Wisconsin Diabetes Weekly

Monday, December 9, 2019

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In the News

Cleveland Clinic Develops Type 2 Diabetes Complication Risk Tool

Patients struggling with type 2 diabetes and obesity are faced with the decision of whether to receive usual medical care or undergo weight-loss surgery. Now, a new risk calculator can show these patients their risks of developing major health complications over the next 10 years depending on which course of treatment they choose. **Read more**.

New York Health Information Exchange Saves \$160 to \$195M

The New York Health Collaborative (NYeC) announced a savings of \$160 to \$195 million annually on health care spending due to the use of the Statewide Health Information Network for New York, the state's health information exchange. An estimated \$1 billion could be saved each year if current participants used the NYeC's full capabilities. Cost savings are associated with duplicate testing, avoidable hospitalizations and readmissions, and preventable emergency department visits. **Read more**.

Humana Estimates 2018 Savings from Medicare Advantage Plans

Value-based payment models reduced hospital admissions and cut costs by \$3.5 billion for people enrolled last year in Medicare Advantage plans offered by Humana. The models also are prompting medical groups to invest in staff and technology, according to a survey cited in the report. **Read more**.

Important News

Marshfield Clinic Health System Named 2019 Million Hearts[®] Hypertension Control Champion

Congratulations to Marshfield Clinic Health System for their recent designation as a 2019 Million Hearts® Hypertension Control Champion. Champions successfully complete the Million Hearts® Hypertension Control Challenge, an opportunity for clinicians, practices, and health systems to demonstrate excellence in hypertension control by reaching 80% control rates among their hypertensive patients.



Diabetes Monitoring is Having a Smartwatch and Smartphone Revolution

A few years back, the arrival of continuous glucose monitoring (CGM) devices made mainstream technology available to people with diabetes who must monitor their insulin. As well as being more convenient, CGM offers a direct payoff for the health of people with diabetes, too: those with better glucose control are less at risk of developing debilitating and life-threatening complications. Now the companies that make these readers are looking to take advantage of broader technology trends to enable people with diabetes to better manage their condition. **Read more**.



State of Wisconsin Division of Public Health Chronic Disease Prevention Program 1 West Wilson Street www.dhs.wisconsin.gov/disease/chronic-disease.htm

In the News (continued)

Method Finds Patterns in Patients with Multiple Chronic Conditions

Researchers have proposed an innovative way to identify patterns in the cost and prevalence of multiple chronic conditions. The team examined Medicaid claims data for 190,000 patients in the Mount Sinai Health System between 2012 and 2014. In this cohort, 61% of patients had multiple chronic conditions (MCC), a level far higher than in the general US population, which is 42%. Researchers used a segmented methodology and found that high blood pressure, high cholesterol, and diabetes were the most common combination of chronic diseases, and women aged 50 to 65 with high blood pressure and high cholesterol were the costliest segment overall. The most surprisingly common disease pair was lung disease and heart attacks. **Read more.**



Conference, Educational, and Grant Opportunities

Community Health Workers (CHWs): Strong Evidence-Base for Embracing CHWs into the Public Health and Healthcare Workforce

Webinar • December 11 • 12-1 p.m. CT • CE Credits Available

Community health workers (CHWs) are trusted, knowledgeable frontline public health workers who typically come from the communities they serve. The American Diabetes Association's Standards of Medical Care in Diabetes highlights the importance of CHWs in diabetes prevention and management, especially among underserved communities. This webinar will focus on integrating CHWs into the public health care workforce as a strategy for increasing health equity and access and improving population health, while decreasing costs. Learn more and register.



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

Journal Articles and Reports of Interest

Thiazide Use and Cardiovascular Events in Type 2 Diabetic Patients with Well-Controlled Blood Pressure. Tsujimoto T, et al. *Hypertension.* 2019 Dec;74(6):1541-1550. [Epub ahead of print]

Association Between Antidiabetic Medications and Prostate-Specific Antigen Levels and Biopsy Results. Beckmann K, et al. JAMA Netw Open. 2019 Nov 1;2(11): e1914689.

> Learn More About Million Hearts® Tools, Protocols, And Action Guides

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For More Information

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For more about our program, check out www.preventdiabeteswi.org.

