

# Type II Diabetes in Fort Bend County PCT 2

Stacy Drake  
Liliana Mugartegui  
Arica White  
Amy Witten

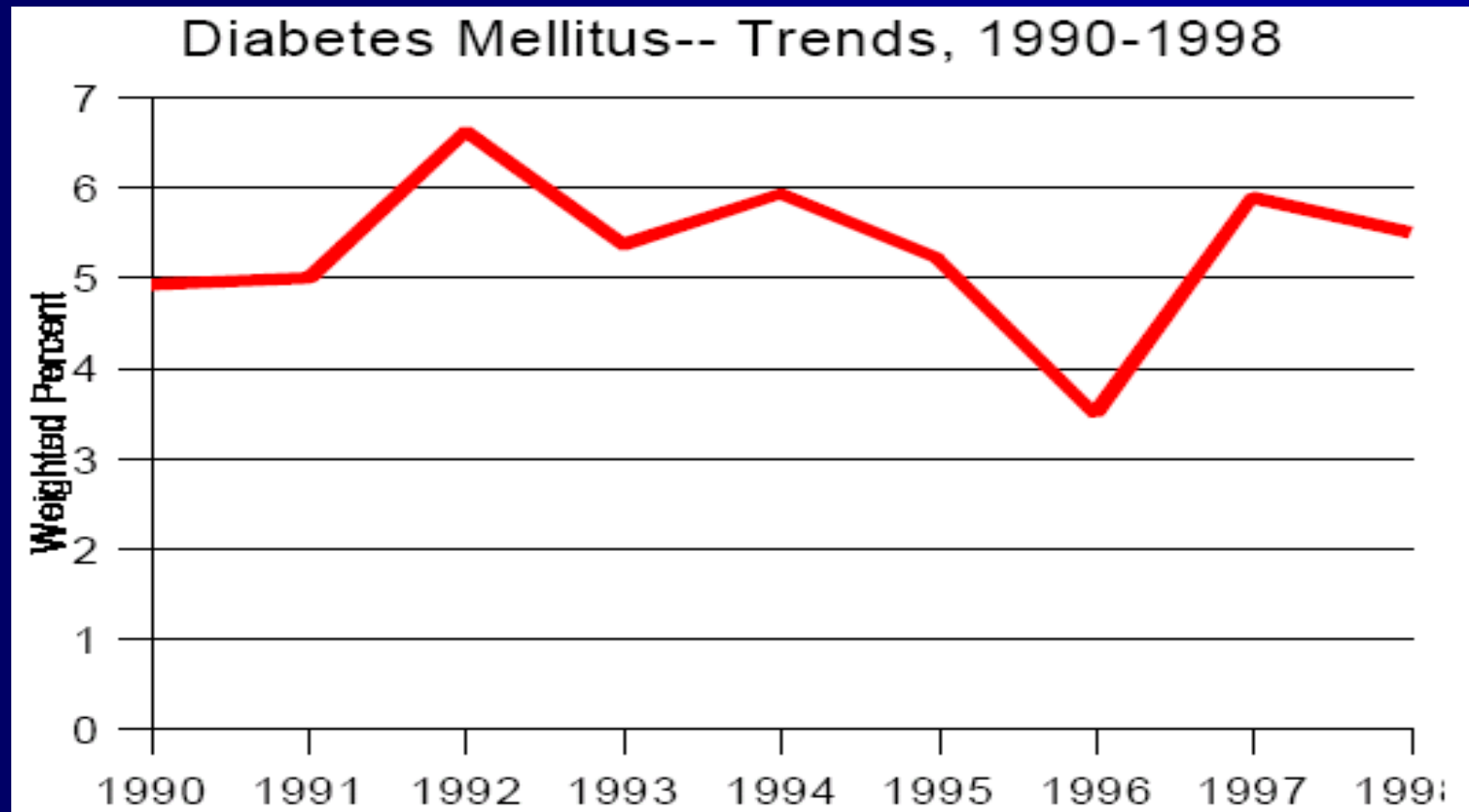
# Defining the Problem

- Diabetes Mellitus- not enough insulin and/or inability to use insulin
  - Type I- 5% of population, genetic
  - Type II- 95% of population, social, behavioral and genetic

# Health Problem Description

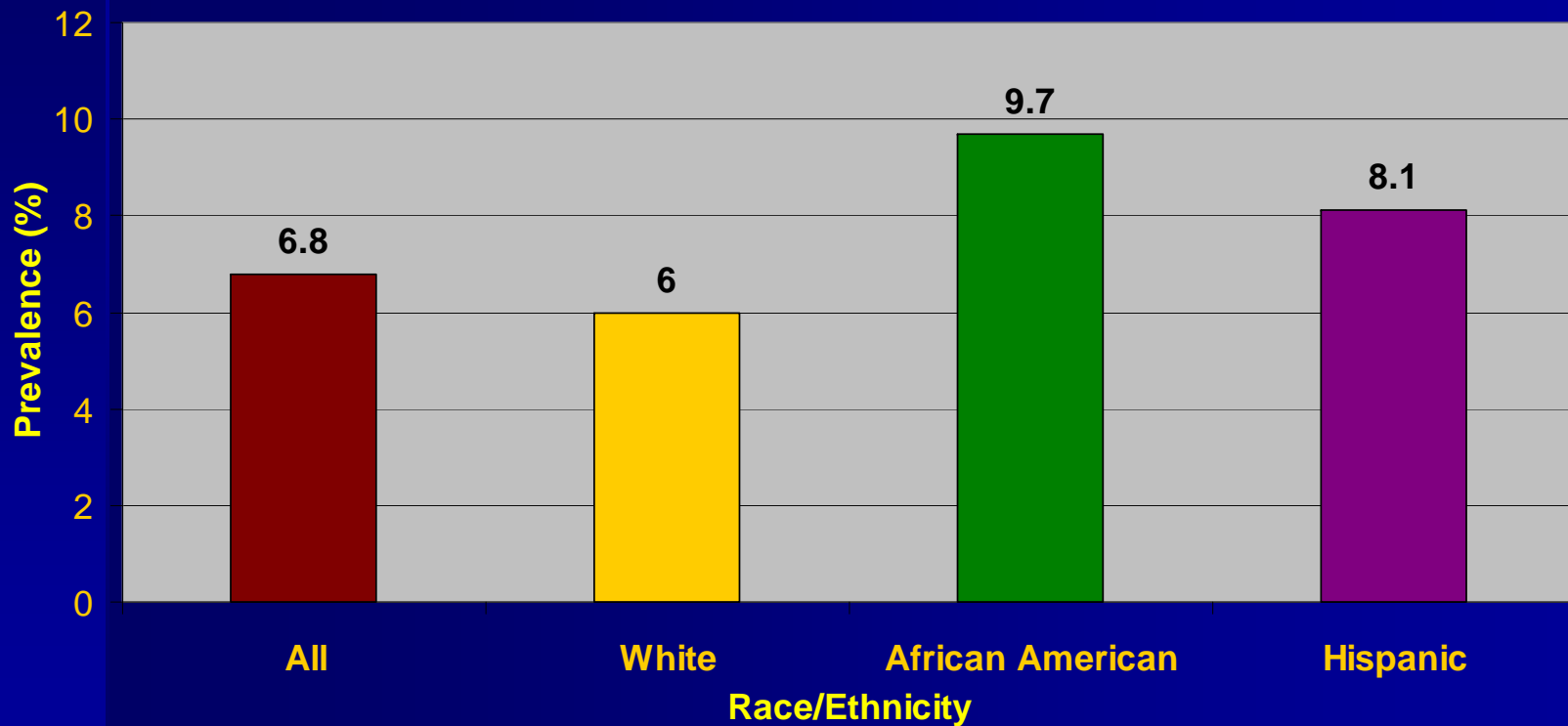
- 85% of those diagnosed with Type II are obese
- Diet, physical activity and/or both are shown to help prevent or delay DM and its associated complications

# DM Prevalence Rate in Texas





# Fort Bend County Diabetes Prevalence Rates for 2001

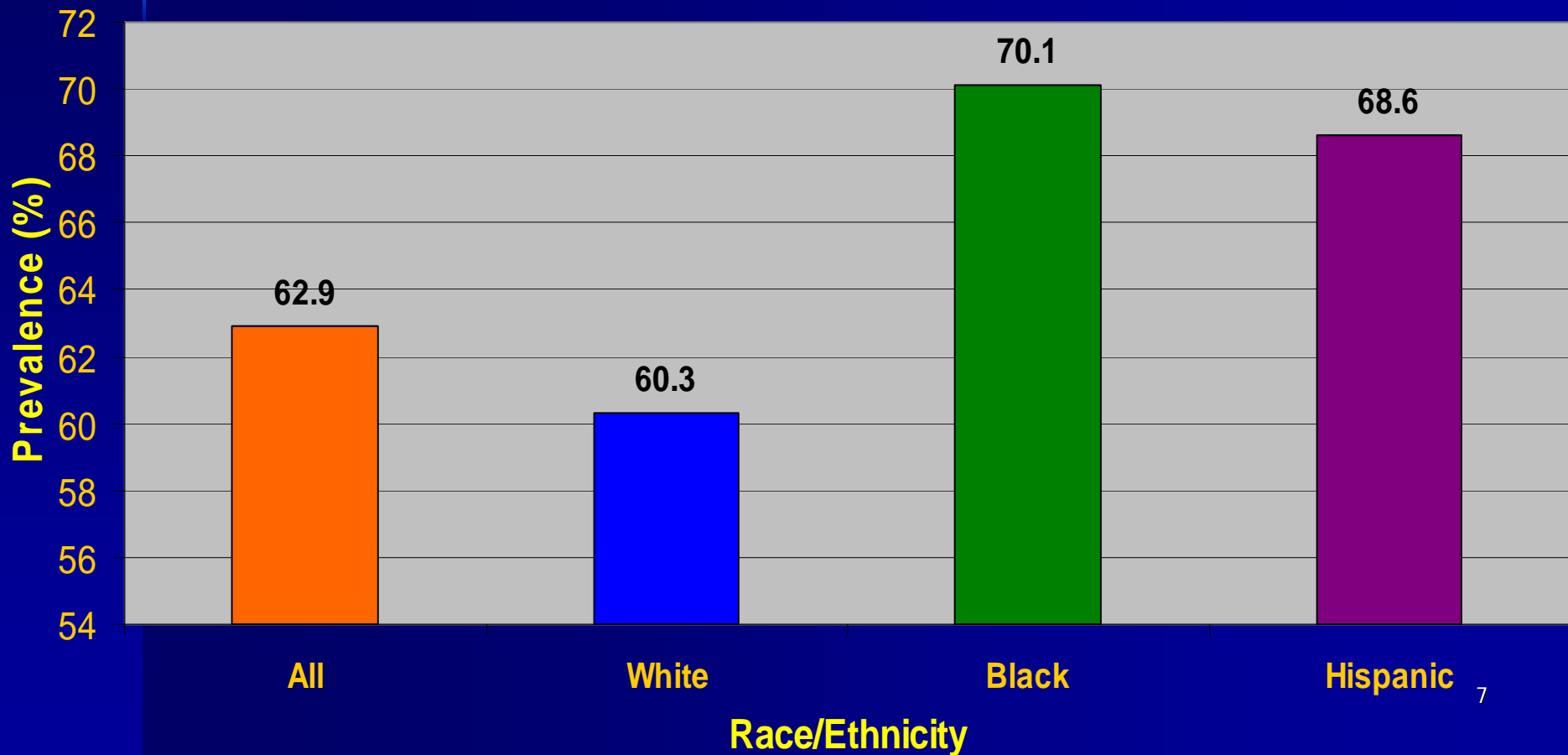




# Texas Diabetes Trends

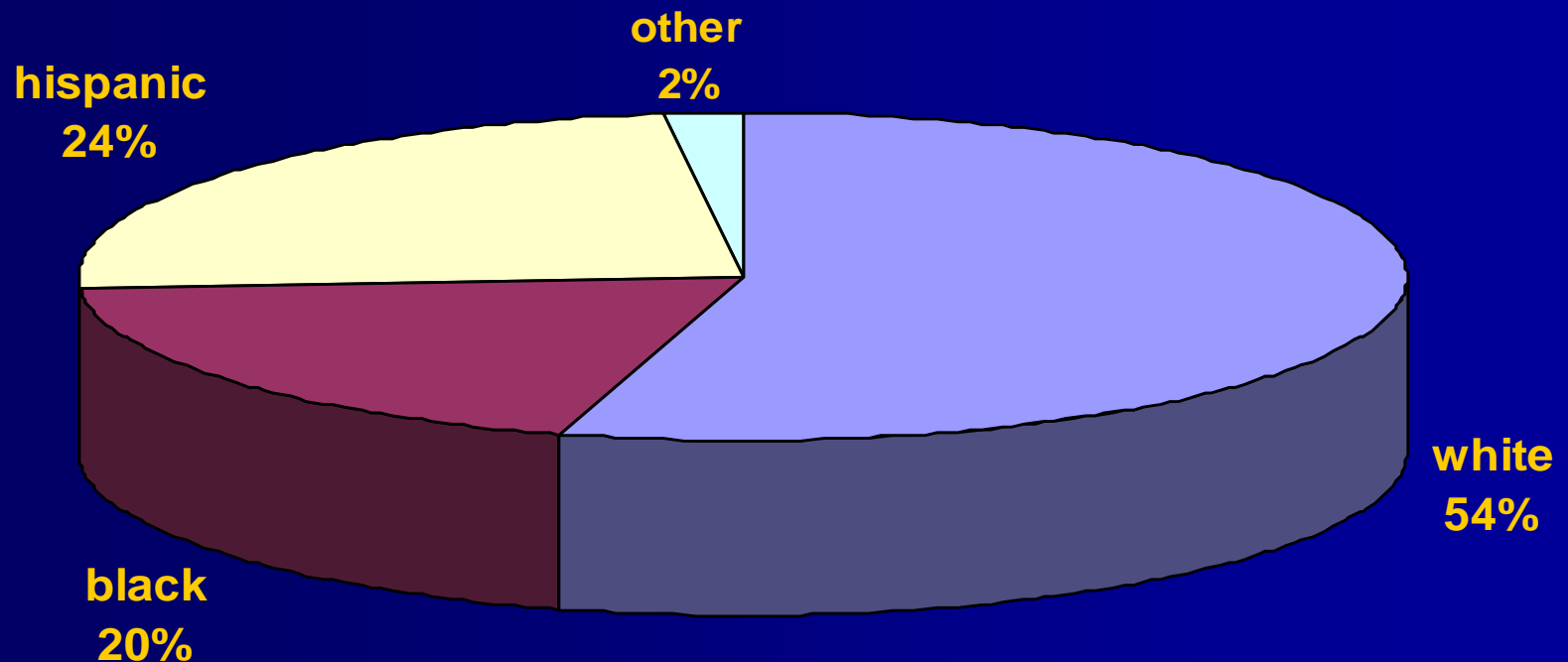
- Obesity rate is increasing
- Number of people either overweight or obese in 2004

# Overweight or Obese (BMI $\geq 25$ ) Prevalence Texas, 2004



# Population at Risk

## Precinct 2: 2005 Population





# Impact of Problem

- Pct 2 spends \$66 million excess health care dollars for diabetic population
- 343,000 Texans have undiagnosed DM
  - SCREENING, SCREENING, SCREENING!

# Complications of DM

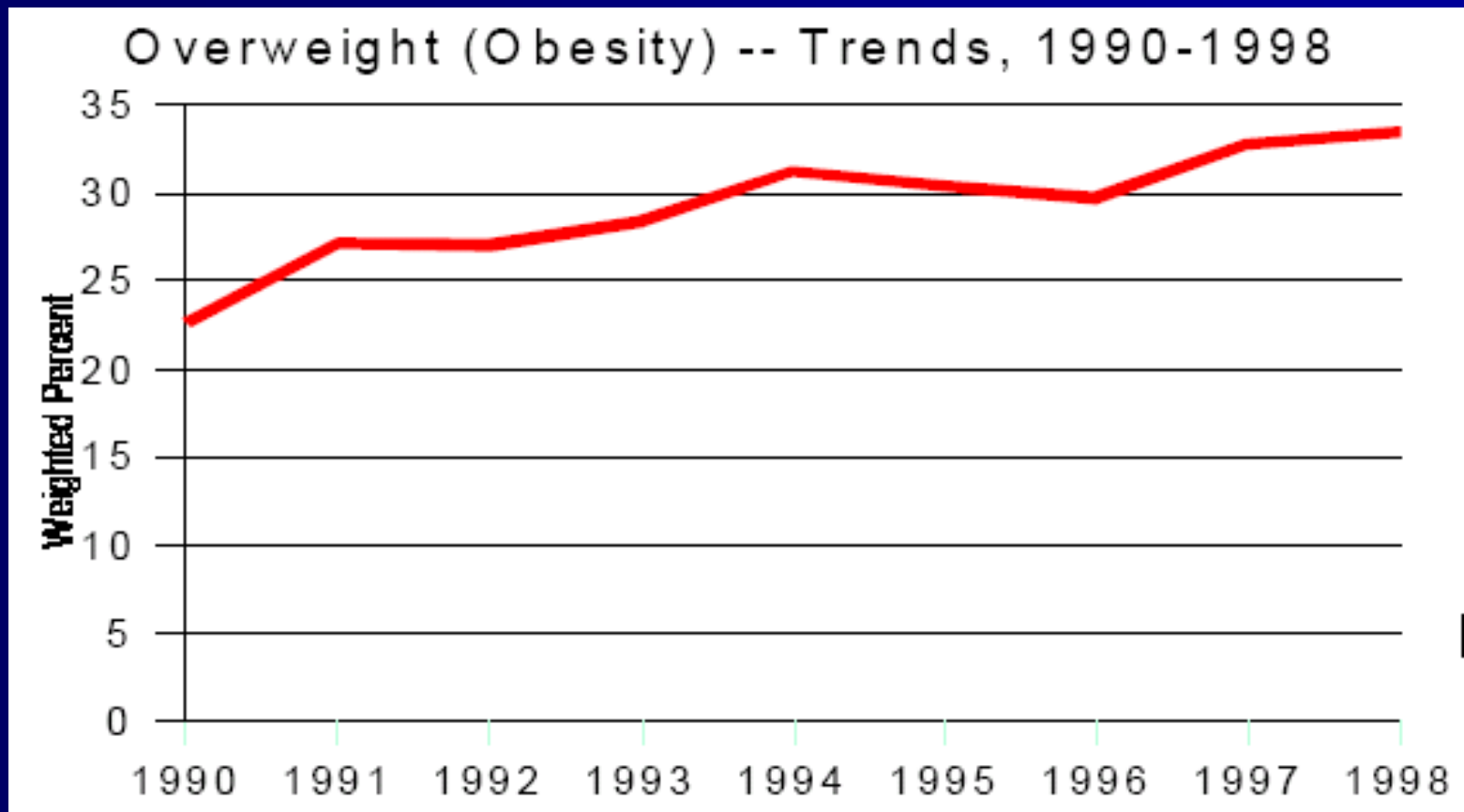
- Blindness
- Kidney disease
- Heart Disease
  - Primary cause of death is atherosclerotic cardiovascular disease
- Amputation
- Nerve damage
- Depression



# Trends of Problem

- Obesity rate is increasing
- Number of people either overweight or obese in 2003 and 2005
  - 62.9% of all Texans
  - 70.1% of African American
  - 68.6% of Hispanic

# Texas Overweight Trends



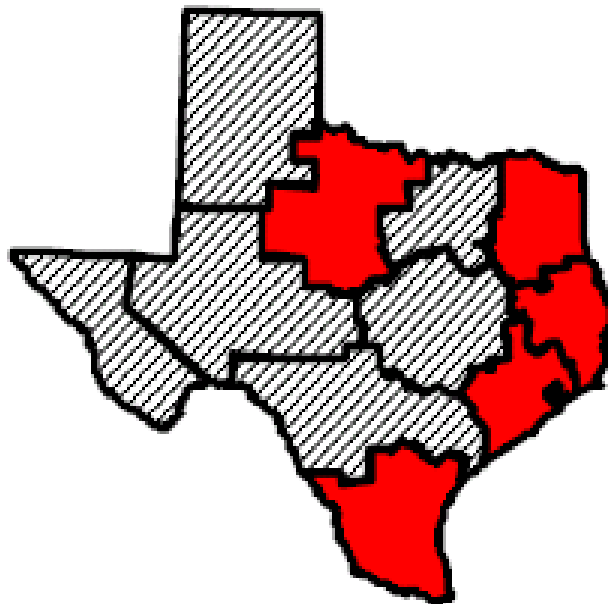
# Trends of Problem

- Increase in aging population
- School nurses report alarming rates of increased Type II DM in elementary aged children
- Increasingly sedentary lifestyle

# Texas Sedentary Lifestyle Trends

## SEDENTARY LIFESTYLE

Texas Adults, 18 years and older  
1990-1995



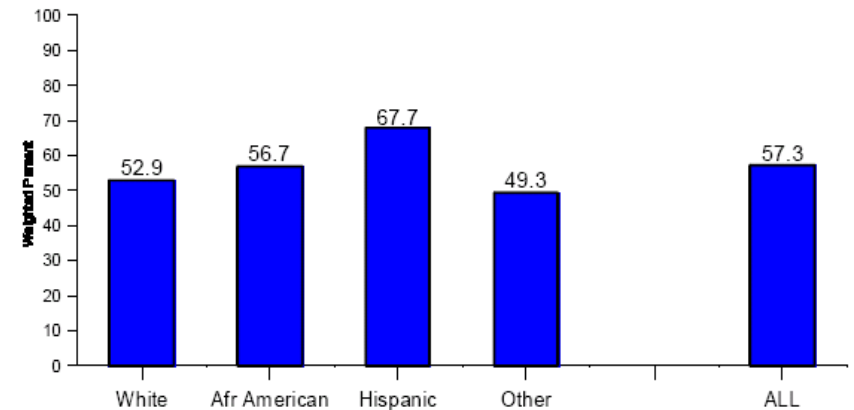
### PREVALENCE RATE

-  Lower than state rate
-  Same as or higher than state rate

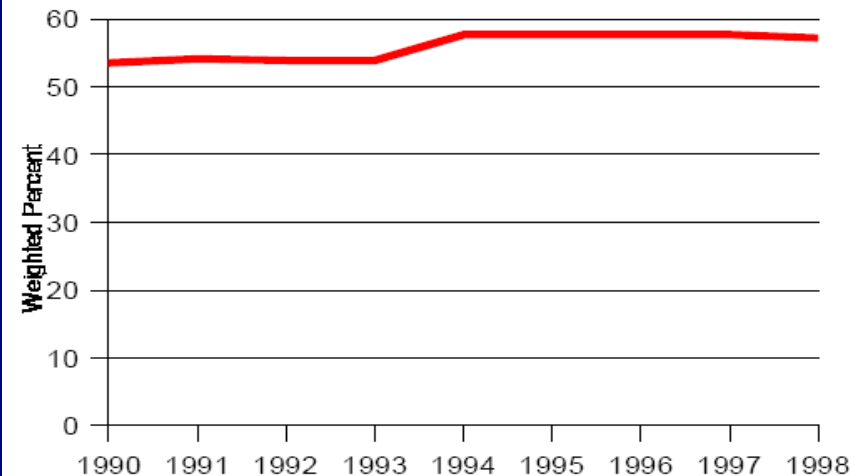
SOURCE: TDH, BRFSS

## SEDENTARY LIFESTYLE - Adults, 18 years of Age and Over

Texas, 1998



## Sedentary Lifestyle -- Trends, 1990-1998



# Interventions

- Texas Cooperative Extension
  - Description: 6 session DM workshop for prevention and control
  - Acceptability: Materials not culture-specific
  - Feasibility: Good, church-based population eager to participate



# Interventions

- CATCH Program

- Description: Mandatory for elementary school: nutrition and physical activity program
- Acceptability: Varies by school
- Feasibility: Good, working with UTHSC

# Interventions

- Fort Bend County Health Department
  - Description: Screening tests in Rosenberg
  - Acceptability: Underutilized
  - Feasibility: Fair, transportation, lack of outreach

# Interventions

- Kelsey-Seybold Clinic in Fort Bend County
  - Description: Referrals made when diagnosed, if HgbH1C is  $>9.7$  referrals made again
  - Acceptability: Fully integrated within the hospital system
  - Feasibility: Covers insured only

# Interventions

- Methodist Sugarland
  - Description: Referrals made when diagnosed.
  - Acceptability: Fully integrated within the hospital system
  - Feasibility: Covers insured only – assistance available to uninsured through the Hospital

# Interventions

- Fort Bend Memorial Hermann

REFERS TO HOUSTON

# Gaps in Services/Interventions

- Lack of coordination among programs
- Insufficient programs
- Lack of culturally sensitive material
- UNINSURED POPULATION UNDERSERVED



# Gaps in Services/Interventions

- Lack of services for underserved populations
- Lack of services for at risk population groups



# Summary

- DM Type II is largely preventable and manageable. Unmanaged, DM has grave social/economic consequences.

# Summary

- SCREENING
- EDUCATION
  - Diet
  - Physical activity
  - DM management

# References

1. 2000 census of population and housing. ESRI forecasts for 2005 US, U.S. Bureau of the Census, 2005. ([www.esri.com](http://www.esri.com)).
2. Report of the expert committee on the diagnosis and classification of diabetes mellitus Washington, DC, American Diabetes Association, 1997. ([www.niddk.nih.gov](http://www.niddk.nih.gov)).
3. Black J, Hawks J. Medical surgical nursing. 7th ed. St. Louis: Elsevier Sanders, 2005.
4. Diabetes prevalence in texas 2001 (by county) Texas, Texas Department of State Health Services, 2001. ([www.dshs.state.tx.us/diabetes/tdcdata.shtm](http://www.dshs.state.tx.us/diabetes/tdcdata.shtm)).
5. Health and Human Services. Health and human services annual report -- fort bend county. Texas: Ft. Bend Department of Health, 2002.
6. Greisinger T. Kelsey-seybold initiatives for diabetes management and care. Power Point Presentation ed. Houston, TX, 2006.
7. Overweight and obesity data for texas adults/Overweight data for texas children. 2004 Texas, Texas Department of State Health Services, 2005. ([www.dshs.state.tx.us/phn/data.shtm](http://www.dshs.state.tx.us/phn/data.shtm)).

Any Questions??

# Thank you!!

Special thanks to:

Sandra Fry- Texas Cooperative Extension

Judith Haley; Blaise Mathabela- Texas Diabetes Council

Peri D'Armond- Greater Ft. Bend Economic Development Council

Susan Jett- Oak Bend Medical Center

Isaiah Watkins- assistant to Grady Prestage,  
Commissioner of PCT II

Memorial Hermann Diabetes Education Dept.

Shannon Frank, Veronica Juarez- Kelsey-Seybold