Diabetes Prevention Program (DPP)
Population Demographics
Key findings

- Santa Clara County is a diverse county, with no one race/ethnicity comprising a majority group and two-thirds of its residents are foreign-born.

- By 2060, Asian/Pacific Islander and Latino residents are expected to be the majority of the county’s population.

- Most adults have at least a Bachelor’s degree, but education levels vary by race/ethnicity.

- While SCC has a high overall median household income, income varies by race/ethnicity.

- A higher percentage of African American and Latino children live in poverty in the county.
Santa Clara County’s population is primarily comprised of 34% Asian/Pacific Islander, 34% White, and 27% Latino residents.

More than two-thirds (67%) of Asian/Pacific Islander residents are foreign-born.

Eighty percent (80%) of Asian/Pacific Islander residents ages 5 years and older speak a language other than English at home. Seven in 10 (70%) of Latino residents ages 5 years and older speak a language other than English at home.

A lower percentage of Latino residents (15%) had a Bachelor’s degree or higher than the county overall (48%).
The median household income was highest for Asian residents ($116,175).
African American and Latino residents had the highest percentage of the population living below 100% of the federal poverty level (17% and 16% respectively).
A higher percentage of African American residents ages 16 and older were unemployed (13%).

Latino and African-American residents had the highest percentage of owner-occupied housing units with a mortgage that paid 30% or more of the household income for selected monthly owner costs (50% and 46% respectively).

Percent of owner-occupied housing units with a mortgage that pay 30% or more of the household income for selected monthly owner costs by race/ethnicity:

- African American: 46%
- Asian/Pacific Islander: 37%
- Latino: 50%
- White: 37%
- Santa Clara County: 39%

More than 50% of Latino and African-American renter-occupied housing units pay 30% or more of household income as gross rent (60% and 57% respectively).

Diabetes deaths per 100,000 people
Diabetes deaths

The death rate due to diabetes was higher among Latino residents (44.8).

Rate of diabetes death among Santa Clara County residents by race/ethnicity

- Asian/Pacific Islander: 25.9
- Latino: 44.8
- White: 21.7
- Santa Clara County: 27

*African American deaths are not presented due to small number of deaths.

Source: Santa Clara County Public Health Department; National Center for Health Statistics, 2016.
Heart disease deaths per 100,000 people
Heart disease deaths

African American residents had a higher death rate due to heart disease (230.6).

Rate of heart disease death among Santa Clara County residents by race/ethnicity

- African American: 230.6 per 100,000 people
- Asian/Pacific Islander: 94.5 per 100,000 people
- Latino: 125.7 per 100,000 people
- White: 131.6 per 100,000 people
- Santa Clara County: 123.2 per 100,000 people

Source: Santa Clara County Public Health Department; National Center for Health Statistics, 2016; U.S. Census Bureau 2010; American FactFinder; Healthy People 2020
Hypertension deaths per 100,000 people
Stroke deaths per 100,000 people
Cerebrovascular deaths

In 2016, the rate for cerebrovascular deaths among Asian/Pacific Islanders (37.4) and Latinos (41.9) were above the county average (34.2).

Rate of cerebrovascular deaths among Santa Clara County residents by race/ethnicity

Source: Santa Clara County Public Health Department; National Center for Health Statistics, 2016; U.S. Census Bureau 2010; American FactFinder; Healthy People 2020
Average distance (miles) to nearest farmers’ market

Average distance (miles)
to nearest farmers’ market
> 6.1 – 11.4
> 3.4 – 6.1
> 1.6 – 3.4
> 1 – 1.6
0.5 – 1
Average distance (miles) to nearest full-service grocery store

Average distance (miles) to nearest full-service grocery store:
- > 1.37
- 0.56
- < 0.2
Number of tobacco retail outlets per square mile
Key findings

More than half of adult residents are overweight or obese.

The percentage of adults diagnosed with pre-diabetes or diabetes has increased. (Source: California Health Interview Survey)

The hospital discharge rate due to diabetes is higher among African American adults. (Source: Patient Discharge and Emergency Department Visit Data (OSHPD))
Risk Factors
Overweight or obese (adults)

The percentage of adults who were overweight or obese fluctuated from a low of 49% to a high of 58% from 2007 to 2016.
33% of Latinos are obese
26% of African Americans are obese
23% of Whites are obese
8% of Asians/Pacific Islanders are obese
Obesity rates are higher among older adults than younger adults.

- Ages 45-54: 23%
- Ages 55-64: 25%
- Ages 18-24: 9%
Obesity rates are **highest** among adults with **lower** annual household incomes.
Lesbian, gay, and bisexual adults have a higher obesity rate than heterosexuals.
Diabetes and CHD Rates
1 in 3 adults (32%) have ever been diagnosed with high cholesterol.

1 in 4 adults (27%) have ever been diagnosed with high blood pressure.
Percentage of adults who were ever diagnosed with high blood pressure

- African American: 40
- Asian/Pacific Islander: 19
- Latino: 27
- White: 33
- Santa Clara County: 27
Diabetes

The percentage of adults who have been diagnosed with diabetes has generally increased from 2007 to 2015.

Percentage of adults who were ever diagnosed with diabetes

- African American: 10%
- Asian/Pacific Islander: 6%
- Latino: 11%
- White: 8%
- Santa Clara County: 8%
8% of SCC adults have ever been diagnosed with diabetes

The percentage is **higher** for those with household incomes **lower than $50,000**

It’s **twice as high** among

- Adults **ages 65 and over**
- Adults with **less than a high school education**
The emergency department visit rate due to diabetes was higher among African American residents ages 18 and older (727.0).
The hospitalization rate due to diabetes was higher among African American residents ages 18 and older (242.5).
Rate of hospital discharges due to diabetes among adults

- White: 65.3
- Latino: 134.7
- Asian/Pacific Islander: 28.9
- African American: 242.5
- Female: 62.8
- Male: 77.9
- Santa Clara County: 70.5

Rate per 100,000 adults
3 year strategic plan (2016-2019) for Diabetes Prevention in Santa Clara County with over 200 engaged partners representing 95 organizations
Spearheaded by Supervisor Cortese & Supervisor Yeager in 2015

Focus Areas:
- **Awareness**: Type 2 Diabetes Risk Factors & Prediabetes
- **Screening & Referral** (Paper Risk Test and Clinical)
- **Access to diabetes prevention resources** and advocating for increased **Coverage for diabetes prevention programs**
Pilots for Diabetes Prevention Clinic to Community (2015-2017)

Clinical Screening & Referral to DPP
PICH/CDC Funded

2017-2018
Clinical Screening & Referral & DPP Capacity Building

2017-2018
DPP Capacity Building
Based on the NIH-funded research, the CDC-approved, evidence-based National Diabetes Prevention Program aims to slow and prevent the development of Type 2 diabetes in the US population

- Lay and health professional **lifestyle coaches** teach in-person or virtual group classes of 8-15 participants
- Comprehensive program focused on **weight loss through exercise**, healthy eating and **behavior modification**
- The cost can range from $429 or more for the **1 year program**.

### Examples of topics covered in core curriculum include:

1. Balancing calories
2. Problem solving/coping
3. Overcoming physical activity barriers
4. Strategies for healthy eating out
5. Social cues
6. Managing stress

<table>
<thead>
<tr>
<th>16 Sessions</th>
<th>Maintenance phase (6 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core phase (6 months)</td>
<td>Monthly maintenance sessions</td>
</tr>
</tbody>
</table>
Navigating to Diabetes Prevention Programs (DPP)

Pending, Preliminary, & Recognition Status with CDC

- YMCA of Silicon Valley (VHP Contract)
- Indian Health Center of Santa Clara Valley (DPP Capacity Building-PHD)
- Gardner Family Health Network
- Asian American Center of Santa Clara County
- Zitman, Jalilie & Kar (Doctor Office-Cupertino)
- Pacific Medical Center (Milpitas)
- Jenny Craig
- Lindora-Lean (In Safeway)
- Weight Watchers
- Diabetes Prevention Education-Mountain View

In person & Online Providers

- Kurbo Health Inc - Palo Alto
- Lark - Mountain View
- Restore Health - Palo Alto
- Omada-San Francisco
- Health & Wellness DPP-Cupertino
- Shapa-Cupertino
- Glyqa Inc-San Ramon
- Platejoy-San Francisco
- Vida Health-San Francisco
- Noom

Diabetes Prevention Program

- It's a lifestyle change program for people with prediabetes.
- It can help you lose 5-7% of your body weight. So if you weigh 200 pounds, this would mean losing 10-14 pounds.
- It supports you in increasing your physical activity routine to 150 minutes per week.
- Classes are offered in a group setting in the community or clinic, and online.
- You will learn new skills like:
  - Ways to stay motivated
  - Dieting active as a way of life
  - Stress management
  - Carb & calorie counting
- A Lifestyle Coach will support you for 1 year in DPP!
- Medicare, Full Scope Medi-Cal, and other health insurance plans cover DPP too.
- Tip: Use your health spending accounts spending for DPP!

DPP Providers for safety-net community members and SCC County Employees:

- Med Cal with Santa Clara Family Health Plan (SCFHP)
- Indian Health Center of Santa Clara Valley (DPP Capacity Building-PHD)
- Gardner Family Health Network
- Asian American Center of Santa Clara County
- Zitman, Jalilie & Kar (Doctor Office-Cupertino)
- Pacific Medical Center (Milpitas)
- Jenny Craig
- Lindora-Lean (In Safeway)
- Weight Watchers
- Diabetes Prevention Education-Mountain View

Other DPP Efforts:

- The Health Trust - Proposing Alternative Program for DPP to CDC
- HOMBRES-Stanford Research - Target Latino Men in Palo Alto Medical Foundation with DPP Virtual Class (Not recognized program-research)
- INFORMATION CURRENT AS OF 10.2.2019
Coverage for DPP as Medical Benefit:

CDC Evidence Based-Diabetes Prevention Program (DPP) is a Medical Benefit!

- Santa Clara County-Valley Health Plan
- CALPERS
- Medicare (April 2018)
- Medi-Cal for Santa Clara Family Health Plan and Anthem/Blue Cross (January 2019)
- Some Health Insurance Plans-Anthem/Blue Cross & United Health Care

- SCC has over 21 DPP Providers and 51 DPP Lifestyle Coaches Trained
Prevention Booklet - Community Use

How to use the Booklet:

- Take the Risk Test
- Talk to your Doctor about your risk
- Choose one small step from the booklet to start preventing Type 2 diabetes today
- Use the booklet to check off tips or actions that you have tried, and share with your doctor at your next appointment
- Find a community organization for support
- Sign up with DPP by calling your health insurance plan or by calling a DPP organization in this booklet

Table of Contents

1. What is Prediabetes and Type 2 Diabetes .................................. page 4
2. Sign up for a Diabetes Prevention Program near you........ page 10
3. Ways to Cut Back on Sugary Drinks ....................................... page 16
4. Ways to Move More ............................................................... page 20
5. Ways to Eat Healthier ............................................................. page 26
6. Ways to Stretch Your Food Dollar ....................................... page 32
7. Ways to Decrease Your Stress ............................................... page 38
8. Ways to Quit Smoking ........................................................... page 42
9. Ways to Take Care of Your Diabetes, Heart Disease, and High Blood Pressure ................... page 46

Visit www.SCCPreventDiabetes.org for more information about preventing type 2 diabetes.
Together We Can Prevent Type 2 Diabetes in Santa Clara County

It’s in our hands.

Sponsored by the County of Santa Clara
Your can prevent diabetes for you, too!

EMPLOYER RESOURCES

County of Santa Clara Healthy Worksite Program
Toolkit and Implementation Guide

Updated March 2019

Santa Clara County
PUBLIC HEALTH

GOLD CHOICE AWARD
Breastfeeding Accommodation
Healthy Food
Healthy Beverages
Physical Activity
Tobacco-Free

Jaime.Flores@PHD.SCCGOV.ORG
Suellen.Haggerty@PHD.SCCGOV.ORG
Alyssa.Thompson@PHD.SCCGOV.ORG
Patient (no A1c) arrives for appointment & checks in with LVN/MA

LVN/MA reviews Wellness set for A1C Result & makes note on MRN Label “No A1C” Result

LVN/MA orders lab for day of -A1c approved as Health Maintenance Smartset

Provider sees patient, advises patient of same day lab, and signs order

Patient completes day of labs

Provider receives results within 1-7 days from lab

Provider reviews results

Follow up in 1 year

Less than 5.7

A1C between 5.7 and 6.4

YES

Follow up in 1 year

Diabetes Prevention Interventions offered to Patient

Patient selects DPP – Referral DPP Pilot

Patient selects clinic-based nutrition class (Prediabetes 101)

Patient declines classes

Diabetes Prevention Booklet Provided

PHC sends mailer with Diagnosis and Diabetes Prevention Booklets / Health Link Prediabetes

Patient attends clinic-based nutrition class and DPP Promoted for ongoing support and Prevention Booklet Provided

PHC follows up in 3 days asking about enrollment

PHC provides DPP contact information and enrollment details; sends mailer to patient

Patient enrolls in nutrition class; sends mailer

Provider sends task to pool for Diabetes Prevention Intervention and diagnosis of prediabetes entered in Health Link for DM arm

PHC calls patient to provide menu of resources/information

Follow up in 1 year

Patient (A1c within year) arrives for appointment & checks in with LVN/MA

Progression from prediabetes to diabetes is stopped or delayed
Building Better Health Together
Thursday November 7th, 2019
8:30am-3:00pm
Mexican Heritage Plaza
1700 Alum Rock Ave,
San Jose, CA 95116

Learn how to enhance our local capacity to prevent diabetes and heart disease by addressing social determinants of health.

RSVP link coming soon!

Presented by
American Heart Association (AHA), American Diabetes Association (ADA) and the County of Santa Clara Department of Public Health in association with the Diabetes Prevention Initiative.

For more information, contact Jeff Loi at 408.817.6890 or Jeff.Loi@phd.sccgov.org.