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NEW NCDP
Electronic Newsletter
Coming Soon!

A Message from the Director

Riding a Summer Wave of Change

Summer is once again upon us, and the signs of change are hard to miss. As we replace our wool coats with sunscreen and shades, I can't help thinking of the transformational initiatives ahead for the National *Changing Diabetes Program* (NCDP).

To be part of the National *Changing Diabetes Program* is to be tuned in to change—it is about defining a vision for the future in which fewer Americans develop Type 2 diabetes, and people already living with diabetes benefit from changes in the healthcare system geared toward 21st century care for the chronically ill.

We are happy to report that the National *Changing Diabetes Program* is not taking a summer vacation—we are on the move in Summer 2006. The Health Technology Work Group, WIRED, will be having its inaugural meeting this month. The National *Changing Diabetes Program* Action Committee in Chicago hosted its second meeting and is building momentum with its behavior modification project.

We are working with healthcare and business leaders in New York, Texas, Tennessee, Georgia and Maryland to develop meaningful projects that will positively affect lives in their local communities. We are excited about the possibilities for each of the states and communities.

The National *Changing Diabetes Program* is also taking on several additional initiatives this summer. We are in the planning stages and look forward to sharing these dynamic projects with you in the near future, when we will launch our first full newsletter.

I have begun to talk with many of you about your initiatives and how they may intersect with the National *Changing Diabetes Program*. I look forward to meeting and collaborating with those of you whom I have not yet met. If you would like to set up a meeting or conversation, please feel free to contact me either by e-mail at dhaz@novonordisk.com or cell phone, 202.359.2893.

As you know, I am new to this position. I accepted this position to do my part to make a positive impact for people living with diabetes. I look forward to working with you and your organization to redefine what it means to have diabetes in the 21st century.

Dana Haza
Senior Director of the National *Changing Diabetes Program*

Work Groups In Action

WIRED: Wellness, Information, Rewards, and ePHR's for People with Diabetes

People living with diabetes who are self-managed show better health outcomes than those who are not. This National *Changing Diabetes* Program work group, led by *Informed Decisions* President David Medvedeff, is creating a unique ePHR that will motivate people living with diabetes to become engaged in managing their personal health, which will ultimately lead to better glycemic control and improved quality of life.

The objectives of WIRED include the following:

- Creating the ideal ePHR with comprehensive diabetes information and tools
- Providing a desirable rewards program for popular goods and services that will encourage and reward the use of the ePHR
- Targeting an audience that will shape the framework of the ePHR

Upcoming Events: Work Group Planning Meeting: Tuesday, June 20, Washington DC

Contact: If you are interested in participating in WIRED or would like more information please contact Amy Sargent amsg@novonordisk.com

Action Committee Updates

Chicago Action Committee: Up and Walking!

At the *Changing Diabetes* Roundtable in Chicago in late 2005, attendees overwhelmingly responded to the idea of a Chicago Action Committee and a majority signed on to our effort to change diabetes locally.

After initial meetings and consensus among participants, the Chicago Action Committee is moving ahead with a project that links people with diabetes to a diabetes coach and encourages them to embrace a lifestyle that includes a monitored walking program, prescription adherence and dietary changes to drive improved outcomes.

As a result of the hard work of the Action Committee, several medical centers have expressed interest in joining the project and we have decided to seek a Chicago-area employer to be an active participant as well.

The Chicago Action Committee is chaired by Arcot Dwarakanathan, MD, FACE, Medical Director of the St. James Diabetes Center.

Upcoming Events: Action Committee Planning Meeting: Thursday, June 22 at 7 pm

Contact: If you are interested in participating or would like more information please contact Karen Jordan kjor@novonordisk.com

Georgia Action Committee Seeks to Change How Employers View Diabetes Management

On average, the total annual healthcare cost for a person living with diabetes is \$13,243, as opposed to \$2,560 for a person without the disease. Employers are forced to make decisions to reduce costs associated with providing healthcare for employees, but often lack information on the economic benefits of quality diabetes care. The Georgia Employer Workshop will educate employers on the clinical and economic burden of diabetes on employees and how this affects productivity, so that they can choose healthcare benefits that will ultimately lead to improved diabetes control and improved workplace results.

Employers participating in this workshop will have access to "Virtual Mentors", members of the Action Committee who will provide individual counsel and guidance through the following processes:

- Obtaining aggregate data related to diabetes and determining the cost of the disease to the employer
- Evaluating the data and creating a plan to reverse the negative effects of diabetes in the workplace
- Implementing changes to current healthcare benefits to reflect a focus on alleviating the burden of diabetes

Co-Chairs: Jonathan G. Marquess, Pharm.D., CDE, CDM President,
The Institute for Wellness and Education, Inc.

Jim Astuto, Consultant, The Institute for Wellness and Education, Inc.

Upcoming Events: Employer Workshops: July 24 (8 am-12 noon) and July 27 (8 am-12 noon)

Contact: If you are interested in participating or would like more information please contact Amy Sargent amsg@novonordisk.com

