ADMINSITRATIVE TIDBITS

Happy New Year! We hope you all had a wonderful holiday season. We want to remind you that Mountain-Pacific Quality Health will help you advertise your Diabetes Empowerment Education Program (DEEP)™ classes. We can mail postcards, create posters and flyers, help with free community calendars and post on social media, targeted to your community. As you schedule your classes, please let us know if you would like us to help promote your class.

Over the last nine months, our Wyoming team at Mountain-Pacific Quality Health has worked very hard with many physician offices to implement a Chronic Care Management (CCM) program into their practices. The programs are currently located in nine communities around the state: Rock Springs, Green River, Sundance, Casper, Thermopolis, Cheyenne, Powell, Gillette and Lander. As you schedule your classes in these areas, I would like to connect you with the care coordinator of the CCM program in each town. The care coordinators can help promote your class to their patients, and you would be great community connections for them. Please also visit our CCM webpage to learn more about this program.

Thank you for all your hard work and for playing such an important role in educating and helping those in our communities with diabetes and pre-diabetes. We certainly could not do this work without you!

Brandi Wahlen
What do we really know about nutrition and diabetes?

The new year is marked with changes, often changes that prioritize health. But understanding what percentages of nutrients should make up your meal plan is confusing.

This article breaks down the importance of understanding an individual’s nutritional needs and why meeting with a registered dietician is an important step in creating the right meal plan for each person with diabetes.

by Teresa Hicks, RD, CDE

Deep Impact

The following Wyoming statistics are current as of January 11, 2019:

- Total DEEP graduates: 368
- Medicare DEEP graduates: 275
- 15 percent of Medicare beneficiaries have pre- and post-clinical data (received for 42 participants)

Upcoming DEEP Classes

- Casper Senior Center
  1831 E. 4th Street
  Casper, WY 82601
  Classes meet on Thursdays
  January 17 - February 21
  9:30 to 11:30 AM
  (307) 265-4678

- Ten Sleep Senior Center
  204 2nd Street
  Ten Sleep, WY 82442
  Classes meet on Mondays
  March 11 - April 15
  2:00 to 4:00 PM
  (307) 366-2210

For Your Toolbox

Eating Healthy and Staying Active:
These one-page “10 tips Nutrition Education Series” from the United States Department of Agriculture (USDA) provide helpful tips for still eating healthy when eating out, as well as how to include physical activity in any adult lifestyle:

- Eating foods away from home
- Be active adults
- Go to www.ChooseMyPlate.gov for more information.

Mountain-Pacific tools: Check out these great guides that can help clear up some of the confusion for people with diabetes regarding prescriptions:

- Diabetes and Medications: How medicines other than insulin work to control your sugar levels in your blood
- Pharmacy Questions & Tips: A helpful Q&A covering commonly asked prescription questions

Share Your Successes With Us!

Is there something positive you learned in class about your participants? Does one of your participants have a great story to tell? What are your participants saying about the DEEP curriculum? We would like to include successes you are seeing in your classes in this newsletter. Please share them with us! Contact Brandi Wahlen with your success at bwahlen@mpqh.org or by calling (307) 472-0507 or 1-877-362-5880 (toll free).