern Light Health, Director, Clinical Education, Northern Light EMMC



Lynn Nuti, DNP, Esq, Clinical Director Diabetes and Nutrition Center, Northern Light Maine Coast Hospital



Rick Redmond, LCSW, AVP Access and Service Line Development, Northern Light Acadia



Amy Henderson, MS, RD, LD Manger Clinical Nutrition and Counseling, Northern Light Maine Coast Hospital



Onycha Carlson, RDN, LDN, CYT, Nutrition Specialist, Northern Light Beacon Health

## Legal Disclosure:

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.

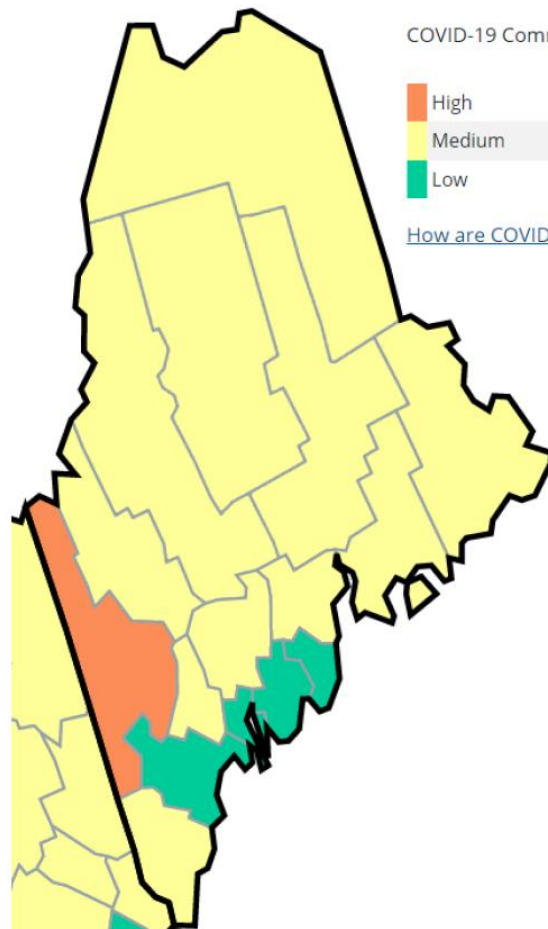
Page 1 of 1

1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.\*
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
2. The information provided today was easy to understand and relevant.\*
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?\*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?\*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

# Health in the headlines

# Overall numbers of cases of COVID-19 in Maine are falling, but they are still relatively high.



COVID-19 Community Levels in US by County

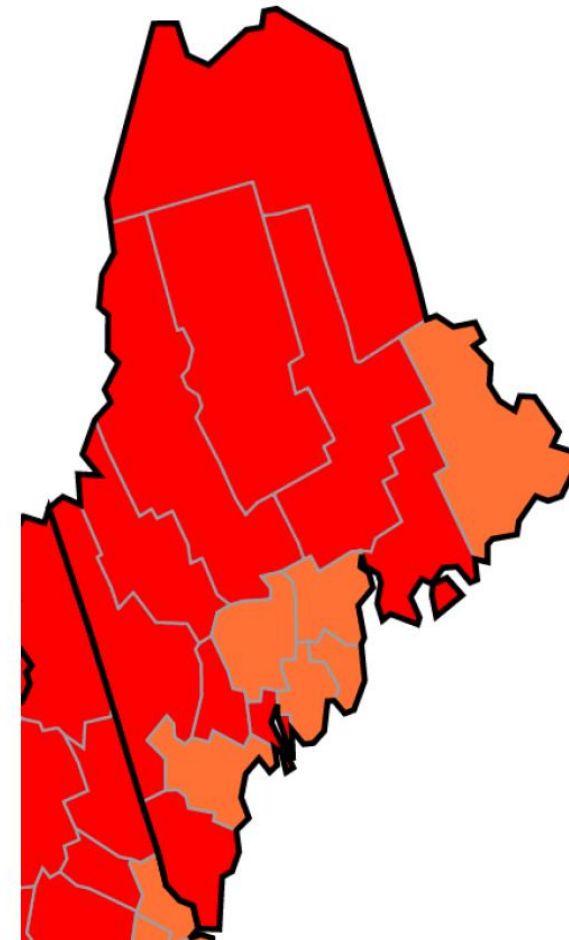
	Total	Percent	% Change
High	73	2.27%	0.84%
Medium	706	21.93%	4.39%
Low	2440	75.8%	- 5.22%

[How are COVID-19 Community Levels calculated?](#)

Community Transmission in US by County

	Total	Percent	% Change
High	831	25.79%	- 21.38%
Substantial	1175	36.47%	11.17%
Moderate	917	28.46%	6.8%
Low	299	9.28%	3.41%

[How is community transmission 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

Maps, charts, and data provided by CDC, updates Mon-Fri by 8 pm ET

[COVID-19 Home](#) >



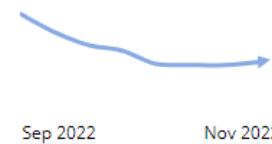
CDC recommends use of [COVID-19 Community Levels](#) to determine the impact of COVID-19 on communities and to take [action](#). CDC also provides [Transmission Levels](#) (also known as Community Transmission) to describe the amount of COVID-19 spread within each county. Healthcare facilities use Transmission Levels to determine [infection control](#) interventions.

## Daily Update for the United States

### Cases

New Cases (Weekly Total)  
273,110

Case Trends

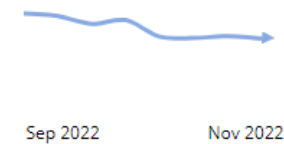


Total Cases  
97,604,763

### Deaths

New Deaths (Weekly Total)  
2,504

Death Trends



Total Deaths  
1,068,667

### Hospitalizations

New Admissions (Daily Avg)  
3,283

Admission Trends



Current Hospitalizations  
21,335

### Vaccinations

% 5+ with Updated Booster Dose  
8.4%

People Age 5+



Total Updated Booster Doses (People 5+)  
26,290,124

CDC | Data as of: November 4, 2022 3:18 PM ET. Posted: November 4, 2022 4:10 PM ET

# 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



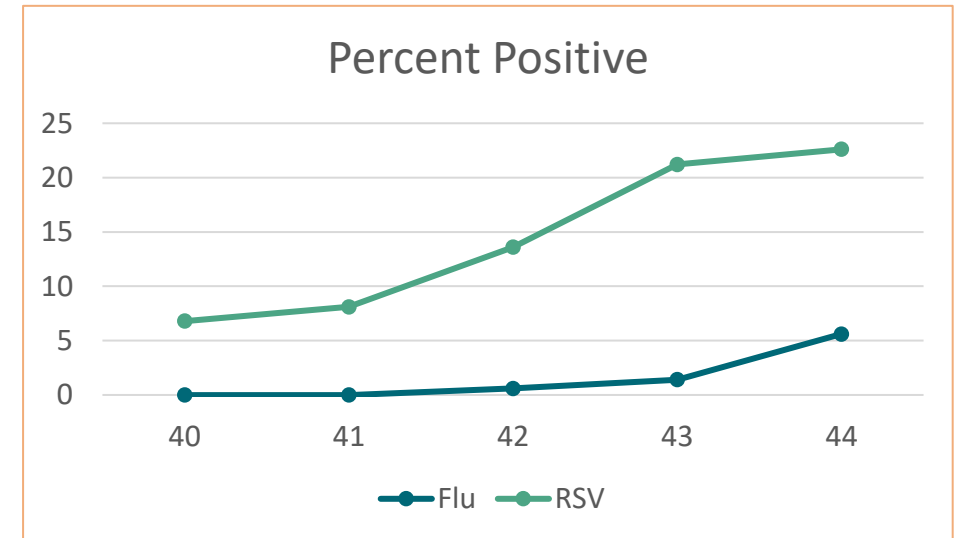


# RSV/Influenza Update

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.

# Easy access to schedule your vaccine, booster, or Flu shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://www.northernlighthealth.org/COVID-19)

 Northern Light Health.

## Public Vaccination

### 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 required to bring a completed consent to treat forms 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 Health 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



## DIABETES



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 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



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

<https://www.cdc.gov/diabetes/library/socialmedia/infographics/diabetes.html>

# 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](https://www.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



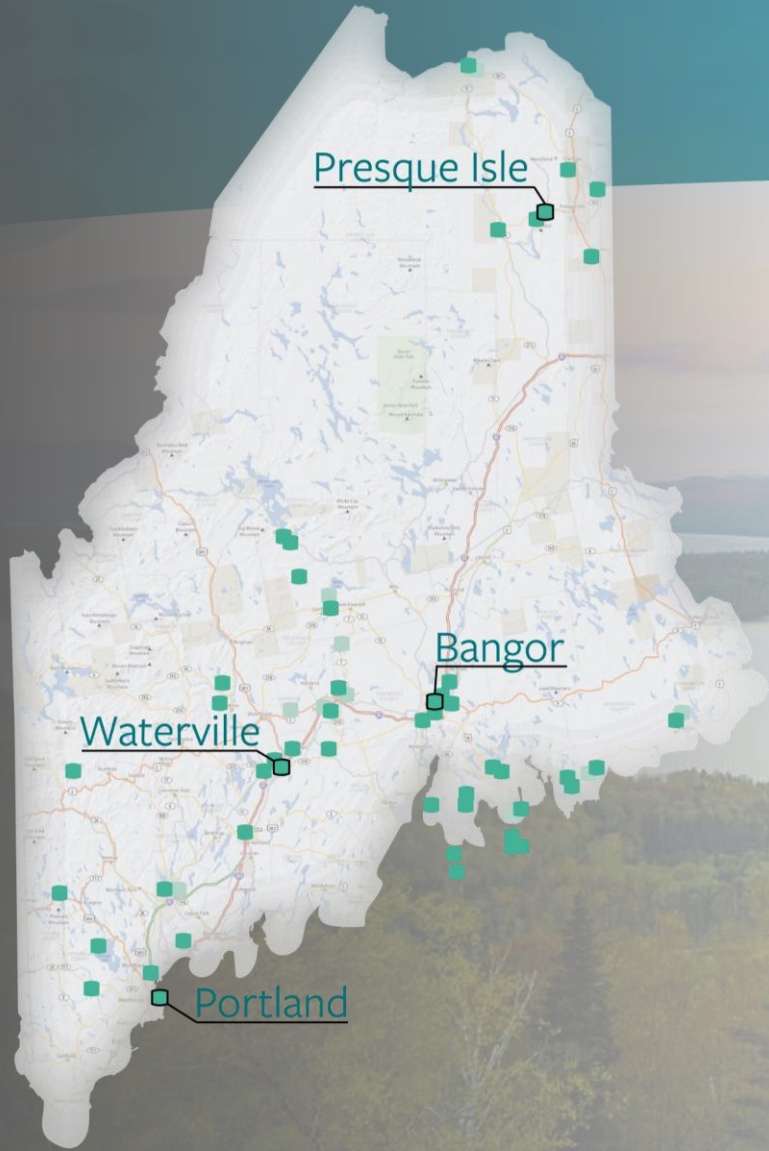
# Potential long-term complications

- 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





48  
Primary Care  
Locations

[CLICK TO VIEW](#)

20  
Pediatric Care  
Locations

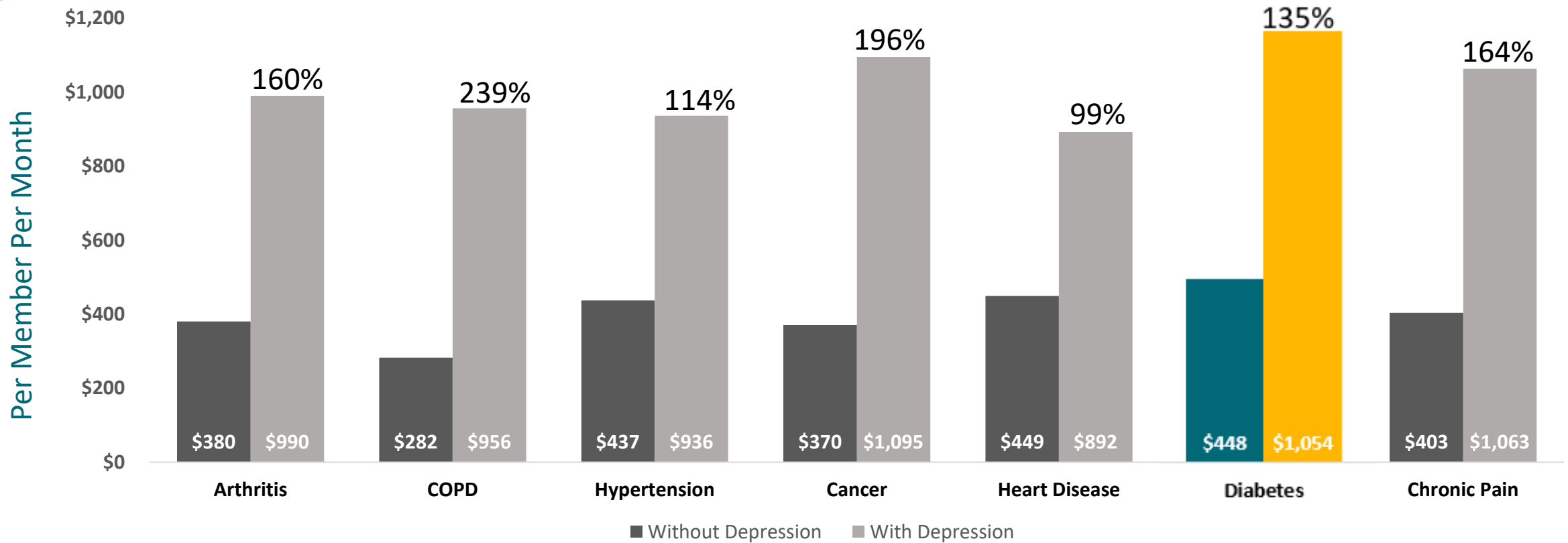
[CLICK TO VIEW](#)

7  
Walk-In Care  
Locations

[CLICK TO VIEW](#)

# The intersection between chronic disease and mental health

# Cost of depression and chronic co-morbidities



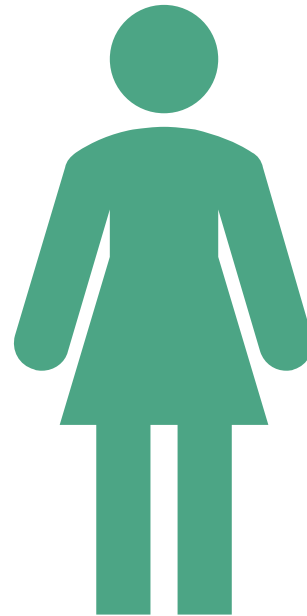
# Co-existence of diabetes and depression

Rates of both diabetes and depression are expanding worldwide



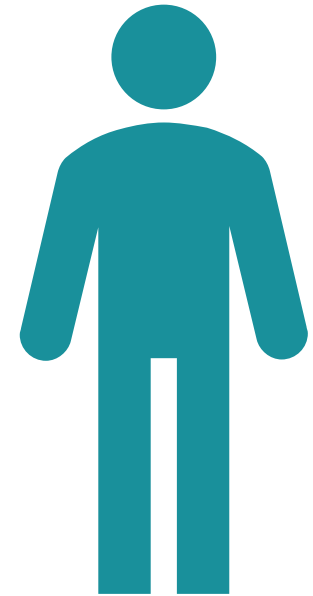
**1 in 5 Adults**

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



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](mailto: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



**Maine Crisis Line 1.888.568.1112** provides confidential 24/7 support and information

# The value of preventing or controlling diabetes

# Lifestyle Change Program

## 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.



**Northern Light**  
Maine Coast Hospital

**For more information,  
call 207.664.5475**

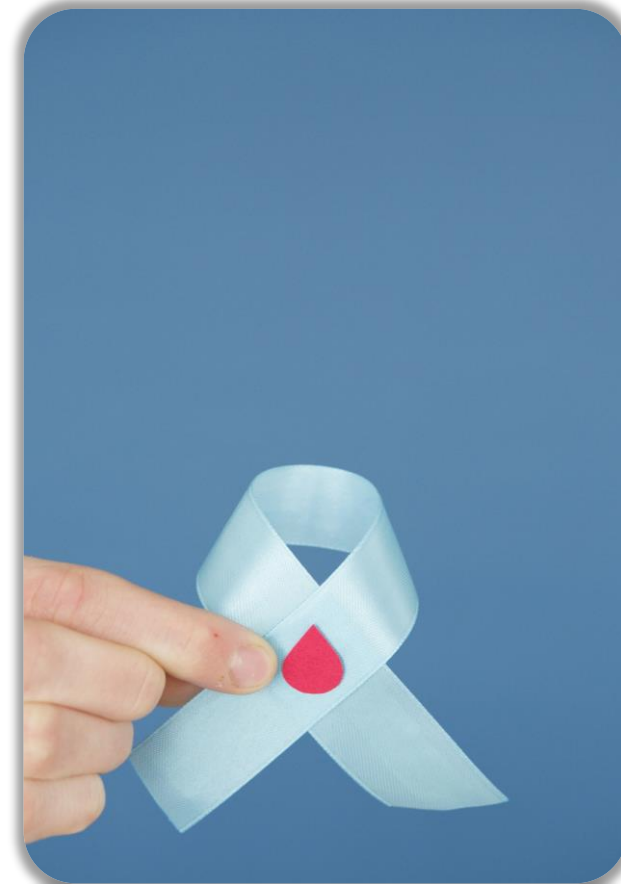
Located at 32 Resort Way, Ellsworth  
(Entrance in back of building)

# 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 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 illnesses are affected by nutrition including diabetes, obesity, and cardiovascular issues.

- 86% of healthcare costs are attributable to people with at least one chronic disease
- People with chronic disease account for 76% of all doctor visits
- 91% of filled prescriptions are for people with chronic disease
- As of 2020, 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 prediabetes
- Studies show that for every \$1 invested in corporate wellness yields \$6 in corporate savings

Dietary needs differ from person-to-person and are dependent upon factors such as age, gender, height, weight, culture, socioeconomic status, religion/personal beliefs, preexisting health conditions, medications, and more. Our program creates a specialized care plan based on each person's needs.

#### References

Holman, H. R. (2020, March). The Relationship of the Chronic Disease Epidemic to the Health Care Crisis. National Library of Medicine. Partnership to fight chronic disease. (n.d.). The Growing Crisis of Chronic Disease in the United States. Chronic Diseases in America. (n.d.). Centers for Disease Control and Prevention. Prevalence of Prediabetes Among Adults. (n.d.). Centers for Disease Control and Prevention. Berry, L. L., Mirabilio, A. M., & Baird, W. B. (2010). What's the Hard Return on Employee Wellness Programs. Harvard Business Review.

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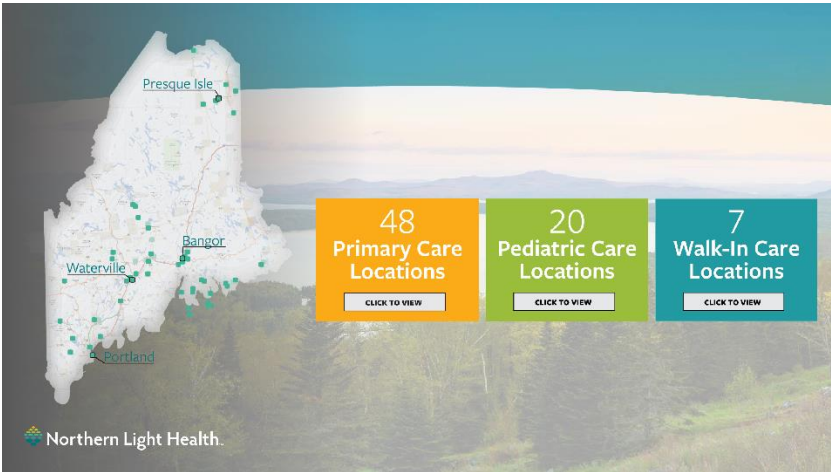
# Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>



-  Contact Work Force EAP at 1-800-769-9819 to inquire about services available for your employees
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<p>48 Primary Care Locations</p> <p><a href="#">CLICK TO VIEW</a></p>	<p>20 Pediatric Care Locations</p> <p><a href="#">CLICK TO VIEW</a></p>	<p>7 Walk-In Care Locations</p> <p><a href="#">CLICK TO VIEW</a></p>
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# 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

**Northern Light Health.**

One-hour Zoom Conferences  
Moderated forum with Q and A  
presented by Northern Light Health

**zoom** Business to Business Conference Series

## GOOD HEALTH IS GOOD BUSINESS

Learn how to support your employees and your customers to operate a safe and healthy business.

**DECEMBER 8 at 11 am**



**PLEASE REGISTER  
BY CLICKING HERE  
BEFORE JOINING THE MEETING**

The Zoom meeting ID will be sent to you upon registering

### 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
- Findhelp.org

**Panelists:**

**Jim Jarvis, MD, FAAFP**  
Senior Physician Executive, Incident Command  
Northern Light Health  
Director, Clinical Education  
Northern Light Eastern Maine Medical Center

**Jaime Rogers, LCSW, MBA**  
Director, Community and Behavioral Health Services  
Northern Light Beacon Health

**Jessica Shaffer**  
Director, Community Partnerships  
Community Health and Grants  
Northern Light Health

**Moderated by:**  
**Karen Hawkes, MS**  
VP of Operations  
Northern Light Beacon Health

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**  
Please contact Lanie Abbott for more information [lwabbott@northernlight.org](mailto:lwabbott@northernlight.org)

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