



Factors that Impact Diabetes Outcomes

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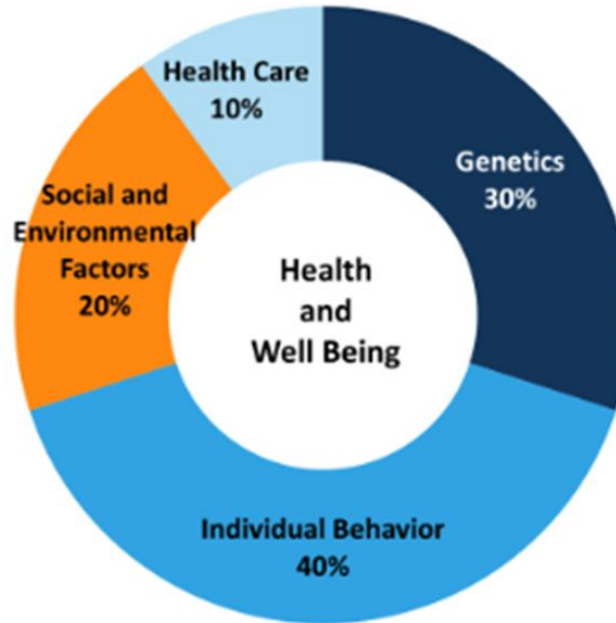




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Impact of Individual Behavior on Premature Death



SOURCE: Schroeder, SA. (2007). We Can Do Better — Improving the Health of the American People. *NEJM*. 357:1221-8.



Factors that Impact Diabetes Outcomes

- ▶ Behavior: 30–50% of overall control can be attributed to changes in behavior
- ▶ Family structure and involvement
- ▶ Access to healthcare
- ▶ Psychosocial variables and
- ▶ Social support

Mrs. C: A Member2Member Story



“Mrs. C’s story is one of courage, tenacity and optimism.”

- Becky, SCAN
Peer Advocate

▶ Challenges

- 75 years old, put her own self-care on the back-burner to care for seriously ill husband
- Hospitalized due to unmanaged diabetes; one foot and part of other leg amputated; legally blind due to diabetic retinopathy
- Husband died during her lengthy hospitalization

▶ Interventions

- IHSS worker helps with home care and independence
- Peer Advocate provided stretch band exercise program and follows up to encourage adherence to healthy habits

▶ Successes

- Diabetes is well-managed through regular doctor visits, dietary changes and regular (modified) exercise
- Terrific attitude despite being wheelchair bound