ADMINISTRATIVE TIDBITS
We hope everyone enjoyed their summer! Great job to everyone who has been able to host classes during this busy time of year. You all do such good work! Just a reminder to please send us all final paperwork as soon as you finish a class, as the timing can be critical for our reports to the Centers for Medicare & Medicaid Services (CMS).

As we gear up for our last year in our current contract with CMS, we want to finish strong and continue to highlight the great work that you all are doing for Wyoming. 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. Great job, all!

Mountain-Pacific will be hosting a FREE DEEP facilitator training October 24-26 at our Casper office. If you know of anyone who may be interested in becoming a peer educator, please have them reach out to Genee Miller at (307) 439-2371 or by email at gmiller@mpqhf.org.

As we enter fall and you plan the next few months of DEEP classes, I want to remind you that we have many avenues of advertising available. The earlier we receive notice of your upcoming class, the better. We can get the word out to those in your community of this amazing opportunity.

Thanks again for all you do!
Brandi Wahlen
Diabetes Project Manager

DEEP IMPACT

The following Wyoming statistics are current as of Sept. 15, 2018:

Total DEEP graduates: 349
Medicare DEEP graduates: 260
Total classes completed: 56
(23 classes so far just in 2018!)

Improving participants’ health numbers:

A1C (26 values):
Average decrease from pre-DEEP class 7.13% to post-DEEP class 7.01%

Blood Pressure (44 values):
Out of 44 DEEP graduates, 22 showed improved systolic pressures, and 20 showed improved diastolic pressures
**IMPORTANCE OF IMMUNIZATIONS**

Influenza (flu) and pneumonia can be very costly. Hospital stays, respiratory therapy, missed work and family time all incur heavy financial and emotional costs. Additionally, 40,000 people die from the flu in the U.S. every year.

Flu and pneumonia immunizations are especially important for people with diabetes. Please try to address this fact at some point in your classes. In addition to what is in Module 6 of the DEEP curriculum, there are resources available to help you talk about immunizations.

People with diabetes are at higher risk for flu complications, much more so than those without diabetes. However, vaccines can protect people from getting sick—and these vaccines are paid for by Medicare.

People with diabetes should get a flu shot every year before the start of the flu season. While people can get the flu year-round in the United States, flu viruses are most common in the fall and winter. The exact timing of the “flu season” can vary, but cases generally start to go up in October.

Learn more about the flu and people with diabetes by going to the Centers for Disease Control and Prevention (CDC)’s website.

Encourage your DEEP class participants to talk with their doctor about when to get a pneumococcal vaccine to help prevent or ease cases of pneumonia. Usually, the vaccine is only needed once or twice in a person’s lifetime, but this can depend on a person’s age and health condition. Check out this great immunization visual the CDC developed, which shows all recommended adult immunizations and when to get them. Recommendations for people with diabetes are on page 2.