Coronavirus Disease 2019 (COVID-19) and Diabetes: The Importance of Prevention, Management, and Support

Clinician Outreach and Communication Activity (COCA) Webinar

Tuesday, July 28, 2020
Continuing Education

Continuing Education is not offered for this COCA Call.
To Ask a Question

- All participants joining us today are in listen-only mode.
- Using the Webinar System
  - Click the “Q&A” button.
  - Type your question in the “Q&A” box.
  - Submit your question.
- Click the “CC” button in Zoom to enable closed captioning.
  - “CC” button is located either on the top or bottom of your screen.
- The video recording of this COCA Call will be posted at
  https://emergency.cdc.gov/coca/calls/2020/callinfo_072820.asp and available to view on-demand a few hours after the call ends.
- If you are a patient, please refer your questions to your healthcare provider.
- For media questions, please contact CDC Media Relations at 404-639-3286, or send an email to media@cdc.gov.
Today’s First Presenter

Celeste Philip, MD, MPH
Deputy Incident Manager
COVID-19 Response
Centers for Disease Control and Prevention
Today’s Second Presenter

Ann Albright, PhD, RD
Director
Division of Diabetes Translation
Centers for Disease Control and Prevention
Today’s Third Presenter

CDR Sharon Saydah, PhD (USPHS)
Epidemiology Task Force
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COVID-19 Illness and Diabetes

Celeste Philip, MD, MPH
Deputy Director of Non-Infectious Diseases
COVID-19 Response, Deputy Incident Manager

July 28, 2020
COVID-19 Illness and Diabetes

- People with diabetes are at an increased risk for severe COVID-19 illness.
- The ongoing COVID-19 pandemic has only underscored the importance of type 2 diabetes prevention and proper diabetes management.
- It is critical to support people with diabetes by helping them effectively manage their condition and minimize exposure to the virus.
- There are many resources and programs available to help patients continue to manage their diabetes and prevent type 2 diabetes during the pandemic.
MMWR report suggests people with select underlying health conditions are at higher risk for severe illness from COVID-19.

CDC.GOV  bit.ly/MMWR_COVID19Risk
Hospitalizations were 6 times higher and deaths 12 times higher for COVID-19 patients with reported underlying conditions*

MOST FREQUENTLY REPORTED UNDERLYING CONDITIONS

CARDIOVASCULAR DISEASE

DIABETES

CHRONIC LUNG DISEASE

*compared to those with no reported underlying health conditions

CDC.GOV bit.ly/MMWR61520 MMWR
Percentage of US Adults Aged 18 or Older with Diagnosed Diabetes, by Racial and Ethnic Group, 2017–2018

- American Indian/Alaska Native: 14.7%
- Asian: 9.2%
- Hispanic: 12.5%
- Black, non-Hispanic: 11.7%
- White, non-Hispanic: 7.5%

Notes: Percentages are age-adjusted to the 2000 US standard population. Figure adapted from the National Diabetes Statistics Report, 2020. Data sources: 2017–2018 National Health Interview Survey and 2017 Indian Health Service National Data Warehouse (American Indian/Alaska Native data).
In Atlanta, black patients with COVID-19 were more likely to be hospitalized than white patients.

The federal government, public health professionals, community organizations, healthcare systems and providers, and individuals can take action to reduce health disparities.

*In Metro Atlanta, March-April, 2020

[Graph showing hospitalization rates: 79% Black, 13% White for hospitalized; 45% Black, 29% White for not hospitalized.

CDC.GOV

bit.ly/MMWR61720
In the 10 weeks following the declaration of the COVID-19 national emergency, visits to emergency departments declined for:

- **Heart attack**: 23%
- **Stroke**: 20%
- **Uncontrolled high blood sugar**: 10%

People who are experiencing symptoms of these or any life-threatening conditions should **seek immediate emergency care**, even during the COVID-19 pandemic.
What can you do?

- Continue educating your patients about the virus and how they can reduce their risk of getting sick with COVID-19.
- Refer your patients with diabetes to diabetes self-management education and support (DSMES) services and educate healthcare teams and people with diabetes about the benefits of DSMES.
- Screen people at high risk for type 2 diabetes using a simple screener developed by CDC and the American Diabetes Association and follow up with a blood test when needed.
Diabetes Prevention, Management, and Support

Ann Albright, PhD, RD
Director, Division of Diabetes Translation

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cdc.gov/coronavirus
Diabetes Prevention, Management, and Support

- Key Points
  - Effective blood glucose management is extremely important for people with diabetes.
  - An emergency or crisis can make it more difficult for people with diabetes to manage their blood glucose.
  - Services for both type 2 diabetes prevention and diabetes self-management and education services (DSMES) are critical.
What can you do?

- Refer people with diabetes to DSMES services and educate healthcare teams and people with diabetes about the benefits of DSMES.
  - Despite the evidence, use of DSMES services is low, so there is much more we can do to increase uptake.

- Increase screening for prediabetes and referral to CDC-recognized organizations offering the National DPP lifestyle change program.
  - CDC and the American Medical Association have resources for clinicians that provide information about the National DPP, eligibility criteria, and tools for easy referrals.
  - Many organizations offer online or distance learning (telehealth) options for the National DPP, an especially critical feature during the COVID-19 pandemic.
  - Refer patients to CDC’s web site to find National DPP programs: https://nccd.cdc.gov/DDT_DPRP/Programs.aspx.
Find a Program Online or Near You

https://nccd.cdc.gov/DDT_DPRP/Programs.aspx
Additional Resources


• National Diabetes Prevention Program Registry of All Recognized Organizations: https://nccd.cdc.gov/DDT_DPRP/Registry.aspx


• National Diabetes Prevention Program Information for Health Care Professionals: https://www.cdc.gov/diabetes/prevention/info-hcp.html

• Increasing Referrals and Overcoming Barriers to Participation: https://www.cdc.gov/diabetes/dsmes-toolkit/referrals-participation/index.html
For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
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Today’s COCA Call Will Be Available On-Demand

- **When:** A few hours after the live call
- **What:** Video recording
- **Where:** On the COCA Call webpage at
Upcoming COCA Call

- **Topic:** COVID-19 & Telehealth Implementation: Stories from the Field
- **Date:** Tuesday, August 4, 2020
- **Time:** 2:00-3:00 PM ET
- **Website:** [https://emergency.cdc.gov/coca/calls/2020/callinfo_080420.asp](https://emergency.cdc.gov/coca/calls/2020/callinfo_080420.asp)
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