



Multi-Agency Collaboration

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Tompkins County Health Department

Tompkins County Highlights

- ▶ Located on Cayuga Lake in the Finger Lakes Region
- ▶ Cornell University
- ▶ Ithaca College
- ▶ Ithaca Farmers' Market and local food entrepreneurs
- ▶ Robust Music and Arts community
- ▶ Rich in social services and CBOs

Demographics

- ▶ Population — 101,564 (2010 U.S. Census)
 - 83% white
 - 4% Black/ African American
 - 9% Asian
 - 4% Hispanic/ Latino
- ▶ Education (age 25+ years)
 - 93% HS
 - 50% Bachelor
 - 29% Graduate or professional

Prevention Agenda

- ▶ Rural Population – Disparate population
- ▶ Promote Mental Health;
Prevent Drug Abuse
- ▶ Chronic Disease Prevention
 - National Diabetes Prevention Program, CDC
 - 12 workshops in 3.5 years (~65 people)

Diabetes Prevention Program

Diabetes Prevention Program

The **Tompkins County Diabetes Prevention Program** can give you the skills and practice necessary to make the important changes in your lifestyle habits, and help you prevent diabetes.

Have you ever been told by your doctor that you:

- Are at risk for getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

YOU CAN MAKE A CHANGE FOR LIFE

Diabetes Prevention Program

Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention led National Diabetes Prevention Program can help you make a change for life. The program helps you learn how to change your lifestyle to prevent type 2 diabetes. It's a free month for 16 adults who are at high risk to learn how to prevent a serious lifestyle change.

You can prevent or delay type 2 diabetes. Sign up today and make a change for life. Find out how to enroll by contacting:

Diabetes Services Unit of Tompkins County
Sun (518) 537-4300
Tompkins County Health Department
Suite 1000 - 100 North (518) 537-4300

Next Program Starting:
MAY 14, 10:00 AM at St. Mark's Church
AUG 14, 10:00 AM at St. Mark's Church

You may be at high risk for type 2 diabetes, but there is something you can do about it.

Nat'l Diabetes Prevention Program

NATIONAL DIABETES PREVENTION PROGRAM

WORKING
TOGETHER
TO PREVENT
TYPE 2 DIABETES



THE GROWING THREAT OF PREDIABETES

Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

86 MILLION
adults have
prediabetes



9 OUT OF **10** people with prediabetes
don't know they have it



Without weight loss
and moderate
physical activity

15-30% of people with
prediabetes will
develop type 2 diabetes
within 5 years



Your Partner for a Healthy Community

Nat'l Diabetes Prevention Program

REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes.

It brings together:



to achieve a greater impact on reducing type 2 diabetes

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF



Your Partner for a Healthy Community

Nat'l Diabetes Prevention Program

Groups in the National Diabetes Prevention Program are working to:



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting



Deliver the lifestyle change program through organizations nationwide



Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a lifestyle change program that provides:



A TRAINED LIFESTYLE COACH



CDC-APPROVED CURRICULUM



GROUP SUPPORT OVER THE COURSE OF A YEAR



Your Partner for a Healthy Community

Diabetes Prevention Program

**YOU CAN MAKE A
CHANGE
FOR LIFE**



- Are you at risk for getting diabetes?
- Do you have a family member with diabetes?
- Has a health care professional told you that you are overweight?

You Can Prevent Or Delay Type 2 Diabetes!

Sign up today and make a change for life!

Call (607) 274-6710 or (607) 273-8686



Multi-Agency Effort

- ▶ Tompkins County Health Department
 - CDC Full Recognition Provider
- ▶ Human Services Coalition of Tompkins Co.
 - CDC Full Recognition Provider
- ▶ YMCA of Ithaca
- ▶ Cayuga Center for Healthy Living (Cayuga Medical Center)



Advantages — The Ideal

- ▶ Pool resources
 - staff time, marketing
- ▶ Program at various locations, times
- ▶ Share referrals
- ▶ Agreed program cost

Challenges

- ▶ Organizational priorities, structures vary
- ▶ Communication styles differ
- ▶ Intra agency silos
- ▶ Organization with funding usually in charge

Questions for Discussion

- ▶ What are the unique roles of local health departments, hospitals and community based organizations in an evidence based program such as the National Diabetes Prevention Program?
- ▶ How do we know the program is reaching Prevention Agenda objectives? What are some immediate outcome measures?
- ▶ What are creative ways that a local health department, hospital or community based organization can secure funding for diabetes prevention?

Thank You

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- ▶ www.TompkinsCountyNY.gov/health