



NORTHERN MICHIGAN DIABETES INITIATIVE

Stakeholder Report 2014 | 2015



nmdi.org

The Northern Michigan Diabetes Initiative is a regional collaboration dedicated to prevention, early detection, and management of diabetes.



Our Mission

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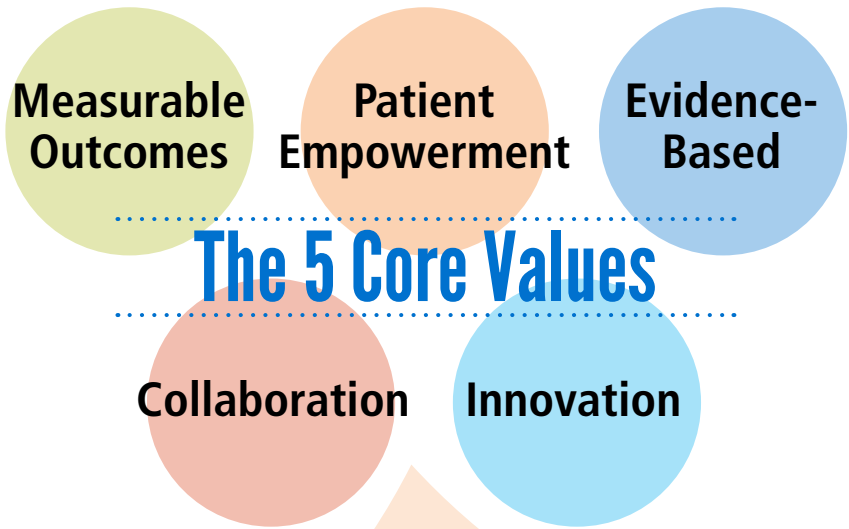
A Growing Service Area

In 2015, we welcomed partners in two new counties: Montmorency and Oscoda. The NMDI service area now includes fourteen counties.



Planning for the Future

NMDI has been working toward improved care of those with diabetes and preventing diabetes for nearly 10 years. This July, stakeholders from around the region gathered to review past initiatives and look toward improving the future of diabetes prevention and care in northern Michigan. The Steering Committee used a value-centered, data-driven planning process to identify five core values.



Educating the Community

NMDI has produced several new television spots that are airing on TV 7&4 and 9&10. The commercials provide valuable and actionable information to hard-to-reach patients with diabetes. The series of commercials focuses on a wide variety of themes and messages to support diabetes management and raise awareness of diabetes in our region. The spots have led to a sharp increase in website hits compared to the same time the previous two years.

Partnering with Providers

"The current core group has lost a combined total of approximately 206 pounds, an average of 12 pounds per participant, and they have not even finished the full 16-week program!"

- Jill Moore, RN CDE
Otsego Memorial Hospital

The Diabetes Prevention Program is an evidenced-based lifestyle program to prevent Type 2 diabetes by focusing on weight reduction and increasing physical activity.

Otsego Memorial Hospital started their first Diabetes Prevention Program in 2014 and a second group in 2015. The first group enrolled 28 participants and 26 of those individuals either completed the program or are still enrolled. The current core group has lost a combined total of approximately 206 pounds, an average of 12 pounds per participant, and they have not even finished the full 16-week program!

206 pounds

combined weight lost in the Otsego Memorial Hospital Diabetes Prevention Program.



Munson Medical Center recently completed their first core group, with seven participants completing the program. The total amount of weight lost among all participants was 94 lbs. The group is now in the post-core phase that will run until February 2016.

A message from the medical director:

In the United States, approximately 12-14% of the population has been diagnosed with diabetes. Our communities are no different. In Northern Michigan, the rate of diabetes is higher than across the state. The impact diabetes has on northern Michigan is significant – approximately 15% of the people living in the NMDI region are diagnosed with diabetes. Our neighbors with diabetes incur twice the medical costs as someone without diabetes, are less productive at work due to disease-related illness, and will likely die at an earlier age than their neighbor who does not have diabetes.

The Northern Michigan Diabetes Initiative (NMDI) was developed to reduce the prevalence of diabetes and improve the care of people living with diabetes in northern Michigan. NMDI is your local resource as a parent, healthcare provider, teacher, and community member to help your child, patient, or neighbor receive the best care in diabetes management.

NMDI could not be such an exceptional resource in your community without the participation of Priority Health, local public health departments, Munson Healthcare, and the affiliated hospitals. Each partner organization offers expertise and knowledge making NMDI what it is today.

We hope you enjoy reading our annual report. We are proud of the work NMDI has accomplished, but we know there is more work for us to do.

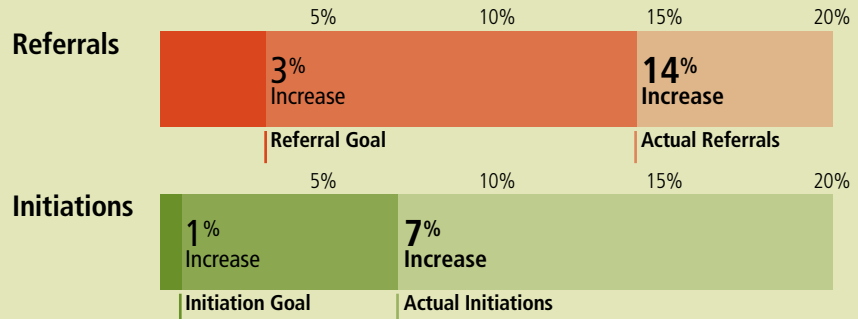
Sincerely,



Jill E. Vollbrecht, MD
NMDI Medical Director

Serving Patient Needs

NMDI supports self-management for people with all types of diabetes. One method is to promote and encourage access to diabetes education and in 2015, we exceeded our goals.



Follow NMDI on Facebook for the latest news and updates on Diabetes care in northern Michigan.

A new support group for adults with Type 1 diabetes was inaugurated in the fall of 2014. The group meets monthly and is led by a local resident who has lived with Type 1 diabetes for most of her life. Meetings times and locations are posted on the NMDI Facebook Page.



Sign up for the NMDI E-Blast

NMDI launched a new quarterly electronic newsletter in the winter of 2015. Each "E-blast" focuses on one of the seven self-care behaviors from the American Academy of Diabetes Educators. There are currently around 75 subscribers to this service but we are actively seeking to grow this important communications channel among patients and providers. Contact Amanda at awoods@mhc.net

"NMDI is your local resource as a parent, healthcare provider, teacher, and community member to help your child, patient, or neighbor receive the best care in diabetes management."

- Jill E. Vollbrecht, MD, NMDI Medical Director

Munson Healthcare Honors Diabetes Initiative Founders

Munson Healthcare has recognized three individuals who were instrumental in the formation and development of the Northern Michigan Diabetes Initiative (NMDI). Community Health Hero Awards were presented to Marcia Bartlett, manager of Ambulatory Physician Practices (not pictured); Diane Butler, retired manager of Munson Medical Center Community Health; and Steve Lamie, MD, former NMDI co-medical director and an internal medicine specialist with a special interest in diabetes prevention and treatment.





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1105 Sixth Street
Traverse City, MI 49684

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The Northern Michigan Diabetes Initiative (NMDI) began in 2006 as a collaborative effort between Munson Healthcare, Priority Health, and stakeholders from the identified Munson Healthcare service area that includes fourteen counties. Each year we work on different activities that support our mission/vision statement.

Northern Michigan Diabetes Initiative Sponsors

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Munson Healthcare Grayling Hospital
Munson Healthcare Foundations
Munson Medical Center
Otsego Memorial Hospital
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Priority Health
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