Multi-Agency Collaboration

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Tompkins County Highlights

- Located on Cayuga Lake in the Finger Lakes Region
- Cornell University
- Ithaca College
- Ithaca Farmers’ Market and local food entrepreneurs
- Robust Music and Arts community
- Rich in social services and CBOs
Demographics

- Population — 101,564 (2010 U.S. Census)
  - 83% white
  - 4% Black/ African American
  - 9% Asian
  - 4% Hispanic/ Latino

- Education (age 25+ years)
  - 93% HS
  - 50% Bachelor
  - 29% Graduate or professional
Rural Population – Disparate population

Promote Mental Health; Prevent Drug Abuse

Chronic Disease Prevention
  - National Diabetes Prevention Program, CDC
  - 12 workshops in 3.5 years (~65 people)
Diabetes Prevention Program

The Tompkins County Diabetes Prevention Program can give you the skills and practice necessary to make the important changes in your lifestyle habits, and help you prevent diabetes.

Have you ever been told by your doctor that you:

- Are at risk for getting diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.
Nat’l Diabetes Prevention Program

THE GROWING THREAT OF PREDIABETES
Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

86 MILLION adults have prediabetes

9 OUT OF 10 people with prediabetes don’t know they have it

Without weight loss and moderate physical activity

15–30% of people with prediabetes will develop type 2 diabetes within 5 years
Nat’l Diabetes Prevention Program

Reducing the Impact of Diabetes

Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes.

It brings together:

- Employers
- Health Care Organizations
- Private Insurers
- Faith-Based Organizations
- Government Agencies
- Community Organizations

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in half.

to achieve a greater impact on reducing type 2 diabetes
Nat’l Diabetes Prevention Program

Groups in the National Diabetes Prevention Program are working to:

- Build a workforce that can implement the lifestyle change program effectively
- Ensure quality and standardized reporting
- Deliver the lifestyle change program through organizations nationwide
- Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a lifestyle change program that provides:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support over the course of a year
Diabetes Prevention Program

You Can Make a Change for Life

- Are you at risk for getting diabetes?
- Do you have a family member with diabetes?
- Has a health care professional told you that you are overweight?

You Can Prevent Or Delay Type 2 Diabetes!

Sign up today and make a change for life!
Call (607) 274-6710 or (607) 273-8686

HSC  Cayuga Medical Center  the YMCA  Tompkins County Health Department
Multi-Agency Effort

- Tompkins County Health Department
  - CDC Full Recognition Provider
- Human Services Coalition of Tompkins Co.
  - CDC Full Recognition Provider
- YMCA of Ithaca
- Cayuga Center for Healthy Living (Cayuga Medical Center)
Advantages — The Ideal

- Pool resources
  - staff time, marketing
- Program at various locations, times
- Share referrals
- Agreed program cost
Challenges

- Organizational priorities, structures vary
- Communication styles differ
- Intra agency silos
- Organization with funding usually in charge
Questions for Discussion

- What are the unique roles of local health departments, hospitals and community based organizations in an evidence based program such as the National Diabetes Prevention Program?

- How do we know the program is reaching Prevention Agenda objectives? What are some immediate outcome measures?

- What are creative ways that a local health department, hospital or community based organization can secure funding for diabetes prevention?
Thank You

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