



# NORTHERN MICHIGAN DIABETES INITIATIVE

Stakeholder Report 2016 | 2017



[nmdi.org](http://nmdi.org)

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

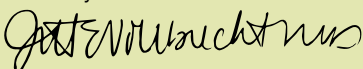
## A Message from Jill Vollbrecht, MD

You've probably heard Benjamin Franklin's quote, "an ounce of prevention is worth a pound of cure." But how does that stack up against a disease like type 1 diabetes, which isn't preventable? Congress is currently debating health care coverage that will seriously and significantly impact and influence access to care for people with diabetes. The cost of insulin is increasingly rising. People are being forced to decide between food or insulin. So what bootstraps are we supposed to use to pull ourselves back up?

One of the most important tools you can use is communication. Patients should be encouraged to talk with their doctor, diabetes educator, other families, pharmacists, their insurance company, and even their legislators. All of these individuals or groups have a vested interest in ensuring you, your parent, your child are successful members in our communities. Health care providers and diabetes educators can help identify and prescribe more affordable medication, recommend a testing schedule to best keep numbers managed, and identify best use of valuable testing supplies. Other families offer the much needed emotional support to help get through the difficult days of living with diabetes.

But how does your legislator fit into the diabetes care management picture? We should make sure our patients advocate for themselves. They can tell their stories best. Encourage them to talk to a local government leader, their district representative, or state representative. Their phone numbers, email addresses, and office locations are available online, just a click away. If they are unable to share, tell your story about working with patients with diabetes. The only way diabetes care will get better is if we all speak up and talk.

Sincerely,



Jill Vollbrecht, MD  
Medical Director  
Northern Michigan Diabetes Initiative

## Northern Michigan Diabetes Prevention Program Collaborative

The Northern Michigan Diabetes Prevention Program Collaborative is a work group that was created to ensure diabetes prevention providers are working together to achieve the best outcomes for patients in our region. This group also works with the State of Michigan on its Diabetes Prevention Program Action Plan. The group:

1. Shares Diabetes Prevention Program updates
2. Provides technical assistance, such as how to do data entry
3. Coordinates Diabetes Prevention Program scheduling to ensure even regional coverage
4. Shares lifestyle coach tips for success and best practices
5. Communicates through meetings, email, and other avenues as appropriate

If you would like to get involved and be part of this work group, contact Amanda Woods at [awoods@mhc.net](mailto:awoods@mhc.net) or **231-935-9227**. The group meets quarterly to share information and responds to troubleshooting calls.

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## NMDI Presents at Grand Rounds

NMDI hosted three Friday Grand Rounds in December 2016 to share some practical information about patient non-compliance with 118 providers who attended in person or via webinar. Grand Rounds were developed as a result of feedback from primary care providers.

The five presenters and their topics were:

- "Shifting Responsibility: Optimizing Self-Management in Diabetics" – Kevin DeBruyn, MSW, from Adaptive Counseling
- "'I Am Drinking Real Pepsi No Matter What' – Getting to the Root of Patient Non-Compliance" – Emilie Klemptner, MS, RD, and Mary Shanahan, MS, RD, from Munson Medical Center
- "Drugs Don't Work in Patients Who Don't Take Them" – Cathi Cornelius, PharmD, BCPS, CDE
- "No Buts, No Cuts, No Coconuts" – Jill Vollbrecht, MD.

Attendees also received information on:

- How to better organize patient plans of care
- How to use information and tools to help patients set goals
- How a patient's financial status may influence his or her ability to adhere to and follow recommendations

You can listen to these presentations on the NMDI website at [nmdi.org/physicians](http://nmdi.org/physicians).

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## Candy Drop Off Events

In an effort to limit candy consumption by kids after Halloween, the NMDI Team worked with the community including two local elementary schools to collect extra Halloween candy. The candy was donated to a local veteran's organization. All chocolate is separated and donated to local veterans to be used as snacks at their events. All non-melting candy is distributed in care packages to troops stationed overseas.

In 2016, more than 400 pounds of candy was collected at two locations. One school in Grand Traverse County donated almost 110 pounds of Halloween candy. In 2017, the Candy Drop Off events are being held in Traverse City, Cadillac, and Manistee.

Why not start a Candy Drop program in your community? Contact Amanda Woods at [awoods@mhc.net](mailto:awoods@mhc.net) or **231-935-9227**.

## How a 6-year-old Takes Diabetes in Stride

### Lucas' Story

Lucas is a 6-year-old boy living with type 1 diabetes. He is a first grader at Grayling Elementary School, one of two students at the school with type 1 diabetes. Lucas wears two bracelets, both identify him as living with type 1 diabetes in case of a medical emergency.



His hobbies include collecting and learning about all kinds of phones and collecting coins from around the world. The tooth fairy recently brought him a special coin from New Zealand, where he and his sister, Nora, were born. His mother grew up in Grayling and his family moved back to the United States when Lucas was three years old.

Lucas wants to visit New Zealand and Japan (because you can buy ramen there). He loves watching YouTube Kids and Ted-Ed videos on his tablet. When Lucas grows up, he wants to be an inventor.

### Living with Diabetes

Lucas was diagnosed with type 1 diabetes when he was four years old. His parents noticed he was having accidents at night and he asked to use the restroom more frequently during the day than he had in the past. And, he was constantly thirsty. Concerned about these changes, Lucas' parents took him to the local urgent care, where they began testing for an infection. During these tests, it was discovered that Lucas' blood sugar was over 500. The medical staff sent the family directly to the Emergency Department at Munson Healthcare Grayling Hospital where Lucas received treatment to lower his blood sugar. He was then referred to the Pediatric Diabetes Program at Helen Devos Children's Hospital in Grand Rapids, Mich.

Within 24 hours of his diagnosis, Lucas' family met with a pediatric endocrinologist, diabetes educator, and a dietician who helped explain the type 1 diagnosis and educate his family on how to manage and care for Lucas' condition. At the beginning, his diagnosis was shocking and scary for his family. However, education and support throughout their experience helped them cope.

Since his diagnosis, Lucas has learned to embrace his type 1 diabetes by not letting the condition interfere with his life. He recently helped educate his classmates about type 1 diabetes by giving a presentation which included:

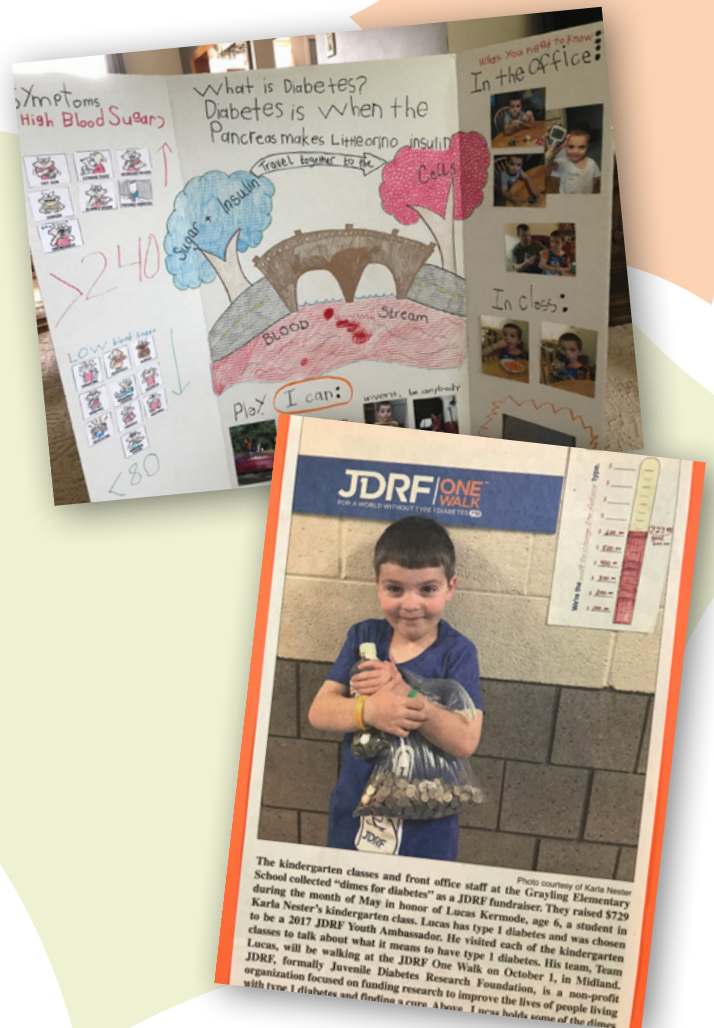
- Information about how diabetes affects the body
- Symptoms of both high and low blood sugar, and the steps he needs to take to raise or lower his blood sugar
- Images detailing how he checks his blood sugar
- Images showing that he can do anything other six year olds can do, he just needs to check his blood sugar level regularly

In May 2017, Lucas also started a fundraising campaign in his school, with all funds going to the Juvenile Diabetes Research Foundation (JDRF), a non-profit grassroots organization focused on funding research to find a cure for type 1 diabetes. He placed a 20-ounce plastic bottle in each kindergarten classroom at Grayling Elementary School and challenged each class to fill the bottles with dimes. To date, he has raised more than \$2,700.

### More Lucas Lore

- In 2016, Lucas participated in a JDRF One Walk, a fundraising walk with the tagline "Walk with us to turn type 1 into Type None." He was very determined to finish the walk and was disappointed to learn that his type 1 diabetes was not cured upon crossing the finish line. In 2017, Lucas was chosen to be a JDRF Youth Ambassador for the walk.

You can help Lucas by collecting dimes for his fundraising efforts, or by donating your old phone to his growing collection. Contact Bethany Kermode at [bjkermode@yahoo.com](mailto:bjkermode@yahoo.com) to learn more about making a donation.



The kindergarten classes and front office staff at the Grayling Elementary School collected "dimes for diabetes" as a JDRF fundraiser. They raised \$729 during the month of May in honor of Lucas Kermode, age 6, a student in Karla Nester's kindergarten class. Lucas has type 1 diabetes and was chosen to be a 2017 JDRF Youth Ambassador. He visited each of the kindergarten classes to talk about what it means to have type 1 diabetes. His team, Team Lucas, will be walking at the JDRF One Walk on October 1, in Midland. JDRF, formerly Juvenile Diabetes Research Foundation, is a non-profit organization focused on funding research to improve the lives of people living with type 1 diabetes and finding a cure. Above: Lucas holds some of the dimes.

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 now 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 Foundations  
Munson Healthcare Manistee Hospital  
Munson Medical Center  
Otsego Memorial Hospital  
Paul Oliver Memorial Hospital  
Priority Health

### **Northern Michigan Diabetes Initiative Partners**

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AuSable Free Clinic  
Benzie/Leelanau County Health Department  
District Health Department #10  
Grand Traverse County Health Department  
Health Department of Northwest Michigan  
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Sign up for the NMDI quarterly e-Blast.  
Contact Amanda Woods at [awoods@mhc.net](mailto:awoods@mhc.net)