



Everyone with Diabetes Counts: Participating Partners

Under contract with the Centers for Medicare & Medicaid (CMS), Atom Alliance has launched the Everyone with Diabetes Counts (EDC) initiative in Alabama, Indiana, Kentucky, Mississippi and Tennessee.

It will provide targeted Medicare beneficiaries living with diabetes and pre-diabetes an opportunity to participate in free diabetes self-management education (DSME) classes that will teach them more about controlling, preventing or delaying diabetes.

Family or caregivers are encouraged to attend classes with the beneficiary. DSME is a proven intervention for empowering people with diabetes to acquire the knowledge and skills necessary to improve the quality of their lives.

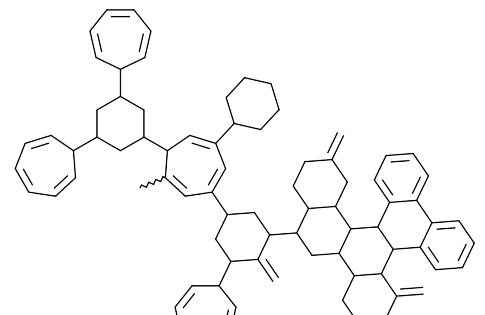
Beneficiaries will receive 12 hours of diabetes self-management training in their home communities, clinical settings, and other locations such as community centers, libraries and senior centers.

Community health workers (CHWs), nurses, diabetic educators, etc. will conduct diabetes self-management education classes utilizing the Diabetes Empowerment Education Program (DEEP).

This model presents simple medical terms and concepts using props and pictures in a way that is conducive to participant comprehension.

These classes are designed to:

- **Educate** beneficiaries on how to best control their blood sugar, blood pressure and cholesterol levels;
- **Empower** beneficiaries to establish relationships with primary care providers;
- **Encourage** better nutrition and regular exercise;
- **Encourage** lifestyle changes that lead to the reduction in the number of limb amputations and other complications;
- **Express** the importance of developing support networks of family, friends, and existing community-based social services.



Classes:

- Six week sessions
- Classes held once a week
- Classes two hours in length
- Activity driven
- Graduation ceremony at completion with certificate

Target Population

- African-American
- Hispanic/Latino
- American Indian/Native American
- Asian/Pacific Islander
- Rural residents of any race/ethnicity
- Dually eligible (both Medicare and Medicaid health insurance)

Ethnic, racial minorities and rural residents have a higher prevalence of diabetes.

For additional information on how patients, caregivers, healthcare providers and community leaders can get involved in the EDC, please visit www.atomAlliance.org/EDC.

Who We Are

atom Alliance is a multi-state alliance for powerful change composed of three nonprofit, healthcare quality improvement consulting companies—Qsource, AQAF and IQH. We serve the states of Alabama, Indiana, Kentucky, Mississippi and Tennessee.

We are change agents focused on three aims: better patient care, better population health and lower health care costs through improvement.

We share expertise to advance the goals of the National Quality Strategy and support CMS in efforts to transform the course of healthcare in our nation for the better.

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What we would like from participating partners:

- Location to host/conduct classes
- Class promotion by disseminating marketing materials provided by atom Alliance
- Attendance of at least five Medicare beneficiaries in our target population.

Local Contacts

Please contact the task lead for your state from the list below:

Alabama | AQAF

Lee Pearce
lee.pearce@area-G.hcqis.org

Indiana | Qsource

Donald Gettinger
don.gettinger@area-G.hcqis.org

Kentucky | Qsource

Margie Banse
margie.banse@area-G.hcqis.org

Mississippi | IQH

Willie Ann Thomas
willie.thomas@area-G.hcqis.org

Tennessee | Qsource

Debra Bratton
debra.bratton@area-G.hcqis.org

