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## DEEP™ IMPACT

*As of September 15, 2017…*

- We have a total of **240 graduates** of the Diabetes Empowerment Education Program (DEEP).
- Of those 240 graduates, **177 Medicare beneficiaries** have completed the program.
- To graduate these 240 people, a total of **33 classes** were completed across the state of Wyoming.
- Those 33 classes were held in **17 different Wyoming communities**.
- There are currently **40 DEEP peer facilitators** trained to hold classes.

Thank you for improving people’s health through diabetes empowerment and education!

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**ADMINISTRATIVE TIDBITS**

We hope everyone enjoyed their summer! And great job to everyone who is able to host classes during this busy time of year. You all do such good work, and we appreciate it! Just a reminder: Please send us all your final paperwork as soon as you finish a class, as the timing can be critical for the reporting we do to the Centers for Medicare & Medicaid Services (CMS).

As we mentioned in our last edition, we received notification from the University of Illinois that the Diabetes Empowerment Education Program (DEEP)™ curriculum is being updated. The update will be released no later than October 20. Once we receive the updated curriculum, we will review it for changes and will highlight anything relevant. We have been told that the changes are mostly formatting and graphics, but we will check for content updates to be thorough. Please continue to use the eighth edition of the curriculum until further notice.

Mountain-Pacific is hosting a **FREE DEEP facilitator training** at our Casper office, October 11-13. If you know anyone who may be interested in becoming a peer educator, please ask him or her to contact Genee Miller at (307) 472-0507 ext. 1 or by email at [gmiller@mpqhf.org](mailto:gmiller@mpqhf.org).

As we enter autumn and you plan the next few months of DEEP classes, please know that we are always here to help. If you need help marketing your class (e.g., flyers, ads, newsletter or newspaper articles), reach out to us.

Brandi Wahlen, Diabetes Project Manager
[bwahlen@mpqhf.org](mailto:bahren@mpqhf.org)
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.

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.