

California Diabetes Health Management Collaboration: Project Dulce

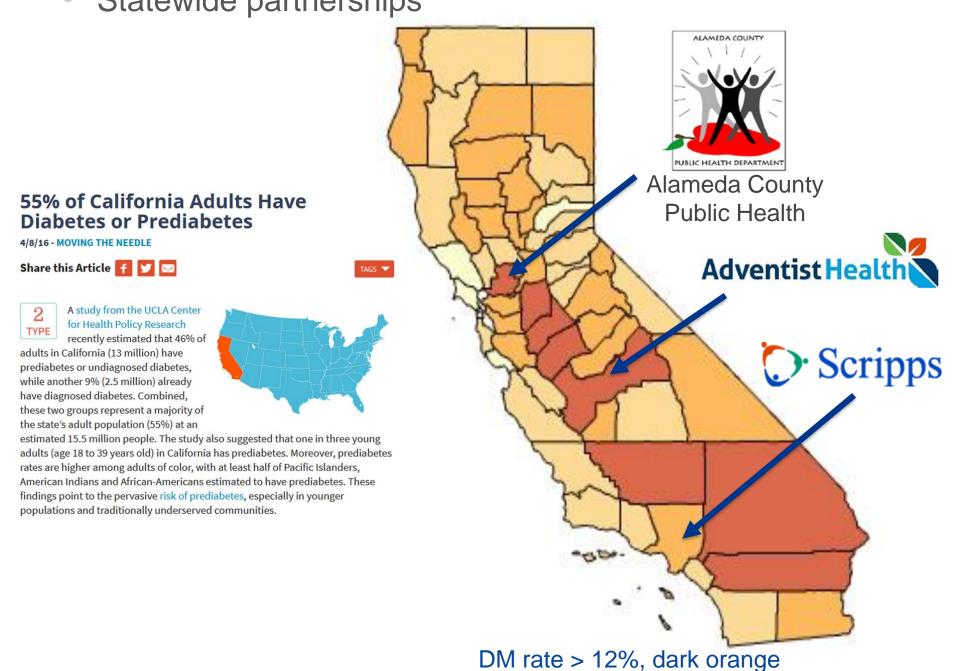
Athena Philis-Tsimikas, MD1, Chris Walker, MPH1, Rebecca Russell, MPH, RD2, Nina Plata, RN2, Brenda Yamashita3 Scripps Health, Whittier Diabetes Institute, San Diego; Adventist Health, Central Valley: Alameda County Health Care Services Agency, Public Health Department



Target Population

People with type 2 diabetes in California (9.6%)

- 1 of 7 adults and 1 of 5 over 65 yrs/old has diabetes
- 1 of 3 patients hospitalized has diabetes mellitus (DM)
- Disproportionately affects low socioeconomic and ethnic/racial minority groups
- Statewide partnerships



Problem Addressed

Early recognition and treatment to prevent serious health complications

Blindness

- Stroke
- Kidney failure
- Loss of toes, feet, or legs
- Heart disease

Early intervention to reduce cost:

- In 2017, **\$245 billion** spent for people with diagnosed DM
- Medical costs are more than twice as high as for people without DM
- Risk of death is 50% higher than those without DM

Interventions

What is **Project Dulce**?

- Multidisciplinary partnership team: Physician, RN/CDE, Medical Assistant in a PCP setting
- Diabetes education delivered by specially trained Peer Educators
- Diabetes electronic registry identifies high risk patients
- Decision support and provider training are conducted to standardize approaches to care

Training and Resources

Lowered A1c from 10.4% to 8.3% (p<0.00001)

Lowered cholesterol from 230 mg/dl to 186

Improved retinal exams from 6% to 81%

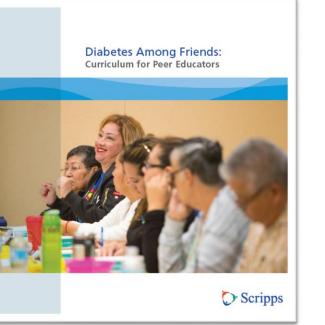
Improved Diabetes Treatment Satisfaction

Improved internal locus of control p<0.04)

Trend for lower hospitalization in the first year

- Diabetes Education curriculum and education materials in English and Spanish
- Peer Educator training program-3-day initial training, observation, competencies
- Webinars for continuing education quarterly
- Professional education conferences annually (CEU/CME)







Outcomes



Project Dulce: trial of peer-led education (%) → Project Dulce Peer Education ---- Control -2.5 Baseline Month-4 Month-10 **Figure 1**—Changes in absolute levels of HbA_{1c} from baseline to months 4 and 10 in the Project Dulce and control groups. Two-tailed P values are reported for tests of within-group changes from baseline to each time point. NIDDK R18 DK070666

Trainings in CA counties with highest diabetes rates

- Trained over 40 peer educators at clinics throughout California.
- 25 organizations have licenses to use the model and curriculum
- Served 20,000 racially/ethnically diverse (65% Hispanic) patients in San Diego County since inception
- Last year, 660 individuals out of San Diego received education by Project Dulce trained educators

Future Directions

Dissemination and Implementation

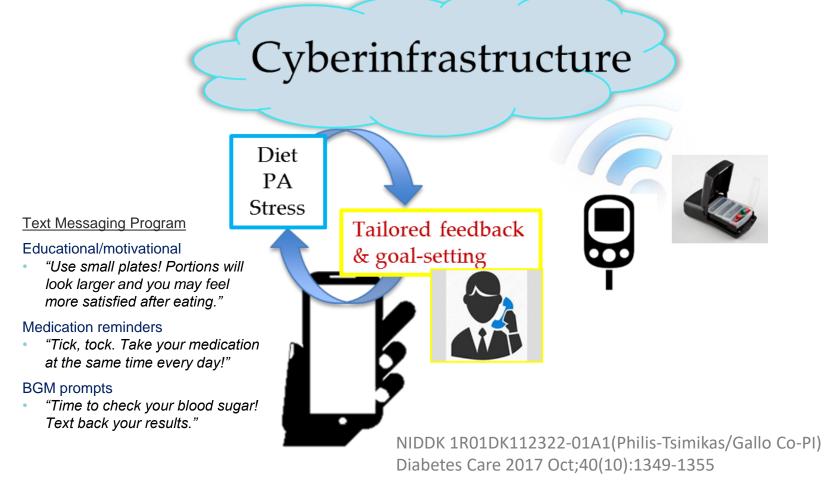
Nationally:

- One of 3 evidence-based programs approved by CMS and endorsed by American Diabetes Association to provide community-based diabetes education
- Provider for Medicare's Everyone with Diabetes Counts campaign
- Trained counties, clinics and health systems throughout US and in Mexico
- Dissemination and Implementation program available for high risk communities across the nation...



Digital approaches

Dulce Digital & Dulce Digital Me



- 1. Philis-Tsimikas A, Gilmer TP, Schultz J, Walker C, Fortmann AL, Gallo LC. CLINICAL DIABETES.
- 2. Gilmer T, Walker C, Philis-Tsimikas A, Outcomes of Project Dulce: A Culturally-Specific Diabetes Management

Clinical Outcomes

mg/dl (p<0.0001)

scores (p<0.001)

Behavioral Outcomes

Economic Outcomes

(p<0.061)