

Diabetes

Maine Center for Disease Control and Prevention Maine Department of Health and Human Services

- As many as 1 in 9 adults in Maine may have diabetes:
 - 77,219 are diagnosed (7.5% of Maine adults);
 - 38,610 have the disease but are undiagnosed.
- 40% of people ages 40 to 74 are estimated to have pre-diabetes. In Maine, this would amount to 201,834 people. Pre-diabetes raises cardiovascular risk by 50%.
- Diabetes related deaths have remained relatively stable in the ten years from 1994–2004, with rates of 73.9 and 74.2 per 100,00 respectfully.
- Compared to those without diabetes, people with diabetes face 2-3 times the risk of death each year and suffer from more chronic conditions including heart disease, lower extremity amputations and blindness.
- Diabetes is the leading cause of end stage renal disease (ESRD). In 2002, 43% of all newly diagnosed ESRD patients in Maine had a diagnosis of diabetes.



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

Jim Leonard, MSW
Program Manager
286 Water Street, 5th Floor
11 State House Station
Augusta, Maine 04333-0011
Telephone: 207-287-5380
TTY: 800-606-0215
Fax: 207-287-7213
james.f.leonard@maine.gov
www.state.me.us/dhs/bohdcfh/dcp

Beginning in 1977, and continuing to the present, the Diabetes Program has managed a statewide diabetes program responsible for a wide variety of activities that address the reduction of morbidity, mortality and the associated cost burdens of diabetes in the state.

The Diabetes Program strives to respond to the State's evolving health care delivery systems, and the scientific community's support for rigorous glycemic control and lifestyle interventions that effectively prevent and/or delay the onset of diabetes and associated complications. The Diabetes Program supports community-based diabetes self-management education programs and their integration with regional interventions that address health promotion and disease prevention activities, as well as tobacco cessation, physical activity and nutrition improvement activities and diabetes surveillance activities. In 2007/2008 the Diabetes Program will work with a variety of stakeholders to improve diabetes care through health systems and community partnerships to further the development and spread of the Care Model.

Program Goals:

- By 2008, the Diabetes Program will demonstrate success in achieving an increase in persons with diabetes who receive annual foot exams, eye exams, vaccinations and hemoglobin A1c tests;
- By 2008, the Diabetes Program will demonstrate progress in establishing linkages for the promotion of wellness and physical activity for persons with diabetes;
- By 2008, the Diabetes Program will demonstrate progress in reducing health disparities for high-risk populations with respect to diabetes prevention and control.

Priority Populations:

People with both type 1 and type 2 diabetes mellitus, those with diabetes that experience disparities in health outcomes, persons yet to be diagnosed and those with pre-diabetes.

Program Activities:

The program includes diabetes surveillance and evaluation activities; professional education; community interventions; technical assistance and resource support; promotion and advocacy of diabetes standards of care and standards of diabetes self-management education. Particular focus is on the prevention of complications and premature mortality among people with diabetes, as well as collaboration with new and existing programs that support social and environmental policies for the promotion of wellness in people with diabetes and those at risk for diabetes.

Funding Source:

Centers for Disease Control and Prevention cooperative agreement.

Budget: FY 2007-08 - \$536,930 (71% Federal funds, 15% State General Fund, 14% In-Kind)

Staff Count: 4