



Healthy Together

Transforming Diabetes Prevention & Control

May 18, 2022

THE NACHC MISSION

America's Voice for Community Health Care

The National Association of Community Health Centers (NACHC) was founded in 1971 to promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.





Healthy
Together

Implement



LAY THE GROUNDWORK

LAUNCH

April 2022 – March 2023

Deliver Curriculum
Support use of Patient Care Kits
Collect/Report Data
Peer Exchange



Today's Objectives:

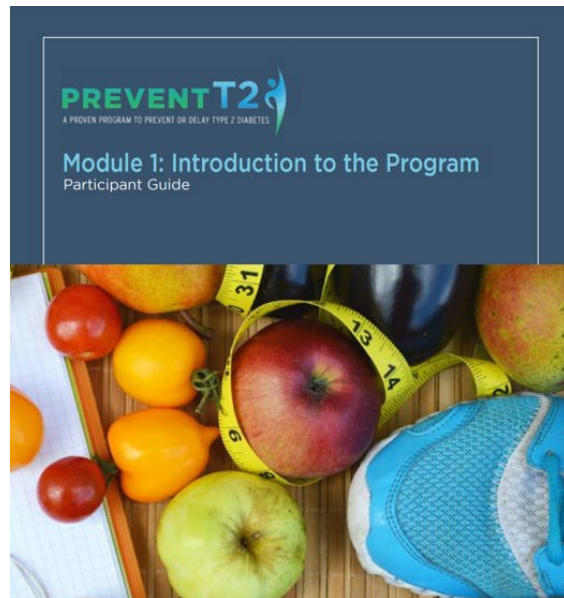
- **Care Kit Update:** Next set of module copies and additional tools
- **Peer-to-Peer Discussion**

Patient Care Kits



Coach and Participant Guide modules 10-16 have been shipped!

Additional Care Kit tools – **bento boxes** and **water bottles** – have shipped!



Patient Care Kits



On June 13th, NACHC will place an order for self-monitoring blood pressure cuffs

Need to know how many participants have an arm circumference range

- 9-17 inches
- 17.1-21 inches

Email clindholm@nachc.org and cc your Hub by **Thursday, June 9th!**

Weight Loss and Patient Health Outcomes



It is not necessary for patients to get to a BMI of less than 25 to have a significant health benefit. Although the greater the BMI (and waist circumference), the greater the risk of cardiovascular disease, type 2 diabetes, sleep apnea, and many other conditions. There is strong evidence that **modest to moderate weight loss (5%-15%) can greatly reduce the risk of these conditions**, even if patients remain in the obese or overweight category.

Sustained weight loss of as little as 3% to 5% is likely to result in clinically meaningful reductions in levels of triglycerides, blood glucose, and glycated hemoglobin and in risk of developing type 2 diabetes. Greater amounts of weight loss reduce blood pressure, improve levels of low-density and high-density lipoprotein cholesterol, and reduce the need for medications to control blood pressure, blood glucose levels, and lipid levels, as well as further, reduce levels of triglycerides and blood glucose.

1. Jensen, M. D., Ryan, D., Donato, K. A., Apovian, C. M., Ard, J. D., Comuzzie, A. G., ... Yanovski, S. Z. (2014). Guidelines (2013) for managing overweight and obesity in adults: Preface to the full report. *Obesity*, 22 (Suppl. 2), S1-S410
[2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society - ScienceDirect](#)

2. Kushner RF, Ryan DH. Assessment and Lifestyle Management of Patients With Obesity: Clinical Recommendations From Systematic Reviews. *JAMA*. 2014;312(9):943-952. doi:10.1001/jama.2014.10432
[Assessment and Lifestyle Management of Patients With Obesity: Clinical Recommendations From Systematic Reviews | Guidelines | JAMA | JAMA Network](#)

Peer to Peer Discussion



Participant
Engagement

ADCES
Recordings

Data
Collection

Goals &
Outcomes

Zoom
Sessions

Wellocity

In-Person
Sessions

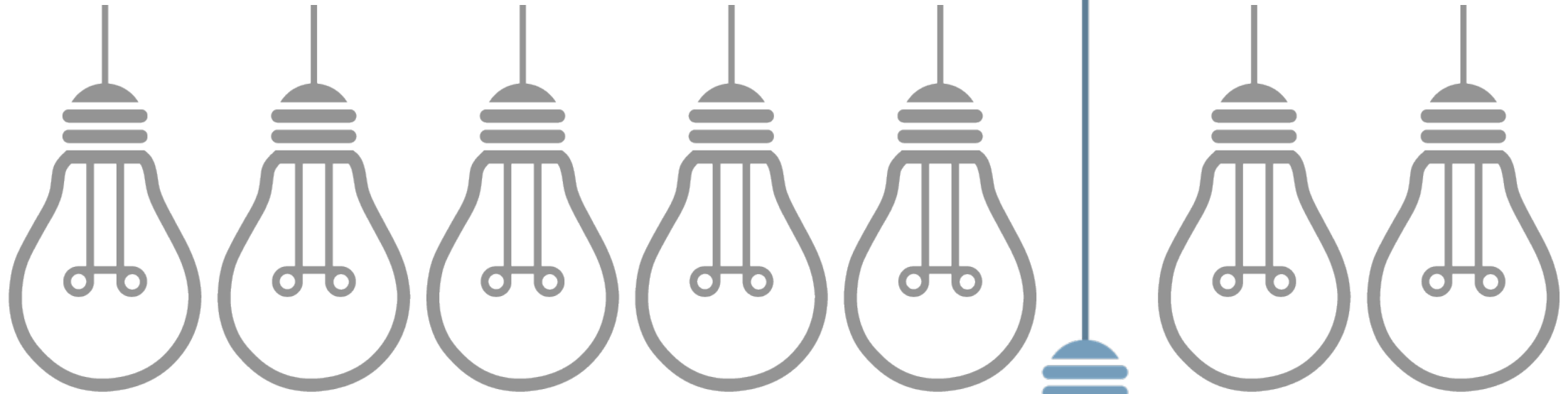
Curriculum
Content

Care Kit
Tools



Reminder:

Healthy Together interviews are scheduled with Erica Weiss throughout this week!



Questions?



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Next Project Meeting:

June 15th, 2022
1 -2 pm ET



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