

South Bronx Health Center



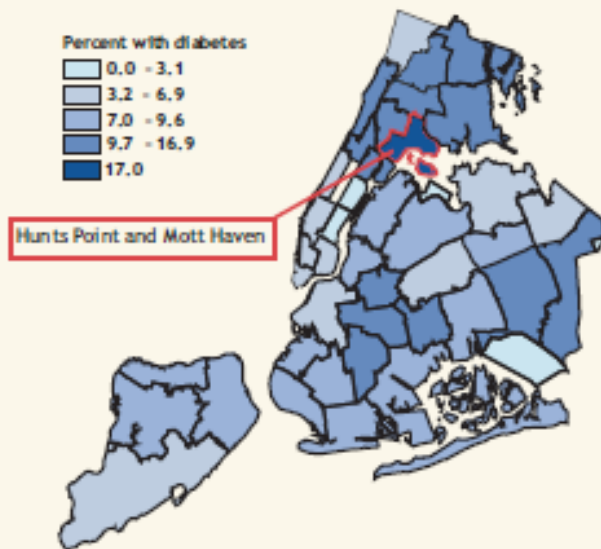
A program of the Children's Health Fund and The Children's Hospital at Montefiore

Team members

- Lydia Concepcion, MD, AAHIVM
Co-Director DM Prevention and Treatment Program
- Sandra Arévalo, MPH, RD, CDE
Co-Director DM Prevention and Treatment Program
- Peter Meacher, MD, AAHIVM
Medical Director South Bronx Health Center
- Ariel Sarmiento, MPH
Senior Data Analyst
- Recruitment volunteer/intern
- Adult providers

DM in the South Bronx

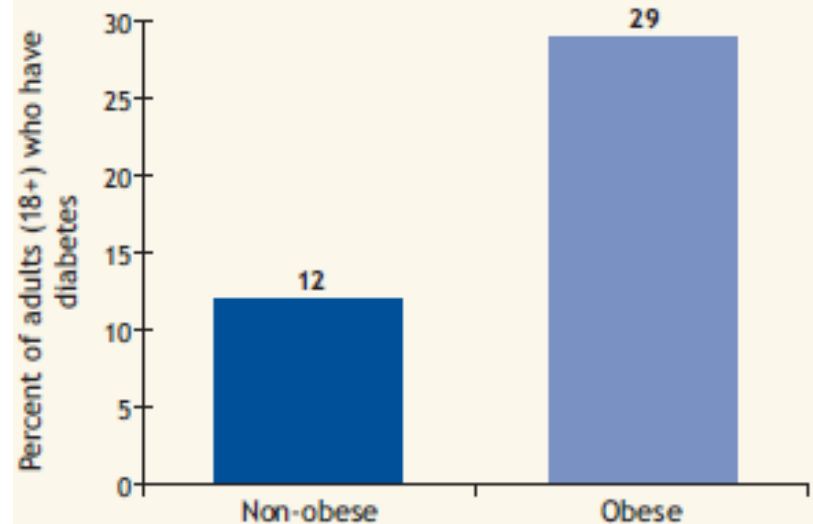
Hunts Point and Mott Haven have the highest percentage of adults with diabetes in NYC



Percents are age-adjusted.

Data Source: NYC Community Health Survey 2002-03-04

Obese adults are more likely to have diabetes in Hunts Point and Mott Haven



Obesity is defined as a body mass index (BMI) of 30 or greater.

Percents are age-adjusted.

Data Source: NYC Community Health Survey 2002-03-04

Introducing ON

41 y.o male with PMH significant for

- HIV and Hep C +
- Morbid obesity (BMI=60)
- Dyslipidemia
- HTN
- DM dx with HA1C=10.0 a year ago

Intensive Adult Diabetes Clinic

- Multi-disciplinary program
- Patient-focused model of care: helps patients to better understand and manage their condition.
- Integrated services include:
 - Assigned primary care physician
 - One-on-one nutrition and diabetes education
 - Access to mental health and case management services.
- Use of **CLG** to target patients
 - Key clinical indicators: HbA1C, LDL Chol, and blood pressure
 - Access measures (no visit for ≥ 6 months).

Intensive Adult Diabetes Clinic

- Monthly recruitment list
- Each of our 5 adult providers has 1 dedicated clinic diabetes day each month.
- SBHC outreach workers call patients on behalf of the provider (high show rate).

Does this work?



ON's Intervention

- ON was started on oral hypoglycemics (Metformin BID) titrated from 500 to 1,000 over time. **HA1C decreased from 10 to 9**
- Sitagliptin and Lantus were added
- Intensive nutrition and DM education for weight and glycemic control. **Most recent HA1c is 6.6**
- Bariatric Surgery

Program Evaluation For Intensive DM Management initiative, SBHC 2012

| Clinical Measures for Intensive Diabetes Clinic Patients, values through March 31, 2012 (n=123) | | Baseline Value (Pre) | Latest Value (Post) | Change | p value |
|---|--------------------------|----------------------|---------------------|-------------|---------|
| BP Management | | | | | |
| Mean Change in value | Systolic Blood Pressure | 130.3 mm Hg | 125.2 mm Hg | 5.1 mm Hg | <.05* |
| | Diastolic Blood Pressure | 75.8 mm Hg | 75.6 mm Hg | 0.33 mm Hg | NS |
| Percent Compliant | <130/80 mm Hg | 47 (42%) | 55 (50%) | 8% | NS |
| Lipid Measurement | | | | | |
| Mean Change in LDL | | 111.26 mg/dL | 100.80 mg/dL | 10.45 mg/dL | NS |
| Percent Compliant | <100 mg/dL | 39 (50%) | 41 (53%) | 2% | NS |
| HbA1C Testing | | | | | |
| Mean Change in HbA1C | | 8.66 | 7.93 | 0.73 | <.05* |
| Percent Compliant | >9% (poor control)*** | 30 (33%) | 24 (26%) | 7% | NS |
| | <7% (good control) | 27 (30%) | 42 (46%) | 16% | <.05** |

*Based on t-test statistic for paired samples

**Based on McNemar's Chi Square non-parametric test statistic

NS Not statistically significant

***Desirable effect is negative direction

SBHC results

Percentage of Patients per Indicators of Diabetes Control (N=334 patients with DM 18-75 y.o.)

| | SBHC | Medicaid | Commercial |
|---------|------|----------|------------|
| HA1c<7% | 49% | 35% | 43% |
| HA1C>9% | 20% | 44% | 27% |
| LDL<100 | 60% | 35% | 48% |

Program Strengths

- Active outreach
- Flexibility of nutrition and Diabetes education
- Medical home model
- Referral management
- Case conferences (formal/informal)
- Pharmacy Assistance Program
- Community Resources

Community Resources

- Supermarkets
- Farmers Markets
- Local DOH
- Parks and Recreation
- Police Athletic League
- Community Centers
- Food pantries
- Montefiore Medical Center
- Pharmacy Assistance Program
- Mental health
- Private donations

Contact Information



Lydia Concepcion, MD

lconcepc@montefiore.org



Sandra Arévalo, MPH, RD, CDE

sarevalo@montefiore.org