

THE INCEPTION OF A PRE-DIABETES PREVENTION PROGRAM IN COUNTY GOVERNMENT



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July 12, 2018

Doctorate of Education in Organizational Leadership

S - Service
T - Teamwork
R - Respect
O - Opportunity
N - Networking
G - Getting Healthy



PROJECT PURPOSE

- Rising health care cost
- Partnership with the Cleveland County YMCA
- To decrease the County's health rankings
- To provide County employees with quality Wellness programs



SCOPE AND APPROACH

- Evidence Based program
- Participant Survey results
- Cost savings analysis
- Champion
- Participant/Case Study



RISKS AND CONSTRAINTS

- Resistance of employee engagement
- Poor implementation
- Attendance
- Loss of Funding



Quality Assurance Plan

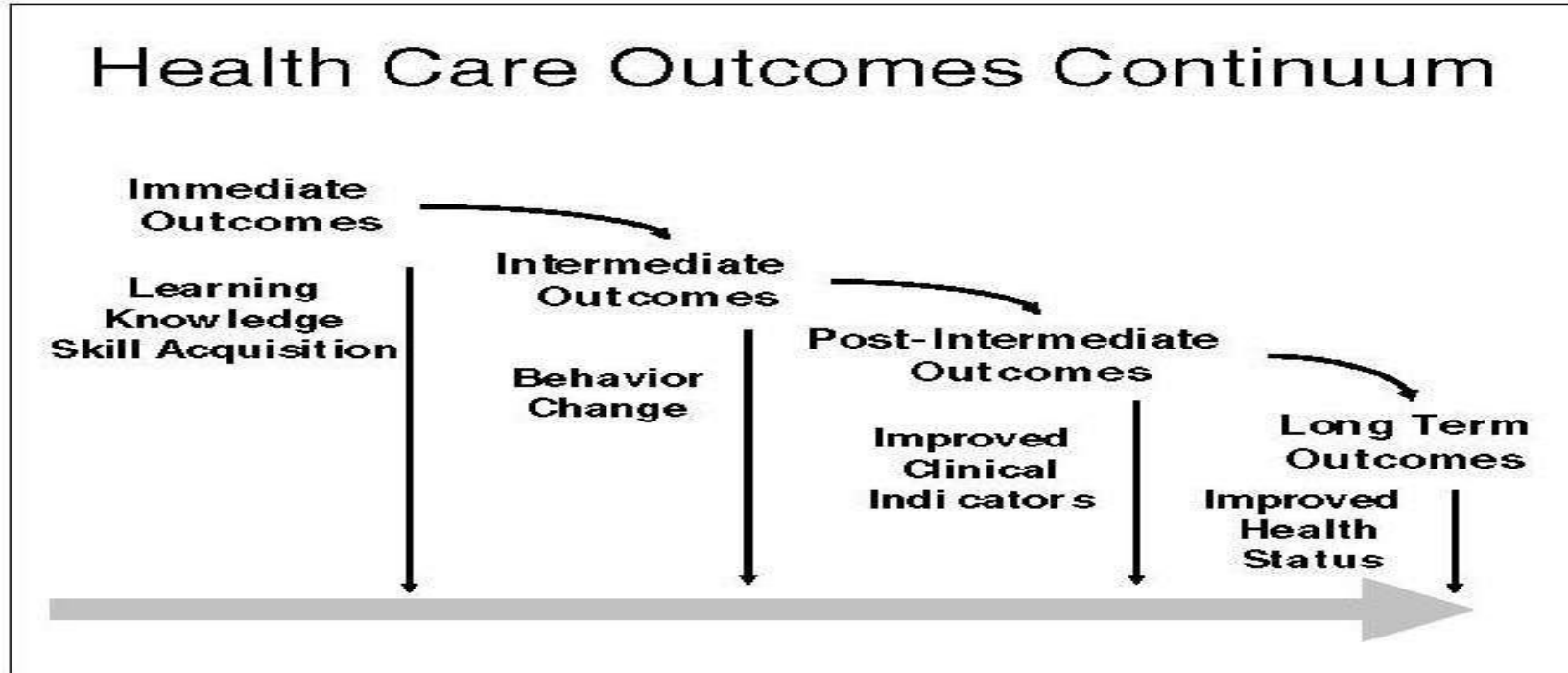


Figure 1. Health care outcomes continuum. Outcomes continuum that is used as a framework for outcome measurement for diabetes self-management program outcomes. From Mulcahy et al. Diabetes self-management educa-



Quality Assurance Plan cont.

Plan: Establish objectives and processes necessary to deliver results.

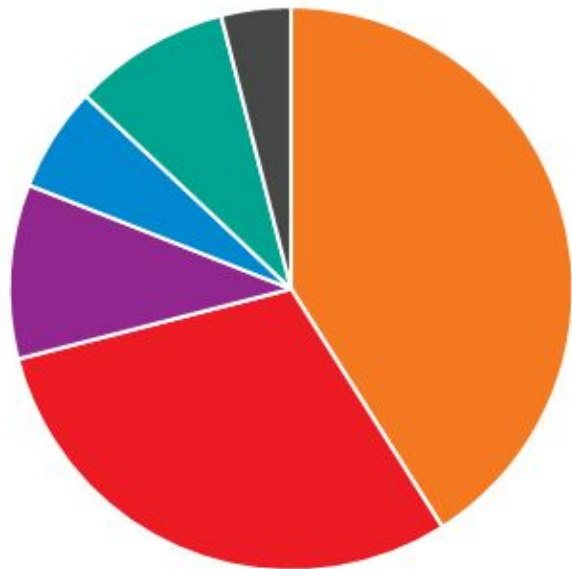
Do: Execute the plan and implement the processes. Collect data for analysis.

Check: Analyze the actual results.

Act: Identify corrective actions



Results



- Lowerd A1C
- Improved A1C
- Good Cholestrol
- HDL Ratio
- Bad Cholestrol
- No Change

RESULTS

BENEFITS

- In 2014, **\$950,000** was allocated to sustaining the health plan.
- In 2015, **\$400,000** was allocated to sustaining the health plan.
- This was a cost savings of **\$550,000**

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- Long term benefits outweigh short term results.

REFLECTION

**To whom much is given,
much is required.**

Luke 12:48



AREAS FOR FUTURE STUDY



- Holistic Health
- Family Programming
- Data Analytics
- New and Improved Lunch and Learns
- Food Demonstrations

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Q&A