**ADMINISTRATIVE TIDBITS**

Happy fall! I hope everyone is enjoying some smoke-free air and clear, Montana skies.

It’s truly wonderful to see what you all do with the Diabetes Empowerment Education Program (DEEP™) across the state. We have included some laboratory results from a small group of clinical data. Some of the improvements may seem small, but they are significant—especially the A1C! Great job, all!

We have also included an impressive list of scheduled DEEP classes! Thank you for making time to get so many classes on the calendar. The next thing we’d really like to see is greater attendance from our target population (people over the age of 65 on Medicare). The Centers for Medicare & Medicaid Services (CMS) funds the program. Recently, an average of two Medicare beneficiaries attend each class, which is not enough to support the funds spent on the class. Please review this document for tips to optimize your advertising and class attendance.

Our goal is to have at least five participants registered before a class starts. And if you know of a way to effectively promote a DEEP class in your community, please let us know!

In our last newsletter, we mentioned that the University of Illinois will be updating the DEEP curriculum, which is supposed to be released by the end of October. Our understanding is the changes are mostly formatting, so they recommend continuing to use the eighth edition of the curriculum.

As always, please let us know if you have any questions, suggestions or needs. Thanks for all you do!
Stephanie Paugh, PharmD

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**AVERAGE CHANGE IN LAB VALUES: BEFORE VS. AFTER DEEP CLASSES**

- **A1C**: (33 Values)
  Average decrease from 7.64% to 7.21%, or an **improvement of 0.43%**

- **LDL**: (22 Values)
  Decreased from **88.81** to **76.35 mg/dL**

- **BP**: (34 Values)
  Systolic – Decreased from **135** to **128 mmHg**
  Diastolic – Decreased from **75** to **73 mmHg**

Thank you for improving people’s health through diabetes empowerment and education!
FACILITATOR EDUCATION
THE IMPORTANCE OF FLU AND PNEUMONIA IMMUNIZATIONS

by Glen Revere, MS, RDN, CDE

At some point during your class, please try to address that flu and pneumonia immunizations are very important for people with diabetes.

- People with diabetes are at a higher risk for flu complications, but can be protected by vaccines, which are paid for by Medicare.
- People with diabetes should get a flu shot every year before flu season (October through May) starts. Encourage class participants to talk with their doctor about when to get their pneumococcal vaccine, which is usually only needed once or maybe twice during a lifetime.
- Influenza and pneumonia can be costly in many ways. Hospital stays, respiratory therapy, missed work and family time incur heavy financial and emotional costs. Also, 40,000 Americans die each year from the flu.

Read more about the importance of vaccines among people with diabetes on the Centers for Disease Control and Prevention’s website.

FOR YOUR TOOLBOX

Mountain-Pacific’s Tools and Resources: Resources are available on Mountain-Pacific’s website for use in your DEEP classes to promote information and education about the importance of immunizations:
1. Go to www.mpqhf.org/QIO.
2. Click on Quality Improvement Tools & Resources, located in the navigation bar at the top of the page.
3. Select Immunizations from the drop-down menu.

These resources address topics such as where and why to get vaccinations and safety facts and myths. You can also test your “flu IQ” and download and print handouts and posters.

Mountain-Pacific has a “tools and resources” page for diabetes, too. Follow steps 1 and 2 above, but instead of selecting Immunizations in step 3, click on Diabetes. You will find videos, past facilitator newsletters and other tips, handouts and materials.

DEEP CLASSES IN MONTANA

If you are planning a class, please contact Melonie Van Dyke as soon as possible to get the best use of our marketing tools. We can help you with ads, flyers or any other ideas you have to promote your classes!

- Bighorn Valley Health Center
  Ashland, MT
  Oct. 4 – Nov. 8 (Wednesdays)
  1:00 to 2:30 PM
  Ann Haley and Angie Sioux
  (406) 784-2346 ext. 111

- Bigfork Community Center
  Bigfork, MT
  Oct. 5 – Nov. 9 (Thursdays)
  1:00 to 2:30 PM
  JoLynn Yenne
  (406) 756-8992

- State Offices Building
  Thompson Falls, MT
  Oct. 16 – Nov. 20 (Mondays)
  12:00 to 1:00 PM
  Juli Thurston | (406) 827-6934

- Darby School
  Darby, MT
  Oct. 17 – Nov. 21 (Tuesdays)
  4:00 to 5:30 PM
  Kayla Paddock | (406) 363-5690

- Missoula County Extension Office
  Missoula, MT
  Oct. 31 – Dec. 5 (Tuesdays)
  1:00 to 2:30 PM
  Kelly Moore | (406) 728-7682

- MSU Extension Office
  Columbus, MT
  Nov. 1 – Dec. 6
  10:00 to 11:30 AM
  Dani Kaiser and Lisa Terry
  (406) 322-8035

- Belmont Senior Center in Butte, MT | Nov. 7 – Dec. 12
  10:30 AM to 12:00 PM
  Kellie Kahtani | (406) 723-0217
**FACILITATOR SPOTLIGHT: RUTH BILYEU**

Q: What is your background before becoming a DEEP™ facilitator?
A: My husband, Bob, myself and our children, whom are all grown now, have thoroughly enjoy being involved in and serving our community. Education has been the focus of my life, both as a mother of five children and as a teacher in the classroom. For the past 18 years I have been an active volunteer for Red Lodge Fire Rescue. I am an advanced emergency medical technician (EMT) and, along with responding to emergency calls, I am also involved with our community outreach program. I have been teaching First Aid and CPR for over 16 years. Two years ago I began working full time on developing a Community Care program for our department that would expand the role of Emergency Medical Services. While working on this project, I was introduced to the Diabetes Empowerment Education Program (DEEP)™.

Q: What do you like most about being a DEEP facilitator?
A: I was very impressed with the DEEP program, and I definitely had seen the need for a program like this, one that was presented in an informal group setting with an emphasis on peer discussion. I see such value in a program that empowers the individual to be informed and therefore make healthy lifestyle changes, but along with that, be encouraged by the fact that they are not alone.

Q: What are some tips you have learned while facilitating DEEP that you would share with your fellow facilitators?
A: The DEEP curriculum really does make it easy to be a facilitator. Following the curriculum and the help given to me at my training by experienced facilitators made me feel confident and successful. Keeping an attitude of openness, being nonjudgmental and encouraging laughter whenever possible made the class enjoyable for all. It was also very helpful to have our local dietician involved in the classes.

Q: What do you think is the most effective method for advertising DEEP classes?
A: Our classes were held at our local senior center, so just being on their schedule was helpful in advertising the class. Having a trusted relationship with our local clinic was key in receiving referrals from them. Our local providers were very excited about the program being offered here in Red Lodge.

Q: What have you heard from your participants about the DEEP class?
A: Participants from the class all stated how much they learned from the hands-on, object lessons. The things they could see and touch made a lasting impact. I have “caught” participants reading the food labels at the grocery store. I’ve seen a couple of the gentlemen sitting having coffee together. I am not sure what all they discuss, but I believe a friendship was made. I am looking forward to the next class.

**SHARE YOUR SUCCESSES**

Is there something positive you learned in class about your participants? Is one participant already gaining understanding or showing improvement? What are your participants saying about DEEP? We would like to include successes you are seeing in your classes in this newsletter. Please share them with us! Contact Melonie Van Dyke at mvandyke@mpqhf.org or call our Helena office at (406) 443-4020 or 1-800-497-8232 (toll free).